Sierra Athletic Conference

(SAC) Athlete Code of Conduct 2026

Folsom Vista Jr Eagles _____ _____

SAC Organization's Name **Division** **Cheer/Football**

_____

Athlete Printed Name

Athlete Commitment

As an **ATHLETE** in the Sierra Athletic Conference (SAC), I commit to the follow the SAC Athlete Code of Conduct. By signing below, I understand that ***any violation may result in the suspension or dismissal from my organization and the SAC league***.

1. I will be responsible for my words and actions, no matter what the circumstances, both on and off the field or competition.
2. I will maintain good citizenship and understand fighting, misconduct, vulgar or derogatory language, cursing, or disrespect in any way is not tolerated.
3. I will maintain the academic standards of my school and organization.
4. I will arrive to practices and games prepared, on-time, and ready to give 100%.
5. I will treat my coaches, instructors, teammates, board members, officials, and any adult authority figures with respect.
6. I will follow the rules of my sport and respect the decisions of the coaches, officials, referees, and judges.
7. I will not use drugs, tobacco, or alcohol. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers.
8. I will treat other athletes, coaches, fans, board members and officials with respect regardless of race, national origin, sex, sexual orientation, creed, or ability.
9. I commit to positive encouragement of my fellow athletes and peers and understand any rude or disrespectful behavior on social media or through electronic or printed communications, including the use of foul language or inappropriate gestures toward anyone, will not be tolerated.
10. I commit that I will not engage in acts of bullying, use insensitive speech, or participate in any hazing activities.
11. I will not engage in online harassment directed any other football program, including through social media, electronic communication, or printed materials.

_____ _____

Athlete Signature **Date**

Sierra Athletic Conference

(SAC) Parent Code of Conduct 2026

Folsom Vista Jr Eagles _____ _____

SAC Organization's Name **Division** **Cheer/Football**

_____ _____

Athlete Printed Name **Parent/Guardian Printed Name(s)**

Parent and/or Guardian Commitment

As a **PARENT AND/OR GUARDIAN**, I will follow the Sierra Athletic Conference (SAC) Code of Conduct and enforce the SAC Code of Conduct with my athlete(s). By signing below, I understand that ***any violation may result in the suspension or dismissal from my organization and SAC league.***

1. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, board members, participants, and officials at every game, practice, or other organization or league events.
2. I will support and treat all officials, board members, volunteers, coaches, and other athletes with respect.
3. I will commit to a 24-hour "cooling off" period before contacting my athlete's coach or a board member, if any issues of concern arise.
4. I will not use drugs, tobacco, or alcohol while at organization and league events, games, and practices. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers.
5. I will not engage, or permit my child or others to engage, in unsportsmanlike conduct with any coach, parent, athlete, spectator, board member, or official, including the use of verbal or physical threats or abuse.
6. I will refrain from cursing and the use of vulgar language at all events and in all communications with my child, other athletes, coaches, spectators, board members, and officials.
7. I will not engage in any behavior that would endanger the health, safety, or wellbeing of any coach, parent, athlete, participant, board member, or official.
8. I will promote an environment of diversity and inclusion and encourage my child and other athletes to treat all players, coaches, fans, board member, and officials with respect regardless of race, national origin, sex, sexual orientation, creed or ability.
9. I will not engage, or permit my child or others to engage, in acts of bullying, use of insensitive speech, or participation in any hazing activities.
10. I will not engage, or permit my child or others to engage, in rude, disrespectful, or foul behaviors on social media or through electronic or printed communications toward any athlete, team, organization, board member, official, coach, or spectator.
11. I will do my best to make youth sports fun for my child and the athletes, recognizing that winning is a consideration, but not the only one, nor the most important one. Teaching my child and the athletes the importance of teamwork and discipline is first and foremost.
12. I will respect my child's coach and do my best to have my child at all practices, games, and events on time.
13. I will read the National Standards For Youth Sports, doing what I can to help all youth sports organizations implement and enforce them.
14. I will not engage in online harassment directed any other football program, including through social media, electronic communication, or printed materials.

_____ _____ _____

Parent/Guardian Signature **Parent/Guardian Signature** **Date**