

Player's Code of Conduct

Remember the Golden Rule

Always treat your teammates, coaches, opponents, and officials the way you would like to be treated. That means respect, dignity, and sportsmanship at all times.

Be a Good Sport

Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun.

Practice the Fundamentals

Master the basketball basics. Practice each of the fundamentals –dribbling, shooting, passing, rebounding and defense.

Listen to your Coach

Coaches volunteer their own time to work with your team. Don't waste that time. If you're on the team, your job is to listen attentively to the coach.

Be Patient with Your Teammates

Every player has strengths and weaknesses. Be patient with your teammates as they improve their games. Basketball is a team sport. Success can only come when the entire team plays well together.

Learn the Rules

Read the rule book. You can't claim to "know the game" if you don't know the rules.

Never Question an Official

Officials do not care who wins and they have no favorite players. Officials want nothing more than a game that is fair and safe. And that's no easy job. Make it easier by not talking back to an official.

Play Hard

Hustle never goes out of style. Coaches love players who try a little harder on defense, jump a little higher for rebounds, and dive a little more for those loose balls.

Include Your Parents

Your parents want to see you succeed. Let them into your basketball world, but remind them there are ups and downs and your goal is to have fun.

Have Fun

It's a simple concept. Win or lose, try to enjoy every moment on the court.