

## CAPE EXPRESS SOCCER CLUB CLUB RULES

Welcome to the Cape Express Soccer Club. Below find a list of the rules that must be followed if you are to remain a part of the Club.

### REGISTRATION

1. Registration takes place on the first Thursday of August.
2. Registration fees will be paid annually no later than Registration. No player may begin playing without his/her dues having been paid in full (unless approved by the Board).
3. All players must complete the Medical Consent and Release form prior to any player's participation.

### PRACTICE

1. You must attend practice as required by your team's policy. It is your responsibility to find out what your coach's policy is regarding practice and playing time. Most coaches relate attendance and constructive participation at practice to playing time.
2. You must arrive on time and be picked up on time for scheduled practices.
3. Failure to abide by the above courtesies, without first notifying your coach or team manager may result in loss of playing time or other action at coaches discretion.

### TRAVEL

1. Travel to both practice and games is YOUR responsibility.
2. Coaches are to be called for transportation only after all other avenues have been exhausted.

### UNIFORMS

1. Uniforms must be kept clean and in good repair at all times.
2. Only regulation Cape Express uniforms are to be worn. If any part of your uniform is damaged or no longer fits, notify the coach or team manager as soon as possible so a replacement may be obtained.

### BEHAVIOR

1. **ABUSIVE, FOUL OR VULGAR** language or **GESTURES** will not be tolerated. This rule includes all phases of ANY club activity (i.e. travel to and from games and tournaments, overnight stays in hotels, club fund raising activity or club functions). You are a direct reflection on our club and these actions by players or parents will not tolerated on or off the field. Any infraction shall result in the immediate suspension from the game or activity and any additional disciplinary action deemed appropriate by the Head Coach and Board, up to and including expulsion from the club.
2. **QUESTIONING AN OFFICIAL REFEREE CALL BY ANY PLAYER OR PARENT IS STRICTLY FORBIDDEN.** This is the responsibility of the coach, please allow him or her to do their job **AS THEY SEE FIT** without player or parent input or abuse. Remember that you represent the **CLUB**.

### PLAYING SOCOND SPORT OR WITH OTHER TEAM

1. Playing with other teams or in other sports is permitted. However, Cape Express games must take priority over other teams and sports. You have a commitment to the other members of your team. Conflicts in practices can be worked out with your individual coaches.
2. It is your responsibility, not our coaches, to inform the coaches of the other teams of your players commitment to Cape Express and the priority of Club games.
3. Remember, you are a member of an elite club of gifted athletes and a certain degree of commitment and dedication to the club and to teammates is expected and required of all out members. Conflicts and deviations from this policy, or attendance problems will be handled on an individual basis by the coach and Board.

### FUND RAISING

1. You are required to participate in ALL club fund raising efforts. These efforts are for the benefit of all our members and help to defray individual financial burdens. Your cooperation is appreciated and necessary to insure success.
2. Anyone not participating in or contributing to the fund raising efforts of your club is hurting the whole organization and is subject to the actions of the executive board, up to and including suspension from play or expulsion.

### TOURNAMENT PLAY

1. Tournament play is a special part of our club function and is essential to the development of premier soccer players. Please remember our rules for behavior at all times as you and your player are a direct reflection on the quality of our club. Many of the better tournaments are by invitation only and we are proud of our club's reputation in our own and neighboring States. You are a part of a special organization and we expect you will reflect that in your behavior and that of your player at all club functions.
2. Any disciplinary problems are subject to the review of the Board and their determinations are final. We thank you in advance for your cooperation in this matter and are confident that we will all behave in a praiseworthy manner at all times and in all circumstances. We realize that at this level of competition, emotions often run high, but a **PROFFESIONAL ATTITUDE** exhibiting discipline and self control is a must for all our members and players. We are developing premier players and premier young men and women and discipline and self-control under pressure are a key part of that development. Thank you again for your commitment to making our club the best it can be.

I hereby agree to abide by the above club rules and I certify that my child has had a physical examination within the last year and is medically fit for participation in athletic competition.

Player Signature

Parent Signature

Date