



FREEDOM

FASTPITCH

PLAYER CODE OF CONDUCT

I have agreed to become a member of **Freedom Fastpitch**. As a member of this team, I will do my best to obey these rules and regulations:

1. I will always hustle. I will hustle on and off the field, on every ball I hit, on the bases and in the field.

2. I will respect my coaches and parents and do as they ask. I understand that they come from a place of experience and want to help me become the best I can be.

3. I will not use profanity, drugs, alcohol or tobacco. I will always set a good example and represent my team with class.

4. I will practice good sportsmanship before, during and after games. I will appreciate the good play of our opponents and remain humble during my shining moments.

5. I will treat all opposing players, coaches and fans with respect. The only difference between us is that they are pulling for the other side.

6. I will respect decisions made by the umpires. I cannot change their decisions, and I recognize my reaction may reflect poorly on both me and my team.

7. I will handle winning with class and losing with grace. A player's true character is shown in handling both winning and losing with similar reflection and appreciation.



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8. I will never quit. No matter the score, inning or number of outs, I will always give my best. My teammates deserve nothing less.

9. I will work hard when no one is watching. My work ethic is based on the hard work I put in during games and practices as well as at home.

10. I will never throw a bat or other equipment in anger. Not only is this unsafe, but it is a selfish display of poor self-control and bad sportsmanship.

11. I will always prioritize safety of myself and others around me. I will be properly equipped and aware of my surroundings when throwing a ball or swinging a bat.

12. I will treat practices seriously as an opportunity to become the best player I can be. Practice is my time to polish my tools while the game is my time to shine.

13. I will practice self-control, setting a positive example for others. I will not get down on myself when things aren't going my way.

14. I will always support and encourage my teammates. I will be helpful and courteous, treating my teammates the way I would want to be treated.

15. I will respect the facilities we are provided for practices and games. I will not damage equipment; I will clean up when we're done and I will treat it as I would my home.



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16. I will represent my team with class. I understand that how I behave and present myself will reflect either positively or negatively on my teammates and coaches.

17. I will remain in the dugout during games at all times, unless approved by a coach. My focus needs to be between the lines.

18. I understand my grades in school and behavior at home and outside of fastpitch may impact my position on the team. There is more to life than fastpitch.

19. I will embrace my role, position on the field and in the lineup, and I will not complain or feel sorry for myself. This is a team, and I will always do what is necessary for the team to be successful. Being a teammate is not just on the field play, it's also supporting the team from the bench when not in the game. Everyone has a role to play whether it's base running for pitchers/catchers, DP, DH, Flex player or on the bench for that game, I will support my teammates.

20. I will learn from my mistakes. I will make mistakes, but I will use them as opportunities to learn.

21. I will be on time or early. I will notify my coaches as soon as I can if I will be late or not able to attend practice, meeting or game(s) and understand that not notifying my coaches will affect my playing time.



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22. Social Media: I will not post inappropriate photos, conversations, videos and/or negative posts about myself, the organization, teammates, parents, teams, coaches or umpires. I understand that there will be disciplinary action & repercussions for my actions if this rule is violated.

I will always do my best to follow these rules. My coaches, parents and I understand that I am not perfect, but repeated violations can and will impact my standing on this team. Depending on the severity and frequency of my infractions, I may see less playing time, a diminished role or complete removal from the team.

The above rules aren't meant to scare me. They are rules I embrace to help me become a better player, teammate and person.

Disciplinary Actions for Violations of this Contract:

Upon notification of potential infraction, an investigation will be held by FF Board Members & Coaches to determine if the issue is subject to disciplinary action. Depending on the ruling, it will be determined at that time if action will be taken.

- **First Offense:** I will receive a verbal warning from my coach and my parent(s) will be notified of the offense.
- **Second Offense:** I will lose playing time & will not start the first game after the 2nd offense. This could mean I sit out the first game after said offense but would still be expected to be in the dugout to support my teammates. (In Uniform) Parent(s) will be notified of offense & actions to be taken.



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- **Third Offense:** I will be suspended (1) game! I will be expected to be at warm-ups and be present (In Uniform) in the dugout to support my teammates. If I do not participate as identified above, I will miss the following game. Parent(s) will be notified of offense & actions to be taken.

- **Forth Offense:** I will be suspended (2) games. I will be expected to be at warm-ups and be present (In Uniform) in the dugout to support my teammates. If I do not participate as identified above, I will miss the following game. Parent(s) will be notified of offense & actions to be taken.

- **Continued Offense or Major Contract Violation:** I will be removed from the organization if I violate the infractions identified below:
 - **Fighting**

 - **Negative or Inappropriate Social Media Posts**

 - **Use of Drugs or Alcohol**

I understand the above rules, and I will do my best to always represent myself, teammates, coaches & organization in a positive manner.

PLAYER SIGNATURE & DATE