



## **Bench Rules, Fair Play for Players, Fair Play for Parents.**



### **Bench Rules:**

1. Sit down and listen for instructions.
2. No rough play, show respect.
3. Be ready to play when it's your turn.
4. Be polite and listen to your coaches.
5. No food or pop on the bench.
6. Water or sports drinks in closed containers!
7. Get permission from your coach before leaving the bench.

### **Fair Play for Players:**

- ☞ Always play for the fun of the game.
- ☞ Always play by the rules.
- ☞ Always try your best.
- ☞ Always cheer the good play of my teammates and of the team.
- ☞ Always control your temper, not be a show off and not argue with the umpires.
- ☞ Always co-operate with your coach, your teammates, the umpires and the other team.
- ☞ Always treat every player the same way you want to be treated.

### **Fair Play for Parents:**

- ☞ Remember that children should always play for fun.
- ☞ Teach your child that honest effort is as important as winning.
- ☞ Always provide plenty of encouragement to your child
- ☞ Teach my child that umpires are an important part of the game
- ☞ Never question an umpire's honesty or integrity.
- ☞ Encourage all efforts to take bad sportsmanship out of the game.
- ☞ Applaud the value and effort of volunteer coaches and officials
- ☞ Remember that children only learn what we teach them.
- ☞ Fair play and sportsmanship starts at home.