

CHARACTER **A**TTITUDE
RESPONSIBILITY **E**THICS:
SPORTSMANSHIP AND **UIL** ATHLETICS

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Table of Contents

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

- C.A.R.E..... 3
- Mission Statement..... 4
- An Open Letter to the Fans..... 5
- Fundamentals of Sportsmanship..... 6
- CHARACTER
- Behavior Expectations..... 8
- ATTITUDE
- Public Address Announcements..... 14
- Promoting Good Sportsmanship..... 16
- RESPONSIBILITY
- Crowd Control Planning..... 18
- Student-Athletes Code of Conduct..... 19
- Coaches Code of Conduct..... 20
- Steroids..... 22
- ETHICS
- Hazing 24
- Gambling..... 25
- Blogging..... 25
- Teachable Moments..... 26



C.A.R.E.

The University Interscholastic League is dedicated to offering character-building, educational competition to member school students in Texas. In an attempt to give appropriate athletic competition to our student-athletes, it is imperative that we have a policy in place addressing the correct and incorrect way to conduct oneself as it pertains to UIL sanctioned events, whether it be in practice, competition or outside of the athletic arena.

The goal of this manual is to help all associated parties with interscholastic competition display and understand the importance of sportsmanship in the athletic arena. The theme of this manual and for implementing and maintaining proper sportsmanship will be CHARACTER, ATTITUDE, RESPONSIBILITY and ETHICS. Each heading showcases different aspects that are imperative to interscholastic competition and offers ways to ensure that everyone involved enjoys the experience of UIL athletics in a fun and educational setting.

Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

CHARACTER

The qualities a person possesses that shape the way they live their life and affects the manner in which other people view them is character. Someone who displays good character is honest with themselves and others, acts with a high level of integrity and treats others with respect even when they disagree with their views. A high level of character creates a positive image of you in the eyes of others as well as reflects favorably for your program.

RESPONSIBILITY

Taking responsibility is one of the essential qualities of good sportsmanship. Being responsible is accepting one's actions and showing you are aware of how your decisions affect others. It is always very important that you conduct yourself with pride and take responsibility for yourself and your school.



ATTITUDE

A positive attitude is essential when participating in athletics and other school sponsored activities. Attitude is the disposition that a person shows when reacting to situations whether they be positive or negative. People with a positive attitude are better able to interact with others and respond to adversity in a healthy manner.

ETHICS

A person's ethics can be seen by the way they react when faced with situations that call their integrity and judgment into account. Displaying a high level of ethical behavior is essential when participating in UIL athletics. Whether you are a player, coach, fan, official or administrator it is your responsibility to always conduct yourself in an ethical manner that will help promote the goals of educational athletics.

Mission Statement

The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. The University Interscholastic League views good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity. Responsible behavior at athletic events by participants, coaches, fans, cheerleaders and others as a result of clearly stated goals placed into practice by the UIL and its member schools is the overall goal of the UIL.

Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

Steps for Establishing Good Sportsmanship

Define Goals

Goals of good sportsmanship should be clearly stated at interscholastic events and available to coaches, players, parents and spectators.

Athletic Policy Manual

Proper sportsmanship should be emphasized in all materials distributed to student-athletes, parents and spectators. Coaches and school officials should ensure that all participants are trained in good sportsmanship before the season begins.

School Board Support

The philosophy and goals of the interscholastic activity programs should be adopted by the school board. Good sportsmanship should always be emphasized as an integral part of educational activities.

Administrative Support

In order to ensure good sportsmanship, district administrators need to emphasize common sportsmanship goals.

Communication

Desirable sportsmanship behaviors should be articulated and reinforced through game programs, tickets, preseason meetings, assemblies, coaches, athletes and parents. Announcements about proper sportsmanship should be made during all UIL sanctioned events. (see page 14)

Rewards

Positive behaviors should be recognized and rewarded accordingly.

Contingency Plan

Each district should have a contingency plan



in place to respond to critical contest situations. All parties of the district should know and understand these procedures so that all actions will be of a cohesive manner.

An Open Letter to the Fans

Dear Fan,

You walk up to the stadium or field ready to see a clash between your high school team and your most hated rival. You pull out your hard earned cash for that ticket, that golden ticket that allows you to a seat where you plan to “help” your team with constant berating of the opposing team and officials. You feel it is your duty as a fan to do everything you can for your team, and your role is to call it like you see it from 50 feet away in the stands.

What you don’t understand is that your verbal abuse does nothing more than tear at the fabric of high school sports. The players on the athletic field, court or diamond are not being paid to play; they are not professional athletes that have to deal with fans like you on a daily basis. It is a privilege, not a right, for these athletes to compete as much as it is a privilege for you to sit in the stands and watch.

But what about your golden ticket that you paid good money for, doesn’t that entitle you to something? Yes, you get the opportunity to watch two schools show off their skills and what they have learned in the athletic classroom. Other than that, your ticket gives you little more than a first-come-first-serve spot on a crowded row of bleachers. Contests could not exist without rules, and just as the players have to abide by rules on the field, you too have to follow the rules in the stands.

It’s not all your fault; you probably had someone much like yourself at your high school games. Hopefully it’s not the case, but you may never have seen proper spectator decorum. The UIL has a few basic tips that can help steer you in the right direction.

1. The field of play is the athletic classroom for student-athletes. Instead of math and science they learn teamwork and group responsibility in addition to dealing with success and overcoming adversity. You wouldn’t dare interrupt a teacher giving a test to his or her students, yet you do it to coaches and student-athletes routinely in their classroom.

2. Your ticket does not entitle you to disrespect or degrade others in any way. Everyone who is a part of high school athletics gives their best effort and that commitment to educational athletics should be celebrated.

3. Understand that the student-athletes you are watching will make mistakes, and no participant should be ridiculed at any time because of their efforts. Many of them are still learning the games they play and can easily be disheartened by a rogue fan attacking their performance.

4. High school coaches are actually full-time teachers first and coaches second. Anyone who tries to reverse this order is taking the first step to destroying a program. No one wants a program to fail, but the merciless pressure you put on him or her as someone who had nothing to do with the building of the program can bring it down.

5. Officials are present to promote the game and the student-athletes involved. They make judgment calls in good faith based on their knowledge and extensive training. A lot of time and effort has gone into making sure that they know the rules better than you. Respect their decisions.

6. Finally, you are a guest of the school and should act like one. Winning is an admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense.

This manual is intended to help participants and school officials understand the importance of sportsmanship in UIL athletics. Please take the time to read each section and feel free to visit our extensive Web site at www.uil.utexas.edu. If you have any questions regarding sportsmanship or the UIL please contact one of our staff members.

Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

Fundamentals of Sportsmanship

Learn Contest Rules

It is essential to be well informed of contest rules. The spirit of good sportsmanship depends on conformance to a rule's intent and to the letter of the given rule. Learn and abide by contest rules at all times.

Exercise Responsible Behavior at all Times

In order to ensure the true value of interscholastic competition, one must understand their own personal prejudices that may affect judgment and be sure that personal actions are beneficial to the educational values of the activity. Your behavior influences others whether you are aware of it or not.

Respect Opponents at all Times
Opponents are guests and should be treated accordingly by providing the best accommodations and tolerance at all times. Showing respect for opponents is not only appropriate, but will positively reflect on your school, team and family.

Recognize and Appreciate Skilled Performances Regardless of Affiliation
Applaud the good efforts made by an opponent as well as your team. Applause is a sign of compassion, recognition of a good performance, reflects a true awareness of the game and should be practiced regularly.



Respect Officials

Officials are present at a contest to ensure participants, coaches and spectators follow the intent of the rules. Their impartial judgment should not be called into question and blame should never be placed on officials before, during or after competition. The rule of good sportsmanship is to accept and abide by decisions made by officials in order to teach this valuable lesson to students for application later in life.

Respect Teammates and Yourself

The foundation of proper sportsmanship begins with your ability to recognize and appreciate the efforts of your teammates as well as yourself. Avoid any activities that could be classified as hazing toward teammates and respect yourself by choosing not to take performance-enhancing drugs.

Positively Interact with Fans

Regardless of team affiliation, an important aspect of good sportsmanship is the positive interaction participants, coaches, officials and others have with fans attending a contest. Through positive interaction, a level of decency and compassion is illustrated to individuals attending the sporting event and continued attendance is desired.

Display Representative Behavior at Athletic Events

As a representative of your school, never allow poor judgment to interfere with the responsibility you have to positively reflect on your program. Regardless of your stature as a student, player, coach, parent or spectator, it is paramount that you show proper sportsmanship and by doing so show that you value the benefits of UIL athletics.

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

CGA

CHARACTER

Character is the most important quality a person must possess in order to show good sportsmanship. It affects the decisions a person makes and the way they are seen by others. This section covers expected behaviors from individuals at sporting events.



RULE

Behavior Expectations

It takes everyone in the school community to ensure that proper sportsmanship is carried out at all times. From players, coaches and school officials to spectators and media personnel, sportsmanship is the responsibility of all.



Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

Overall Acceptable Behavior

- Applaud all participants during team introductions, regardless of team affiliation.
- Show respect to officials and accept their judgments as part of the contest.
- Cheerleaders should lead fans in positive cheers that promote sportsmanship and fair competition.
- Participants should shake hands before and after each contest, regardless of outcome.
- Treat competition as a game, keeping the value of education paramount.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of a contest for performances of all participants.
- Everyone show concern for an injured player, regardless of team affiliation.

Overall Unacceptable Behavior

- Attempts to distract opponent during contests such as yelling or waving arms during opponent's free throw attempt, serve, etc.
- Antagonizing, disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Refusing to shake hands or give recognition for good performances following a game.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.

Behavior Expectations of the Coach

- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. As coach, it is your responsibility to act in a positive manner to show your athletes the proper way to conduct themselves in competitive situations.
- Respect the integrity and personality of the individual athlete.
- Do not ask an athlete to do anything that will put their integrity in question.
- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Refrain from arguments with

officials or other coaches in front of players and spectators.

- Shake hands with the officials and opposing coaches before and after the contest. This shows mutual respect between two school officials and also illustrates good sportsmanship to spectators of the game.
- Respect the integrity and judgment of game officials. Do not call their integrity into question. By showing respect for officials, you not only are promoting good sportsmanship but also showing others the proper way to handle situations.
- Treat opponents and officials with respect and hospitality when hosting an event. This

includes having proper dressing areas and any pertinent information that could be useful such as game schedule and post-game procedures.

- Be sure to stay on game time schedule. Doing this will help the officials keep the contests running smoothly and reduce the amount of time in between contests.
- Display modesty in victory and graciousness in defeat in public and in talking with the media. Confine remarks to game statistics and the performance of your team. Never degrade the performance of any participant, coach or official.
- Hold a pre-season meeting to discuss proper sportsmanship with your athletes and parents. It is your responsibility to help ensure that positive sportsmanship is displayed at sporting events.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity, obscene language or improper actions, which include the verbal or physical abuse of participants, coaches, officials or spectators.



Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

“A good coach will make his players see what they can be rather than what they are,”
 -Ara Parashegian, Notre Dame Head Football Coach, 1964-74

Behavior Expectations: STUDENT-ATHLETES AND CHEERLEADERS

Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

Behavior Expectations of the Student-Athlete

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community. Make good sportsmanship a top priority for you and your teammates.
- Live up to standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans and fellow students. This will assist others as well as you in the achievement of a better understanding and appreciation of the game.
- Treat your opponents with respect and integrity. All participants work very hard to prepare for competition, and it is paramount that you as an athlete show the proper respect that is earned through hard work and determination.
- Wish opponents good luck before the game and congratulate them in a courteous manner following the contest, no matter the outcome.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will help to make a positive impression of you and your team in the eyes of the officials and everyone at the event.
- Do not say, write or post any derogatory comments about opponents, teammates, coaches, officials or spectators.

Behavior Expectations of Cheerleaders

- Understand your responsibility as a cheerleader and take pride in representing your school and community.
- Establish acceptable standards for the squad and follow those standards at every event.
- Transfer your standards to those attending the event in an attempt to show proper crowd participation and sportsmanship.
- Treat opposing cheerleaders as guests when they come to your school.
- Always respect the judgment and integrity of the game officials. By giving respect to officials, you are showing spectators that you accept the officials' decisions and illustrating the proper way to conduct oneself in an athletic setting.
- Applaud all participants during introductions and after the game, regardless of team affiliation.
- Select only positive cheers that will praise your team without degrading the opponent.
- Choose appropriate times to cheer. Give the other squad the same amount of time to cheer as you would expect.
- Show opposing athletes the same respect you would show your own team.
- Encourage a positive crowd alternative when booing or an inappropriate chant begins.
- Give encouragement to injured players and recognition to outstanding performances, regardless of team affiliation.

Behavior Expectations: STUDENT GROUPS AND SPECTATORS

Behavior Expectations of Student Groups

- Always provide positive support for your team. Never ridicule or degrade the opposing team or players.
- Conduct yourself in an exemplary manner. Remember that you represent your school both at home and away.
- Assist cheerleaders with yells, chants, etc. Always be a working part of pep assemblies with preparation, organization and involvement.
- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm. Applaud good performances on both teams. Doing this will show that you understand and can recognize athletic achievement, regardless of team affiliation.
- Always display proper sportsmanship toward officials and value their contributions to the game. Respect the judgments made during a contest. All calls are impartial and should be accepted by all parties.
- Use only positive cheers, signs and chants during a contest. This will show that you understand proper sportsmanship while giving your organization and school a good reputation.



Behavior Expectations of Spectators

- Always support your team and the efforts of all participants involved.
- Do not intimidate or ridicule a player, coach or official before, during or after a contest.
- Always praise athletes for their actions during a game; never degrade a participant for their efforts. Athletics are a learning experience for students, and mistakes will be made.
- Remember that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.
- Use only cheers that support and uplift the teams involved.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game on or near the site of the event.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

Behavior Expectations: OFFICIALS, SCHOOL ADMINISTRATORS & MEDIA

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

Behavior Expectations of Officials

- Know the rules of the game thoroughly.
- Accept your role in an unassuming manner and take pride in your work.
- Maintain confidence and poise, controlling the contest from start to finish.
- Work with the host school to stay on game schedule as best you can to allow the contests to run smoothly and reduce the amount of time between contests.
- Publicly shake hands with coaches of both teams before the contest.
- Never exhibit emotions or argue with participants or coaches when enforcing rules.
- Never let your judgment be swayed by the negative actions of participants, coaches or spectators.
- When watching a game as a spectator, give the officials, participants and coaches the same respect you would wish to receive when working a contest.

Behavior Expectations of School Administrators

- Develop and implement a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school district and community.
- Have proper sportsmanship rules and penalties in place before the athletic season begins and enforce them throughout the year.
- Support participants, coaches and fans that teach and display good sportsmanship.
- Attend events whenever possible and function as a model of good sportsmanship.
- Communicate with spectators what is acceptable and unacceptable behavior during an event.
- Respect the integrity and judgment of game officials. Recognize their presence is instrumental to the game and that they do their best to professionally administer the rules of the game.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.

Behavior Expectations of the Media

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Promote ideals and fundamentals of good sportsmanship. • Recognize and appreciate the efforts of all those who participate in the contest. • Refrain from making negative comments toward participants, | <ul style="list-style-type: none"> coaches or officials during a contest or in your story. • Report acts of sportsmanlike behavior without giving undue publicity to unsportsmanlike conduct. • Report facts without demon- | <ul style="list-style-type: none"> strating partiality to either team. • While at a contest, refrain from making any derogatory comments about participants, officials or coaches. • Always report positively about participants in your articles. |
|---|--|---|

ATTITUDE

A person should have a positive attitude when participating in school-sponsored athletics. Whether you are a player, coach, fan, official or administrator, having a positive attitude will reflect favorably on your program and help others around you display appropriate behavior. The Attitude section of this manual will cover public address announcements that can help stress the importance of good attitude and sportsmanship at athletic events as well as tips on promoting good sportsmanship .



Public Address Announcements: PRE-GAME

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

- We are pleased to welcome you today to [SCHOOL NAME]. Good sportsmanship is one of the primary purposes of educational athletics. Our student-athletes recognize that judgment calls- by officials, coaches and themselves- are made in good faith and should be respected. Spectators can support both of these teams by refraining from derogatory or demeaning comments and cheers today. We hope that you will enjoy the game and support the students in a positive and sportsmanlike manner.

- When [SCHOOL NAME] sponsors an athletic event, it considers that happening to be an extension of the classroom, with the lessons learned as important as those coming out of a textbook. One very important lesson for our students is that of sportsmanship. Please help the [MASCOT NAME] in promoting good sportsmanship by refraining from derogatory remarks and gestures to players, coaches, officials or other spectators. School athletics is a vital part of student development, and together we can all help our students prepare for the future.

- Sportsmanship is a vital part of athletics. The University Interscholastic League and its member schools are dedicated to promoting sportsmanship around the state. During the contest, if you see someone using poor behavior please notify facility personnel. [SCHOOL NAME] believes sportsmanship is of utmost importance and wants you to enjoy the contest in a fun and healthy environment. Thank you for your cooperation.

- The student-athletes involved in tonight's contest understand the importance of sportsmanship and know that it should be practiced at all times. Please help our students by showing respect to all participants and spectators at tonight's contest and cheering only in a positive manner.



“The answers to these questions will determine your success or failure. One, Can people trust me to do what’s right? Two, Am I committed to doing my best? Three, Do I care about other people and show it? If the answers to these questions are yes, there is no way you can fail,”

-Lou Holtz, NCAA Football Coach

Public Address Announcements: IN-GAME & POST-GAME

In-game Announcements

- Fans, while enjoying the action tonight, please remember to show good sportsmanship by refraining from derogatory yells or gestures. With your help, [SCHOOL NAME] can ensure everyone has a positive experience.
- Interscholastic athletics teaches many important lessons that extend beyond the sidelines. One such lesson is sportsmanship. Please help teach our students this important life lesson during and after the contest by cheering and showing support for good plays on both teams.
- [SCHOOL NAME] would like to thank you for attending tonight's contest. Please remember to show good sportsmanship by cheering and showing positive support for your team as well as displaying encouragement for all participants involved.
- Hard work, dedication and perseverance are instrumental in reaching success on the athletic field. Please help in supporting the efforts of all the athletes participating tonight and remember that sportsmanship is something that should be practiced at all times.



Post-game Announcements

- [SCHOOL NAME] would like to thank you for attending tonight's contest and wish you a safe trip home. Remember that sportsmanship is always important and should be practiced before, during and after the game. Our students are very important, and with your help we can all teach them the lesson of proper sportsmanship.
- As you leave the facility (gym, field), please remember that all participants involved in tonight's contest gave their very best effort. Please help show your support of these fine student-athletes by acting in a sportsmanlike manner.

Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

"Only those who dare to fail greatly can ever achieve greatly,"

-Robert F. Kennedy, Former U.S. Senator

Promoting Good Sportsmanship

Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

- Develop and enforce a code of conduct.

- Form a committee dedicated to helping build sportsmanship in your school and community.

- Develop a sportsmanship awards program to honor those individuals who exhibit outstanding sportsmanship, ethics and integrity.

- Hold pre-season meetings and assemblies before contests to encourage students to exhibit proper conduct.

- Become involved in National

High School Activities Week and National Be a Sport Day sponsored by the National Federation of State High School Associations.

- Work with local radio and television stations to air public service announcements on sportsmanship.

- Display messages of good sportsmanship throughout school hallways, in gymnasiums, on playing fields and around the community.

- Have coaches, players and administrators speak to local clubs and organizations to stress the

need for good sportsmanship in the community.

- Conduct clinics for parents and others to discuss playing and contest rules, ethics and good sportsmanship.

- Make visitors feel welcome when they attend a contest at your school.

- Ensure that game and facility personnel are helpful and polite to spectators.

- Make frequent public address announcements at athletic events concerning the importance and use of proper sportsmanship.



"I've learned something constructive from every defeat,"

-Tom Landry, Dallas Cowboys Head Coach, 1960-88/Member of Professional Football Hall of Fame

RESPONSIBILITY

Student-athletes and coaches have the responsibility of showcasing good sportsmanship and should act as examples for others to follow. Being responsible applies to every area of a person's life, whether it is in the playing arena or everyday life. This section of the manual will give helpful crowd control tips, cover the code of conduct for student-athletes and coaches and explain the dangers and effects of using steroids and performance-enhancing drugs.



Crowd Control Planning

An important part of ensuring that proper sportsmanship is displayed at athletic contests is to have a policy in place for dealing with crowd control. The following general suggestions will help administrators and managers prepare for situations that may arise.

- Establish written behavioral standards and expectations. Coaches, players, students, cheerleaders, spectators and school personnel should understand these standards and expectations. They should be communicated in a variety of ways, expected to be followed and consequences in place when they are not.

- Establish and communicate policies and emergency procedures. Have policies and emergency procedures in place regarding; a) fire; b) drinking and possession of alcoholic beverages; c) possession, use or sale of drugs; d) medical emergencies; e) lost and found articles; f) bomb threats; g) alternatives in case of score clock, light or other facility failures; h) transportation problems. Written emergency procedures should be clearly understood by the public address announcer as well as posted at competition facilities so that all parties can see and understand them.

- Identify supervisors and ushers. They should be expected to be active and visible to spectators to discourage and quickly identify problems.

- Establish job descriptions and

expectations of event personnel. Inform event staff about their duties, rules, regulations and emergency procedures. Encourage them to avoid becoming too involved in watching the event and to be observant, active and consistent in applying rules and procedures.

- Be consistent in applying policies and rules. Be supportive of your supervisory personnel at contests. Make sure they know you respect and appreciate their role in supplying the students involved with educational and character building lessons.

- Seat student groups and spectators in appropriate places. Avoid seating bands or spectators near the visiting team bench and the visiting team seating area.

- Act on policies and procedures. When someone is behaving in an undesirable way which violates the rules of good sportsmanship, do something about it. Actions speak louder than words. Inaction allows the establishment of undesirable examples and habits that can lead to more serious problems, and result in negative learning.

- Do not allow illegal substances inside the contest facility. Have admissions, ticket sales and parking lot personnel observe and screen people for possession of alcoholic beverages, intoxication and abnormal or suspicious behavior. Alert crowd control supervisors to observe behavior and whereabouts of potential problem people.

- Supervise restrooms. Have personnel in place to identify and discourage any negative behavior that may occur at or around the restroom facilities.

- Assist and accommodate all persons with special needs. Make every reasonable attempt to ensure any person with special needs is able to enjoy the athletic contest. This includes providing viewing areas for special needs individuals as well as informing them of exits and pertinent facility information.

- Have facility diagrams visible to the public showing accessible areas and emergency exits. Every spectator at the event needs to be aware of the proper exits and points of access available to them. This will help with crowd control and prepare all parties in case of emergency.

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

UIL Student-Athletes Code of Conduct

Trustworthiness

- Trustworthiness - Be worthy of trust in all I do.
- Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty - Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsman-like conduct.
- Reliability - Fulfill commitments. Do what I say I will do. Be on time to practices and games.
- Loyalty - Be loyal to my school and team. Put the team above personal glory.

Respect

- Respect - Treat all people with respect at all times, and require the same of other student-athletes.
- Class - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect. Do not complain about or argue with official calls or decisions made during an athletic event.

Responsibility

- Importance of Education - Be a student first, and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role Modeling - Consistently exhibit good character and conduct myself as a positive role model. Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor both on and off the field. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control - Exercise self control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - Safeguard my health. Do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - Protect the integrity of the game. Play the game according to the rules.

Fairness

- Be Fair - Live up to the highest standards of fair play. Be open-minded, and always be willing to listen and learn.

Caring

- Concern for Others - Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
- Teammates - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Citizenship

- Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - Honor the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I am expected to perform according to this code, and that there may be sanctions or penalties if I do not.

Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

Student-Athlete Signature

Date

UIL Coaches Code of Conduct

We at the University Interscholastic League believe that high school athletic competition should be fun, but that it must also be a significant part of a sound educational program. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Finally, we believe that the sincere and good faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of our student-athletes. This Code of Conduct applies to all coaches involved in University Interscholastic League sports.

I understand that in my position as a coach, I must act in accord with the following code:

Trustworthiness

- Trustworthiness - Be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.
- Integrity - Model high ideals of ethics and sportsmanship and always pursue victory with honor. Teach, advocate and model the importance of honor and good character by doing the right thing even when it is unpopular or personally costly.
- Honesty - Do not lie, cheat, steal, engage in or permit dishonest or unsportsmanlike conduct.
- Reliability - Fulfill commitments, be on time. Do what I say I will do.
- Loyalty - Be loyal to my school and team. Put the team above personal glory.
- Primacy of Educational Goals - Be faithful to the educational and character-development missions of the school and assure that these objectives are not compromised to achieve sports performance goals. Always place the academic, emotional, physical and moral well being of athletes above desires and pressures to win.
- Counseling - Be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing at a professional level. Counsel them about the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- College Recruiters - Be honest and candid with college recruiters about the character, academic abilities and interests of student-athletes.

Respect

- Respect - Treat all people with respect at all times, and require the same of student-athletes.
- Class - Be a good sport. Teach and model class, and be gracious in victory and accept defeat with dignity. Encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- Taunting - Do not engage in or allow trash talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect. Do not complain about or argue with official's calls or decisions during or after an athletic event.
- Respect Parents - Treat the parents of student-athletes with respect. Be clear about expectations, goals and policies and maintain open lines of communication.
- Profanity - Do not engage in or permit profanity or obscene gestures during practices, sporting events, on team buses or any other situation where the behavior could reflect badly on the school or the sports program.
- Positive Coaching - Use positive coaching methods to make the athletic experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse and conduct that is demeaning to student-athletes or others.
- Effort and Teamwork - Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork and winning with character.
- Professional Relationships - Maintain appropriate professional relationships with student-athletes and respect proper student-teacher boundaries. Sexual or romantic contact with students is strictly forbidden, as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

Responsibility

- Life Skills - Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible adults.
- Advocate Education - Advocate the importance of education beyond basic athletic eligibility standards. Work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
- Advocate Honor - Prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program, and vigorously advocate the concept of pursuing victory with honor in all communications.

Table of Contents

C.A.R.E.

Mission Statement

An Open Letter to the Fans

Fundamentals of Sportsmanship

Character

Attitude

Responsibility

Ethics

UIL Coaches Code of Conduct

- **Good Character** - Foster the development of good character by teaching, advocating and modeling high standards of ethics and sportsmanship.
- **Personal Conduct** - Refrain from profanity, disrespectful conduct and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as role model.
- **Role-Modeling** - Be a worthy role-model, always be mindful of the high visibility and great influence I have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all that I want my student-athletes to be.
- **Competence** - Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques and first aid safety.
- **Knowledge of Rules** - Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
- **Positive Environment** - Strive to provide challenging, safe, enjoyable and successful experiences for the athletes by maintaining a sports environment that is physically and emotionally safe.
- **Safety and Health** - Be informed about the basic first aid principles and the physical capacities and limitations of the age group coached.
- **Unhealthy Substances** - Educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco and recreational or performance enhancing drugs.
- **Eating Disorders** - Counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
- **Physician's Advice** - Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
- **Privilege to Compete** - Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right, and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.
- **Self-Control** - Control my ego and emotions. Avoid displays of anger and frustration. Do not retaliate.
- **Integrity of the Game** - Protect the integrity of the game, do no gamble. Play the game according to the rules.
- **Enforcing Rule** - Enforce this Code of Conduct consistently in all sports-related activities and venues.
- **Protect Athletes** - Put the well being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
- **Access** - Help make my sport accessible to all diverse communities.
- **Improper Commercialism** - Be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school. Make sure school and district officials approve any affiliation or association with a corporate entity.

Fairness

- **Fair and Open** - Be fair in competitive situations, selecting a team, disciplinary issues and all other matters. Be open-minded and willing to listen and learn.

Caring

- **Safe Competition** - Put safety and health considerations above the desire to win. Never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
- **Caring Environment** - Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

Citizenship

- **Honor the Spirit of the Rules** - Observe and require student-athletes to observe the spirit and letter of all rules, including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
- **Improper Gamesmanship** - Promote sportsmanship over gamesmanship. DO NOT CHEAT. Resist the temptation to gain competitive advantage through strategies or techniques that violate the rules, disrespect the highest traditions of the sport or change the nature of competition.

I have read and understand the requirements of this Code of Conduct. I will act in accord with this code. I understand that school (and district) officials, as well as the UIL and officials will and should expect that I will follow this code.

Teacher-Coach Signature

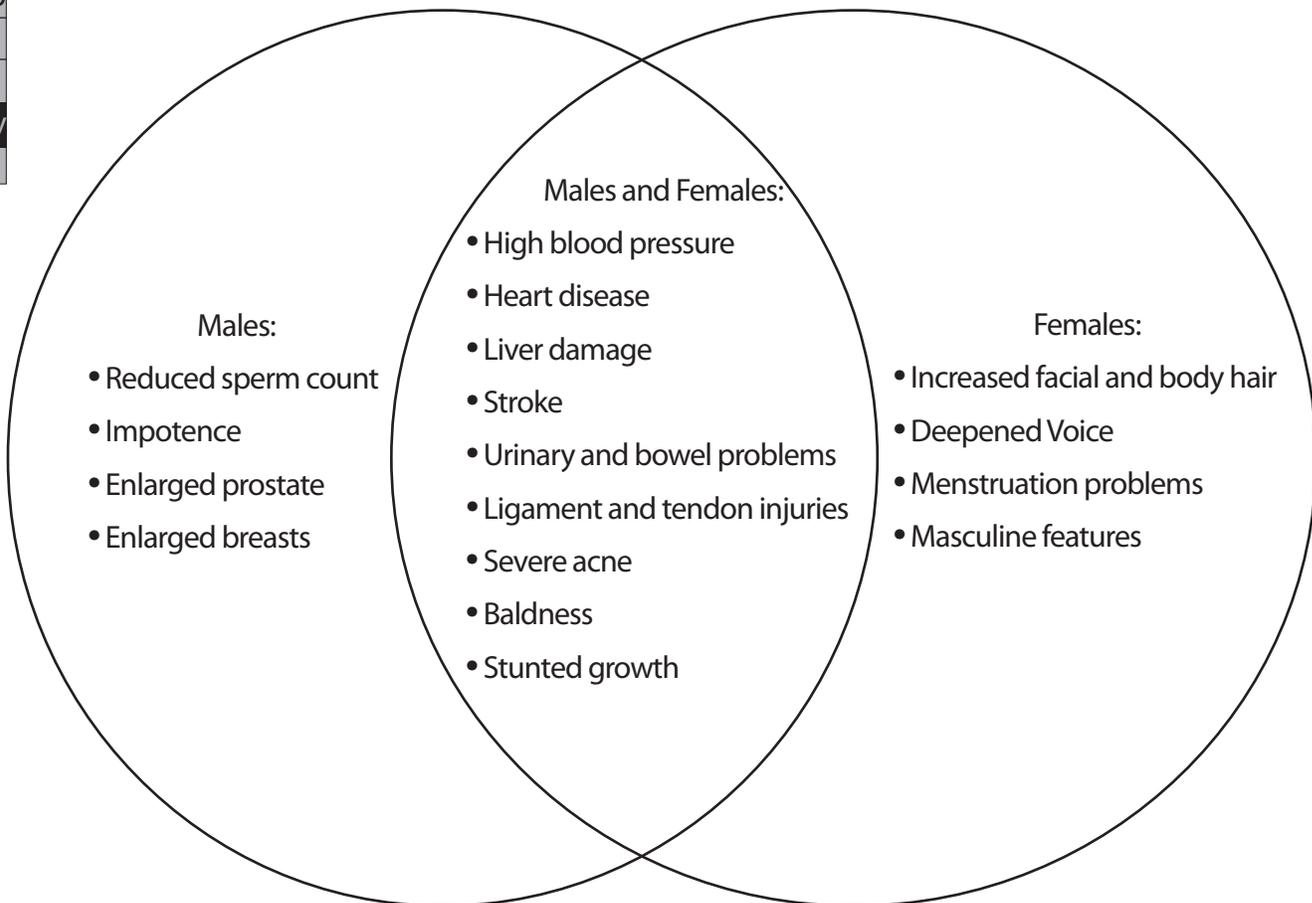
Date

Table of Contents
C.A.R.E.
Mission Statement
An Open Letter to the Fans
Fundamentals of Sportsmanship
Character
Attitude
Responsibility
Ethics

Steroids

One important aspect of sportsmanship is respecting the game and not attempting to gain an unfair advantage through the use of performance-enhancing substances. Additionally, using steroids is cheating and there is no honor in competing with their aid. Anabolic steroids unless prescribed by a physician are illegal and the side effects of taking such substances are not worth the risk.

Side Effects of Steroids for Males and Females:



“Roid Rage”

The term “Roid Rage” is very well known and refers to the severe emotional effects that steroids can have on a person. People experiencing “Roid Rage” can show aggressive behavior, display violence and have severe mood swings. Hallucinations are also a side effect of steroid abuse along with paranoia and depression.

“The most important decision I ever made in my career was to live my life in sports as honestly and ethically as possible. Never having compromised my values allows me to look back on my life with no regrets and feel satisfaction in what I was able to accomplish.”

-Greg LeMond, 3-time Tour de France Winner

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

ETHICS

Displaying ethical standards means not cheating or lying for the benefit of yourself or your team. In this section, the manual will cover the practice of hazing, gambling, posting or blogging and end with teachable moments that will allow you to use what you have learned to practice good sportsmanship.



Hazing

Good sportsmanship is not only limited to the playing field. It is also showing compassion and respect toward your own teammates and other students. Hazing is a very serious matter in high schools across the nation. Due to the developmental stages of adolescence, many students feel a strong need to belong to a certain group or organization. As a result, many students find themselves in a vulnerable position and will satisfy the demands of someone else in order to feel as though they belong.

Hazing should not occur in Texas high schools and the University Interscholastic League takes a very strong stance in the prevention of such practices. Hazing has been defined as "any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate."

- Forms of Hazing:
- Physical Abuse
 - Verbal Abuse
 - Threats or Implied Threats
 - Personal Servitude
 - Insulting New Members of a Group
 - Name Calling
 - Being forced to wear embarrassing or humiliating attire in public

An important part of showing good sportsmanship is not allowing hazing to occur in school athletics. Players, coaches, administrators and others can help to make sure that hazing does not transpire within your program. If you see any act that you believe is a form of hazing, it is your responsibility to tell someone and help to stop the act. Allowing hazing to occur is the same as conducting the act itself. If everyone works together in an effort to stop hazing in your program, you can build closer teams and foster individual relationships, which are healthy to the educational process.

Ways to help identify hazing and put a stop to it:

- Draw attention to hazing and help others interpret hazing as a problem.
- Help build awareness about hazing by talking with your friends, family and others.
- Become a role model by talking with youth about hazing and its potential problems.
- Provide assurance for those individuals who do report hazing.
- Establish consequences for participating in or allowing hazing.
- Develop incentives for the implementation of non-hazing group initiatives and activities.

"Do you know what my favorite part of the game is? The opportunity to play,"
-Mike Singletary, Chicago Bears, 1981-92/Member of Professional Football Hall of Fame

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

Gambling & Blogging

Gambling

Interscholastic athletics is an important part of education. It teaches students about responsibility, building character, instilling strong ethics, creating positive experiences and showing how to handle adverse situations. In order to keep interscholastic athletics a positive educational experience, it is vital that such practices as gambling not be allowed to infiltrate the boundaries of the sports arena. When gambling is allowed in high school athletics, the purity and educational basis is removed from the sport.

Professional as well as intercollegiate sports have experienced a high level of gambling. It is the responsibility of all involved parties to make sure that gambling does not filter down into UIL athletics. For anyone associated with interscholastic athletics to gamble or bet on outcomes and predictions at the high school level would be highly unethical and go against the meaning of educational competition.

With the influx of sports gambling web sites, it is easier than ever to place a wager on athletic events and contests. Professional and intercollegiate sports are taking steps to control gambling, and with the help of school personnel, we can help to keep gambling out of UIL athletics.

Blogging

The Internet allows people to communicate with each other in ways that were not available in the past. With up-to-date news and entertainment, the Internet is quickly becoming the most popular mode of communication. With the introduction of web sites like MySpace and Facebook, people are able to have constant interaction with each other through virtually 24-hour contact. You must be careful of the information that you choose to share on such web sites and through various messaging services like Yahoo! Messenger, AIM and MSN messenger. A wide audience can see the information that you post and choose to share and anything found on your pages and messages reflects upon yourself, your family and your athletic program.

As a representative of your school, it is always important to remember that your actions can and will affect others. Being a student-athlete is a big responsibility and people within the community look at you as a reflection of your program. Good sportsmanship extends well beyond the playing or practice field. You must be conscientious of what you say about your athletic program, school and others.

Under no circumstances is it okay to write or post anything on your page that could be interpreted as negative or derogatory towards a coach, teammate, official, opponent or any other individual. Many schools do not allow student-athletes to visit such sites on school premises. Student-athletes can help monitor blogging by being careful of what they choose to post or write on their personal messaging pages.

[Table of Contents](#)
[C.A.R.E.](#)
[Mission Statement](#)
[An Open Letter to the Fans](#)
[Fundamentals of Sportsmanship](#)
[Character](#)
[Attitude](#)
[Responsibility](#)
[Ethics](#)

“One man practicing sportsmanship is far better than 50 preaching it,”

-Knute Rockne, Notre Dame Head Football Coach, 1918-30

Teachable Moments

The following teachable moments are meant to help put the principles of this manual into practice. Each scenario allows you to use what you have learned and allow you to positively react to different situations. Examples of acceptable behaviors will follow each question to illustrate the appropriate way to handle oneself when faced with similar occurrences.

- Table of Contents
- C.A.R.E.
- Mission Statement
- An Open Letter to the Fans
- Fundamentals of Sportsmanship
- Character
- Attitude
- Responsibility
- Ethics

Coach

1 In a close football game, a player from the opposing team appears to hit your quarterback late but the referee does not throw a flag.

- How should you interact with the referee in this situation?
- What can you do to control your players and other coaches who are displeased with the referees call?
- As stated in this manual, officials are present to promote the sport and athletes by giving their fair and unbiased judgment at athletic events. Their calls should be respected and not criticized during or after a contest.
- As a school official, it is your responsibility to ensure that your players and fellow coaches respect and accept the officials judgments. Meetings should be held to discuss acceptable ways to conduct oneself when representing the school and athletic department.

2 At the district golf tournament, you see your top player mark their score sheet wrong, indicating that they made the hole in one less stroke.

- What should your immediate response be when learning of the infraction?
- How could you be proactive in not allowing this to happen?
- Upon learning of the infraction, you should have your player report the discrepancy to a tournament official and reprimand the student-athlete for their actions explaining to them the importance of competing with honor.
- Pre-tournament meetings should be held in order to explain the importance of displaying high ethical standards as a representative of the school and community.

3 During a volleyball game, one of your players disagrees with a call made by the line judge and begins to argue the judgment.

- How should you handle your player and the line judge?
- What steps can you take to ensure that such a situation does not occur during a contest?
- An officials call should always be respected and as a coach it is your responsibility to control your players throughout the contest. Speak to the player about their actions and take them out of the game if necessary.
- Have frequent discussions with your players about showing respect for officials and the responsibility they have as a representative of their school.



Players

1 During a basketball game, an opposing player fouls you hard. On your way to the free throw line, the player who fouled you says derogatory things to you.



- What should your reaction toward the other player be?
- How should you treat the opponent during the rest of the game?
- Retaliating against another player because of their actions is unacceptable behavior. You should make your way to the free throw line and not engage in any taunting with the opponent.
- You should treat the opponent with the level of respect that you would expect for yourself. Reacting positively to potentially negative situations reflects favorably on yourself and your program.

2 You are flagged for holding during a football game. Your crowd and coach do not agree with the call and begin to berate the referee.

- How should you react toward the referee in this situation?
- What should you do to diffuse the crowd's and your coach's temper?
- As this manual states, an official is always to be respected and their judgment never called into question. They are present to promote you and your fellow participants and should be treated accordingly.
- The best way to diffuse any situation is to accept the call with dignity and carry on with the progress of the game. As a student-athlete, your actions have a strong affect on others. If you react responsibly to the situation it will promote good sportsmanship in those present.

3 You are hit on the elbow by a pitch in a softball game but the umpire did not notice and does not tell you to take first base.

- How should you react to the call?
- What should you say to the umpire?
- If a call is not made, you have to respect the umpire and not argue about their judgment. Take your place in the batters box and continue with the game.
- At no time during or after a contest should a student-athlete argue or say derogatory remarks to an official. After the game, thank the umpire for their help in promoting you and your teammates. Doing this shines a positive light on yourself and your team in the eyes of those present.



Teachable Moments

Cheerleaders/Student Groups

1 During a close basketball game your fans begin to chant derogatory cheers directed towards an opposing player.

- What should your reaction be in this situation?
- How can you redirect the crowd's attention back toward the game in a positive manner?
 - As a representative of your school, you should never take part in negative or derogatory actions that would reflect poorly on your program. You have a responsibility to cheer in a positive and enthusiastic manner.
 - Start a cheer that will refocus the crowd's attention on the game and the participants. As a cheerleader, many people look to you as an example of how to act at an athletic event. By conducting yourself in a responsible manner, you will help promote sportsmanship and the importance of the competition.

2 At a football game, one of the opposing players commits a late hit on your star running back in what appears to be a deliberate attempt to injure your classmate.



- What should your reaction as a group be?
- How should you treat the opposing player the rest of the game?
 - As a group, you should show compassion for your schools player. You should not under any circumstances yell or berate the opponent or act in any manner that may reflect poorly on your school.
 - You should treat all players with respect and appreciate the effort they are putting forth. Only cheer in ways that will promote your program without degrading the other team.

Table of Contents
 C.A.R.E.
 Mission Statement
 An Open Letter to the Fans
 Fundamentals of Sportsmanship
 Character Attitude
 Responsibility
 Ethics

Spectators/Parents

1 During a playoff football game, the official makes a call that negates your team's touchdown.

- What should your reaction be?
- How should you handle other spectators in the crowd that continue to berate the referee after the call is made?
 - Accept the official's call as a part of the contest and continue to cheer for your team in a positive manner. You should never berate or criticize an official for a call they make during an athletic contest.
 - You should help the cheerleaders in promoting your team by cheering in a positive manner. By not taking part in derogatory cheers you help to promote sportsmanship to others around you.

2 In the 3rd inning of a baseball game, the fans next to you begin to taunt and berate the umpire.

- Should you join in with the taunting?
- How would you stop other fans around you from taunting a referee, player or coach?
 - It is never acceptable to join in any derogatory cheers towards officials or participants at an athletic event.
 - As a fan, you have the right to enjoy the game in a safe and educational environment. You could politely ask the spectator to cease the cheers and notify a school official if necessary.



School Administrators

1 At the homecoming football game, a group of students begin to yell derogatory remarks at the officials and members of the other team.

- How would you stop the students from berating the officials and opposing participants?
- What proactive steps could be taken to ensure that members of the student body act accordingly at athletic events?
 - If you hear students berating an official or opponent it is your responsibility to diffuse the situation before it escalates.
 - Have public address announcements made at all school athletic events stressing the importance of good sportsmanship. Asking the students to cease the cheers and escorting them from the premises if the need arises will allow others to enjoy the contest in a safe environment.

2 During a close softball game, some parents from your school are ejected from the stands for yelling at the umpire.

- How would you handle the situation at the game?
- How do you handle sportsmanship problems dealing with parents or spectators?
 - It is your right as a school administrator to take action against fans that are acting in an inappropriate manner. You may issue a policy not allowing the person to attend any athletic event on your campus if the infraction warrants.
 - It is imperative to have a policy in place when dealing with parents and spectators that conduct themselves in a way detrimental to your school. Meet with parents before the season to explain your policy and enforce it when necessary.

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