**Flossmoor Baseball and Softball**

**Player Code of Conduct**

* Abide by the rules of the game at all times.
* Always treat your teammates and your opposition with respect regardless of their race, sex, creed or ability.
* Respect all coaches, officials, parents and spectators.
* Do not use foul or abusive language or gestures towards any player, coach, official or spectator.
* Refrain from use of alcohol, tobacco and illegal substances.
* Always treat the facilities and equipment with respect wherever you may play.
* Cheer your teammates and never lay blame on another teammate either publicly or in private.
* Never ague or question an official or coach.
* Never threaten a coach, official, player or spectator.
* Never strike a coach, official, player or spectator.
* Always conduct yourself in a courteous and respectful manner.

**Flossmoor Baseball and Softball
24 Hour Rule**

Parents, Players and Spectators must wait 24 hours after a game or practice before approaching their child’s coach with concern. The 24 hour rule is designed to prevent families and friends from voicing their concerns or displaying anger towards coaches until 24 hours after a game or practice.

A violation of this rule is approaching the coach in person, by phone or in writing/email within 24 hours of finishing a game to “voice a concern” about something that occurred before, during or after the game or practice. This rule applies to anyone who attends the game or practice with your family. Violations of the 24 Hour Rule will be dealt with on a case by case basis by the appropriate league commissioner and league vice president.

The following examples are violations of the 24 Hour Rule:

**Within 24 hours of a game or practice a parent, family member or friend of the family**:

-Calls a coach to complain about the way they run practices before games

-Approaches a coach to ask if their child can get more playing time

-Approaches a coach about the amount of playing time a player received

-Approaches a coach with negative feedback concerning the game

-E-mails or calls a coach to discuss the feedback their child received on the bench

How to stay within the guidelines of the 24 hour rule:

1. Write down what needs to be discussed with the coach

2. Call, email or approach the coach to discuss the topics you have written down 24

hours AFTER the game.

3. Send an e-mail to the VP of Boys Baseball or the VP of Girls Softball, outlining what was discussed.

**Flossmoor Baseball & Softball – Code of Conduct Sanctions**

**Sanctions for Players**

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| Infraction | Directed Towards | Consequence |
| Foul, aggressive or abusive language | Another player, coach, official, league official, volunteer or spectator | Ejection from the game or practice or a1 game suspension. A letter of apology to offended individual. |
| Serious foul play | Another player (no injury) | Ejection from the game |
| Serious foul play | Another player, resulting in an injury | Ejection from the game and a 2 game minimum suspension |
| Threatening or aggressive gesture and/or language | Another player, coach, official, league official, volunteer or spectator | Ejection from the game and a 2 game suspension |
| 2nd occurrences for the above infractions | Another player, coach, official, league official, volunteer or spectator | Suspension for balance of the season. Letter from the parent expressing steps taken to ensure no recurrence |
| Kicking, striking or bodily assault | Another player, coach, official, league official, volunteer or spectator | Ejection from game and a 4 game suspension. Letter from parent expressing steps taken to ensure no reoccurrence. |
| Kicking, striking or bodily assault – 2nd offense, same season. Also applies to 3rd occurrences of other above infractions | Another player, coach, official, league official, volunteer or spectator | Suspension from Flossmoor Baseball & Softball for 1 year. Letter from parent expressing steps taken to ensure no recurrence. |
| Kicking, striking or bodily assault – 3rd offense within 1 year | Another player, coach, official, league official, volunteer or spectator | Lifetime suspension from Flossmoor Baseball & Softball |