

Orland High School- Northern Section -CIF
“Victory with Honor”
Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

1. **Trustworthiness** — I will be worthy of trust in all I do.

Integrity — I will live up to high ideals of ethics and sportsmanship and always pursue victory with honor. I will do what’s right even when it’s unpopular or personally costly.

Honesty — I will live and compete honorably, won’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability — I will fulfill commitments & do what I say I will do. I will be on time to class, practices and games.

Loyalty — I will be loyal to my school and team. I will put the team above personal glory.

RESPECT

2. **Respect** — I will treat all people with respect all the time and require the same of other student-athletes.

3. **Class** — I will live and play with class, be a good sport, and be gracious in victory while accepting defeat with dignity. I will give fallen opponents help, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

4. **Disrespectful Conduct** — I won’t engage in disrespectful conduct of any sort including bullying, hazing, profanity, obscene gestures, offensive remarks of a sexual or *racial* nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

5. **Respect Officials** — I will treat contest officials with respect. I won’t complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** — I will be a student first and commit to getting the best education I can. I will 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.

7. **Role-Modeling** — I will remember that participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. I will consistently exhibit good character and conduct myself as a positive role model. I understand that Suspension or termination of the participation privilege is within the sole discretion of the school administration.

8. **Self-Control** — I will exercise self-control. I won't fight or show excessive displays of anger or frustration. I will have the strength to overcome the temptation to retaliate.

9. **Healthy Lifestyle** — I will safeguard my health. I won't use any illegal or unhealthy substances including, but not limited to alcohol, tobacco and drugs. I will not engage in any unhealthy techniques to gain, lose or maintain weight.

10. **Integrity of the Game** — I won't gamble. I will protect the integrity of the game, and play by the rules.

FAIRNESS

11. **Be Fair** — I will live up to high standards of fair play, be open-minded and always be willing to listen and learn.

CARING

12. **Concern for Others** — I will demonstrate concern for others; won't intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

13. **Teammates** — I will help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. **Play by the Rules** — I will maintain a thorough knowledge of and abide by all applicable game and competition rules.

15. **Spirit of rules** — I will honor the spirit and the letter of rules and will avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

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

Print Name

Student-Athlete Signature

Date