



**Excel**  
*EXCELLENCE CENTER FOR ENHANCED LEARNING*

***INDOOR SOCCER  
LEAGUE  
RULEBOOK***

## **Mission:**

**The mission of Terrell ISD ExCEL is to enhance student development, promote staff wellbeing, and support its senior community by providing access to programs and resources that strengthen the mind, body, and character.**

## **League Goal & Values:**

The overall goal of every *ExCEL* Youth Sports League is to positively impact the lives of our student-athletes through the physical, social-emotional, and educational growth opportunities that accompany participation in sports.

In order to accomplish this goal, it takes commitment, great effort, and “buy in” toward the following key values:

- **Players Have a Great Experience:**

All of our student-athletes should get to play in a safe & positive environment. Remember, they are just kids that want to play a game.

- **Adults Focus on the Development of Young Men & Women:**

We should prioritize and support the development of both hard and soft skills:

- Good character, problem solving, teamwork, leadership, communication, resilience, work ethic, and the skills for their sport.

- **Everyone Takes Responsibility:**

We all contribute to the success of the league.

- Being Present, Prepared and On Time
- Being Cooperative, Supportive, Knowledgeable, and Respectful
- Being your Best

## **Final Note for Parents & Coaches:**

Always remember that our players are impacted by all that we say and do; whether at practices, games, in the car, or at the dinner table.

So, before saying or acting upon what may be on our minds...

Let's ask: ***Is what I'm about to say or do going to make my Player or Team better at this sport?***

***Will it make them better as a person?***

If not, we should move on to more important things so we can make sure, to the best of our abilities, that these athletes are developing as players, and young men & women.

Together, through our combined efforts, we can maintain these values, accomplish our goal, and fulfill the mission.

Thank you for being part of the ExCEL, and thank you for the investments you have decided to make toward the success of our youth.

Respectfully,

A.J. Knight  
ExCEL Director

## ExCEL Indoor Soccer League Rules

*All basic rules of play as described by FIFA and USSF, adapted for ExCEL Indoor Soccer Leagues.*

*The ExCEL reserves the right to modify any rules and/or policies based on the discretion of League Administrators in order to serve the best interests of our participants, the facility, and/or the District.*

### Playing Surface & Equipment:

**Field dimensions and goal size:** The ExCEL Indoor Soccer Field is 180ft Long x 90ft wide. Goals are 7ft Tall x 12ft wide. The field and goals may be adjusted for special circumstances.

**Game Ball:** The ball to be used for games at ExCEL shall be provided by the facility and approved by the Referee.

NOTE: The use of individual or team balls is not allowed during game time. ExCEL stresses that teams are not allowed to bring extra balls. ExCEL is not responsible for lost or stolen soccer balls.

- U4 – U11: Size 4
- U12+: Size 5

### Participant Policies:

#### Roster Size, Roster Lock and Division Placement

- Maximum roster size is determined by ExCEL and can vary season to season.
- Teams will be assigned to the division of their players' highest age or grade level.
- Coaches may edit rosters (remove players due to injuries or leaving the team / add players not to exceed the maximum) before the 4<sup>th</sup> game of the season.
- Under special circumstances, Coaches may request an exception to the roster lock date and teams may petition the ExCEL to roster more than the maximum number of players by emailing [excel@terrellisd.org](mailto:excel@terrellisd.org)

#### Players & Eligibility:

- All Players must be registered and on the roster in order to practice and play in the games; no exceptions.
  - Guest players are not authorized at any time or under any circumstances.
- A player may only play on one (1) team per division.
- Players must compete only in their grade level or higher (ex. A Player in U10 can play in U10 and older divisions)  
If two ages are combined into one division, (ex. U10 & U12 Girls) the player cannot play for more than one (1) team in that grade level combination.
- ExCEL may check the validity of rosters at any time and/or if formally protested by opposing coach.

**Players not meeting these requirements will be considered "Illegal". The use of illegal players is Not Permitted and a violation of ExCEL Rules and Policies.**

**An illegal player is defined as: An Unregistered / Un-Rostered Player, or;**

**A Player competing in a younger division (U12 player playing in a U10 division), or;**

**A Male Player competing in a Female Only Division, or;**

**A Player that is on 2 rosters in the same division.**

## Participant Policies (continued):

### Coaches / Managers:

- One adult, 18 years or older, must be on the roster serving as the Coach and/or Manager.
- **All participating adults must be rostered / registered and have a current, approved ExCEL / TISD background screening renewed annually (August 1<sup>st</sup>) based on ExCEL Policy.**
  - **Upon clearance, Coaches must obtain an ExCEL Coaches Badge, that is to be worn for ALL Practices & Games.**
- The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, scorekeepers, parents and fans)
- In the event that no coach is available, a parent stand-in as the Head Coach; the parent must be 18 or older and have a current, approved background screening with TISD and/or approval from ExCEL Administration.

### Benches:

- Only eligible players and coaches on the official roster are permitted on the benches.
- During the game, coaches are not permitted on the field unless granted approval by the Official and must stay within the coach's box area ("dugout") for their team.
  - No coaches/parents/spectators are allowed to coach from behind/near the goal.
- **Officials may require that coaches remain seated any time during the game and at the official's discretion.**
- Failure to follow the referees' instructions may result in a technical foul up to ejection from the game.

### Team Uniforms & Player Equipment:

- Uniforms are the responsibility of the team.
- Players should have uniform tops with the same or similar color to the rest of the team and a pair of shorts also the same or similar in color to the rest of the team.
- Each player is suggested to have a unique number to identify them.
- Teams are recommended (not required) to have a dark and light (white) version of their jersey or a unique color that is different from other teams.
  - In the case of two teams with similarly colored tops, the HOME team will be required to either change or wear pinnies of an alternate color that will be provided by the ExCEL.
- **Home team should wear light color (white) and Visitors should wear their dark color.**
- In the event of a dispute, the Game Officials have final say on Jersey colors.
- All uniform designs must be above reproach. Any uniforms deemed inappropriate by ExCEL will not be allowed and the team will be required to produce an approved replacement.
- All jewelry must be removed prior to entering the game. Studs in newly pierced ears may be allowed to be taped or covered at the discretion of the official.
- Any type of cast or medical device must be approved by the officials.
- Report of any failure to comply with these requirements will be reviewed by ExCEL and the team may be penalized at the discretion of League Administration.
- **Shin Guards:** Players shall wear appropriately sized shin guards in the manner intended without exception during all games. ExCEL Staff and officials are to prohibit any player without shin guards from any level of participation without exception until requirements are met.
- **Shoes:** Appropriate shoes must be worn by all participants during the game and the official is the final arbitrator of the safety of any player's shoes prior to the start of game.

## **The Playing Rules:**

### **Game Time:**

- Games are two (2) halves of twenty (20) minutes each - **RUNNING** clock.
- The Game Clock will start at the scheduled time of the game and continue to run throughout unless the referee directs the clock operator to stop the clock. Usually, stoppage only occurs when a player cannot physically remove themselves or be removed from the field due to an injury / medical issue.
- Halftime is 3 minutes.
- Games must not start earlier than the scheduled time unless mutually agreed upon by the Official and Coaches of both teams.

### **Playing Format & Minimum Roster to Start Games:**

- **Playing format is 8v8 - Seven (7) Field Players + one (1) Goal Keeper per team.**
- A team must have a minimum of 6 players and 1 coach in order to start the game.
- If a team is unable to be filled (4 players and 1 coach) within 10 minutes of the scheduled game time, the game will be forfeited.
- Forfeits will not be rescheduled.
- The forfeited game score is 0-0 and not factored in to score differential when determining tie breakers.
- Schedule conflicts or emergencies should be brought to the attention of ExCEL and the opposing team's coach as soon as possible in order to request a reschedule and possibly avoid forfeiting.
  - Reschedules are never guaranteed and at the sole discretion of league administrators.

### **Kick Off:**

- The "HOME" team kicks off to begin the game.
- The "VISITORS" kick off to begin the 2<sup>nd</sup> half of play.

### **Playing time requirements (apply to league divisions up to U14):**

- All players should play at least half of the game as long as they are in compliance with established team rules.
- Coaches are responsible to ensure that all players meet the mandatory playing time requirements.

### **Scorekeeping:**

The Official will be the sole timekeeper and responsible for score. Any implemented scorekeeping device will defer to the official for the time of play and correct and final score.

The Official is responsible for ensuring that both coaches complete the game sheet with their roster's information by listing their players' number or designation and notating any absent players by crossing them out.

- Game Sheets are provided by ExCEL for each game. These sheets serve as the official scorebook and will list all players and coaches who are eligible to participate in the game.
- Game Sheets are completed and signed by the Official(s) each game in order for the ExCEL to record the game and update the league standings.
- It is recommended that each coach also verify the game sheet (including final score) prior to leaving the facility.

## The Playing Rules (continued):

### **Unlimited Substitutions:**

Substitutions may be made any time during active play. Substitutions are unlimited. The substituted player must either be off the Field of Play completely within their own bench area or within the touchline within their own bench area BEFORE the substitute enters the Field of Play. Any substitute who enters the Field of Play prior to the player coming off is assessed a two (2) minute Timed Penalty.

- If either player (the substitute or the substituted player) touches or plays the ball while both players are on the Field of Play, a two (2) minute Timed Penalty will be issued to the player coming onto the Field of Play.
- The player entering the Field of Play MAY NOT be the first player to touch or play the ball directly upon entering the Field of Play while the ball is in play. Such violation shall result in a two (2) minute team penalty.

**Timed Substitutions:** During any of the “guaranteed substitution” opportunities, both teams shall be allowed approximately twenty (20) seconds to complete ALL player substitutions.

**Goalkeeper Substitutions:** Goalkeeper substitutions shall be done by notifying the referee before the substitution is made and will be made during the next guaranteed substitution. Any goalkeeper change requires that there be a stoppage in play. Any goalkeeper shall wear a jersey that distinguishes themselves from all of the other players. The coach must also inform the nearest referee of the change in goalkeepers.

**Guaranteed Substitutions:** During guaranteed substitution occurrences, the teams shall be allowed about twenty (20) seconds to complete all player substitutions. The restart of play will be delayed to allow the completion of the substitution(s) for the following occurrences:

- After a goal has been scored.
- After a timed penalty has been assessed.
- For an injury (with clock stoppage).
- At any unusual stoppage acknowledged by the referee.
- Any other referee managed restart.

**Inadvertent Restart:** If play is inadvertently restarted with the incorrect number of players after a guaranteed substitution, the referee (or scorekeeper) shall stop play and correct the number of players. Play shall be restarted with the appropriate number of players. No time penalty shall be assessed.

**Injured Player:** In the case of an injured player, the facility game clock may be stopped. **It is NOT a requirement for the game clock to stop. The decision whether to stop the game clock or keep it running is made by the referee(s) or the league coordinator.** The coach (or their designee) is beckoned onto the field of play by the referee to tend to the injured player. That player must be substituted for and shall not return to the field of play until a normal stoppage and must be approved by the referee. **If the decision is made to stop the game clock, the actual time will be paused the moment the coach (or their designee) steps onto the field of play. The game clock will then resume normally once the injured player and the coach (or their designee) has left the field of play.**

**Blood:** The referee shall send any player to their team bench who requires treatment for any sort of bleeding, regardless whether the blood is that player’s or another player’s. Any player who is removed for either having blood on their uniform or is actively bleeding shall not return until being inspected by the referee. No player shall be allowed to return with blood on any part of their person or uniform.

**Three-Line Pass:** If a player, including the goalkeeper, plays the ball over three lines (the two (2) Attacker Lines and the Halfway Line) in the air towards his opponent’s goal without the ball touching another player, the perimeter walls, or the Referee; a Free Kick shall be awarded to the opponent at the Shootout Mark of the first Attacker Line the ball crossed. This Restart requires a whistle to legally put the ball in play. (This may be considered for penalty for repeat infractions)

## **The Playing Rules (continued):**

**Superstructure-Violations:** If the ball contacts any part of the building superstructure above the Field of Play or any of the implements protruding below the ceiling, a Free Kick shall be awarded to be taken at the Shootout Mark nearest to the Attacker Line where the ball was last played. This Restart requires a whistle to legally put the ball in play. (This may be considered for penalty for repeat infractions)

### **Ball "Out of Bounds":**

**Kick-In Restart:** When the ball is played over the perimeter wall along the Touchline, a Kick-In shall be awarded from the point it crossed the perimeter wall to the opponent of the team who last touched the ball before it went out of play. If the ball touches player or other team personnel on the bench, who are inadvertently extending into the playing field, or if the ball exits the field through an open door of a Team Bench, the Kick-In shall be awarded to the opposing team.

### **Fouls and Timed Penalties:**

#### **NO Sliding:**

Sliding is not permitted during any level of play. This includes (but is not limited to) the following:

- No slide tackles.
- No sliding to play the ball.
- No sliding on the turf to celebrate a goal.

Any and all subsequent offenses shall merit a two (2) minute Power Play time penalty (Blue Card) to be assessed against all players for committing this offense.

#### **NO Heading of the Ball Allowed:**

Intentionally playing the ball with the head is not allowed. Any infractions of this rule shall result in a Free Kick to the opponents of the player who committed the Heading Foul at the spot of the infraction.

**Time Penalties:** The Referee may award a Timed Penalty against any player or bench personnel who acts in an unsportsmanlike manner, at any time.

Time penalties shall be classified and noted as follows:

- 2-Minute Penalties (BLUE CARD)
- 5-Minute Misconduct (YELLOW CARD)
- Send Offs / Ejections: (RED CARD)

**Two (2) Minute Power Play Penalties:** A two (2) minute Power Play Timed Penalty (Blue Card) may be assessed against players while the ball is in or out of play. A Timed Penalty MUST be assessed for incidents of Boarding, Elbowing, Spitting, Striking, or any other offenses deemed severe, blatantly tactical, or blatant in nature.

Play will be stopped and the offending player shall be issued a two (2) minute Timed Penalty (Blue Card). Said penalties shall be administered by the showing of a Blue Card by the Referee and shall be two (2) minutes in length.

**Misconduct by Players:** A five (5) minute Misconduct Penalty (Yellow Card) shall be assessed against players who show disapproval (by word or by action) of any decision of the Referees (or other game official), or acts in a severe unsportsmanlike manner. This is NOT a Power Play opportunity. The opponent team does not play short-handed. Misconduct Penalties are cumulative. The second Misconduct Penalty received by a single player in a game will result in a send-off for that player for Misconduct After a Caution.

## The Playing Rules (continued):

**Misconduct Technical Infractions:** A five (5) minute non-Power Play Timed Penalty (Yellow Card) be assessed for the following offenses:

- Player leaving the Penalty Box prior to the expiration of the Timed Penalty.
- Player guilty of gesticulation (i.e. jumping up and down and yelling to distract the kicker) on a Free Kick
- Player violating procedures for a Penalty Kick after a team warning.
- Player commits delay of game violation.
- Encroachment
- Any other Unsporting Behavior violation
- Vaulting the wall of the Team Bench area to either enter or leave the Field of Play. If this violation occurs after the game is over, a RED CARD is given instead.

**Ejections:** A player or non-player shall be ejected (Red Card) for the following offenses.

- Violent Conduct or Serious Foul Play
- Foul or Abusive Language
- Head Butting
- Third player into an altercation
- Leaving the bench or penalty area to join in an altercation
- Spitting on an opponent, game official, or anyone else.

### CARD CONSEQUENCES

Card Type:	Recipient:	Time Penalty:	Power Play:	Notes:
Blue Card	Player	2:00 Minutes	Yes (Offending team plays down)	Player receiving card must serve penalty
Blue Card	Team (Coach or Parent)	2:00 Minutes	Yes (Offending team plays down)	Coach picks player to serve time penalty
Yellow Card	Player	5:00 Minute	No (Player may be replaced during time penalty)	Player receiving card must serve penalty
Yellow Card	Team (Coach or Parent)	5:00 Minute	No (Player may be replaced during time penalty)	Coach picks player to serve time penalty
Red Card	Player	No	No (Player may be replaced)	Player Ejected
Red Card	Team (Coach or Parent)	No	No	Coach/Parent ejected and must leave facility within reasonable amount of time.



## The Playing Rules (continued):

### **Two (2) Minute Power Play Timed Penalties:**

Two (2) minute Timed Power Play Penalties (Blue Card) issued to players shall be subject to the following conditions in regards to duration and expiration of Penalty Time.

- Power Play Goal – If a team is reduced to a lesser number of players on the Field of Play than its opponents due to Time Penalties, and such team is scored upon by its opponent, then the player having the least amount of un-expired Power Play time remaining may return to the game.
- Equal Number of Penalties – In situations where an equal number of players from each team are serving Time Penalties and a goal is scored, NO PLAYER shall be released and NO PENALTY TIME voided, as it is not a Power Play goal.
- Multiple Penalties (Team) – There must always be a minimum number of players on the Field of Play for each team. Each player that receives a Timed Penalty must go to the Penalty Box. If the number of field players fall below the required minimum, that player may be replaced by a substitute. If there is no substitute remaining, the game is over.
  - The Penalty Time for the third (3<sup>rd</sup>) player in the Penalty Box will not commence until that of the first (1<sup>st</sup>) player has elapsed. The first (1<sup>st</sup>) player may not return to the Field of Play until a Guaranteed Substitution after the expiration of his Penalty Time or the opposing team scores a Goal.
  - Should both the first (1<sup>st</sup>) and second (2<sup>nd</sup>) Penalty Times elapse while all three players are still in the Penalty Box, then the first (1<sup>st</sup>) penalized player may rejoin play.
  - Likewise, in the case where the third (3<sup>rd</sup>) player's Penalty Time elapses, the second (2<sup>nd</sup>) player may rejoin play.
  - In the final case, the third (3<sup>rd</sup>) player may exit the Penalty Box at the first Guaranteed Substitution after the expiration of his Penalty Time.
- Multiple Penalties (Player) – For multiple Time Penalties assessed against a player in a single instance, the guilty player shall serve the entire accumulated time. That player may be replaced by a substitute after the Power Play Penalty Time has elapsed.
- Penalty Box Exit – Once a player enters the Penalty Box, the player shall remain there for the duration of the Penalty Time.
- Should a player leave the Penalty Box prior to the expiration of Penalty Time to participate in play, a five (5) Minute Game Misconduct is given to the player.
- Should a player leave the Penalty Box prior to the expiration of Penalty Time to participate in dissent or an altercation, this shall be considered Violent Conduct and the player shall be ejected.

**Five (5) Minute Non-Power Play Misconduct Penalties:** Five (5) minute non-Power Play Misconduct Penalties (Yellow Card) issued to players shall be subject to the following conditions in regards to duration and expiration of Penalty Time.

- The player must serve the entire five (5) minute Penalty Time
- The player may not return to the Field of Play until a Guaranteed Substitution after the expiration of his Penalty Time.
- The player must step onto the Field of Play whether or not they are going to participate in play or enter the Team Bench area.

## The Playing Rules (continued):

**Goalkeeper Restrictions:** Listed below are special restrictions associated with the Goalkeeper. The first two are infractions that shall cause the Referee to stop play and award a Free Kick to the opposing team at the Free Kick Spot (Top of the Penalty Arch).

- Ball played to Goalkeepers Hands from a Teammate - A goalkeeper is not permitted to play the ball with their hands in the event that the ball has been deliberately kicked to him by a teammate. If in the opinion of the Referee the goalkeeper has used trickery to circumvent the rule, the goalkeeper shall be issued a five (5) minute Misconduct Non-Power Play Timed Penalty, for this attempt to avoid the Rule.
- Illegal Procedure Handling - A Goalkeeper who receives the ball outside of the Penalty Area SHALL NOT handle the ball inside the Penalty Area.
- Goalkeepers serve their own Penalty Time. The team has twenty (20) seconds to replace the offending goalkeeper. Any delay may result in a two (2) minute Timed Penalty given to the offending team.
- Player positions – Opposing players remain outside the Penalty Area until the ball leaves the Penalty Area. Encroachment shall result in a five (5) Minute non-Power Play Penalty issued to the offending player.
- Goalkeeper Distribution Infraction – A goalkeeper taking a distribution may not play the ball again with their hands until after the ball has left the Penalty Area and has been touched by another player. Otherwise, the opposing team shall be awarded a Free Kick where the violation occurred.
- Punting – A Goalkeeper may NOT punt the ball out of the Penalty Area at any time. Any infringement will result in a Free Kick from the Free Kick Mark at the top of the Penalty Area.

## The Powers and Duties of The Referee

**Jurisdiction of Officials:** ExCEL official's jurisdiction begins with arrival to the ExCEL and ends upon their leaving the ExCEL. Officials jurisdiction includes bathrooms, parking lots, and common spaces in and around the ExCEL. Officials are also to be considered members of the ExCEL Staff for the duration of time in attendance.

**Discretionary Powers:** The official may use their authority to modify standing rules to facilitate any reasonable requests of both opposing teams' coaches prior to the game. Officials will deny any requests that will unfairly impact play, limit an individual player's playing time, or will impact the start of any later games. The official is the final arbiter of what modifications will be allowed prior to the start of play.

### Advantage

The official's power extends to offenses committed when play is stopped or when ball is out of play. The official will refrain from penalizing in cases where the offending team will gain advantage, unless said official deems the infraction such as to merit the attention of a penalty for the purposes of educating the offending player on the severity of the infraction. When the official observes a foul that is not to be penalized and/or stop play, the official shall call out "play on" and signal with both hands, palms up, pointing towards the direction of the ongoing play, but not stop play with the whistle. The official may then, at any reasonable point, stop play and award a free kick if the advantage does not materialize.

**Injuries:** Any player removed from play due to injury/illness may be replaced before play begins and this includes the goalkeeper. Officials are to allocate time for potential substitution to take place. Any bleeding player must be removed from the field immediately and is unable to rejoin play until the present ExCEL Staff approves return to play.

**Duration of Game:** The game shall consist of two 20-minute halves, with a three-minute halftime given between the two halves. No extended time or overtime periods will be allotted to any game and any game with a tie score at the end of regulation time shall be recorded as a tie. Officials are not to extend game time past a total of 40-minutes for any reason.

## **The Powers and Duties of The Referee (continued)**

**Caution Offenses:** Engaging in unsportsmanlike behavior by coach or player, directed at an official, any player, any opposing coach or bench, or towards any spectator will be considered an ejection offense if the severity, in the officials' opinion, merits the ejection. It is not solely a caution offense.

**Assistant / Co-Equal Referees:** One (1) referee shall officiate each game unless where ExCEL rules mandate there to be two (2) referees. Each referee may exercise the full duties and powers listed above. The assistant official may at any time take the role of the lead official. The assistant official may not override or reverse any call made by the lead official without the consent of the lead official.

**Senior Official:**

ExCEL Senior Official may be part of the officiating crew. He/She has the power and authority to advise the referee(s) on the field of play on the rules of the game or ExCEL playing procedures and guideline; Notify the referee(s) on the field of play of any infringements, game misconducts, or any other actions which could result in game ejections; Discipline or eject any coach, assistant coach, team manager, or substitute a play (or anyone else allowed in the team bench area) for unsporting behavior.

**Ejected Players:** Any ejected player is required to leave the Playing and Team Areas. Those players who are underage with no parent or guardian present may stay in the Team Area provided that player wears a pinnie or other shirt not to be confused with the other active, valid players.

**Ejected Coach:** A Coach who has been ejected the game shall leave the playing area, team area and/or building if requested by the game official. If there is no other coach or parent with an ExCEL Coaches Badge present to take over for the Ejected coach, the game may be deemed complete. An Ejected Coach who refuses to leave the building within a reasonable amount of time shall cause that game to be abandoned by the Referee(s).

**Protests:** Protests will only be considered by the ExCEL when the game in question has been played in full.

Protests involving an official's judgment or accuracy will not be considered.

Protests involving a player's eligibility should include the player's name and number taken from the game sheet of the game in question.

During the regular season, all protests must be submitted by email to the ExCEL, from the Head Coach of the protesting team, within 48 hours of the game in question.

During playoffs and/or tournament games, the time between games does not allow for the normal protest process. ExCEL Administrators in conjunction with the Head Official or other representatives will have the authority to rule on the protest. These rulings are final and not contestable.



## COACH'S CODE OF CONDUCT

A primary goal for the Terrell ISD ExCEL is to ensure every child's experience is rewarding and enjoyable.

All parties involved; coaches, volunteers, officials, parents, and staff, are expected to collectively work together to accomplish this goal and provide the best possible experiences for the children through cooperation, support, and respect for their individual roles and responsibilities.

This code of conduct is in place to uphold approved and acceptable behavior.

The term "Coach" shall include, but is not limited to: Head Coach, Assistant Coach(s), Manager(s), Trainer(s) and/or other Team Representative(s) who interact with or instruct the players during league events.

### **Health and Safety of Players:**

The health and safety of the players that I coach and/or instruct will be my number one priority.

I will never place the value of winning over the safety and welfare of players.

I will ensure that the players I coach and/or instruct have and wear proper safety equipment.

I will encourage athletes to seek proper medical attention and advice when required and follow all physician's instructions regarding treatment and recovery.

I will maintain the same interest and support toward all players, including those who are sick and injured.

### **Respect and Responsibilities to Others:**

I will respect the rights, dignity and worth of all players, coaches, volunteers, officials, spectators and ExCEL staff.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability and will refrain from all manners of personal abuse and harassment of others, whether verbal, physical, or emotional, and I shall oppose such abuse and harassment at all levels.

I will be a positive influence and will not, demean, degrade, humiliate, and/or engage in altercations with any player, parent, spectator, official, team or other coach or volunteer, or staff member. \*(Includes off-site occurrences such as social media forums)

I understand and agree that my team is not guaranteed any specific schedule and that all scheduling assignments are at the sole discretion of ExCEL. I will do all that I can to ensure my team is able to adhere to the schedule provided.

### **Professionalism and Responsibility for Actions:**

My actions, language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will communicate league and team information effectively and in a timely manner with all members of my team.

I will refrain from using foul language, possessing or being under the influence of alcohol or illegal drugs while coaching, volunteering, supervising and/or instructing participants.

I will display control, respect, dignity and professionalism to all involved in the activity (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will keep my registration and/or application current with the ExCEL and I will wear any required credentials (i.e. badge) and/or apparel at all ExCEL events.

I will be responsible for Parent and Spectator conduct at the sporting events of which I am coaching.

I will abide by and help to ensure the adherence to all rules, policies, procedures, and expectations set by the ExCEL.

### **Quality of Service to the Players:**

I will be knowledgeable about the rules and skills of the sport(s) I coach and/or the subject(s) I instruct.

I will follow the rules for my sport(s) as determined and instituted by the ExCEL.

I will instruct players to play within the rules of the game and within the spirit of the game at all times.

I will not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players.

I will never determine or make changes to a player's role or playing time due to financial reasons or fundraising participation.

I will be responsible for my players' actions on the field/court and will not permit them to perform with the intent of causing injury to opposing players.

I will never leave a participant unsupervised while involved in a game, practice or other activity at the ExCEL and will remain at the location following the completion of the activity until all children under my supervision have been picked up by a parent or responsible adult.



## COACH'S CODE OF CONDUCT (continued)

### **Poaching Policy:**

Poaching of players and coaches is considered a serious offense by ExCEL, and any group or individual found to have committed a poaching violation shall be subject to immediate removal from the program with no form of refund nor guarantee of future participation.

Any group, team, individual(s) which through its responsible officers, coaches, parents or representatives:

1. Has direct contact with a player, parent / guardian, or another coach to promote their team, group, or club, and solicit the player's participation will be considered a poaching violation. (Player contact includes, but is not limited to text messages, phone calls, emails, social media, and other written communication and/or in person conversations.)
2. Attempts at any time to induce a registered ExCEL player or coach (or their parent/guardian) to leave their current affiliation at any point will be considered a poaching violation.
3. Attempts to undermine, belittle, gaslight or suggest an alternative option to the ExCEL program in which they are currently registered or participating, regardless of the medium or location of such attempts, will be considered a poaching violation.

Any recommendation for a player or family registered to a team other than one's own to attend training, events, or any other services of a different team or individual would be inappropriate and considered an attempt to induce a player or coach to leave their present organization.

If any group, club, team, or individual(s) wish to acquire new players or coaches, they shall hold an open tryout that is communicated publicly and made available to everyone. Hosting "Open Tryouts" that are publicly advertised and made available to everyone would not be considered a poaching violation and any players or coaches acquired through this method would be allowed. Parents / Guardians may also submit a request to ExCEL for their player to be placed on a different team. ExCEL will review all team change requests and provide either approval or denial at its sole discretion.

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**I recognize the importance of my role as a Coach and accept the responsibilities that it comes with.**

**I pledge myself to observe, practice, and maintain this Code of Conduct as a condition of membership and participation in ExCEL Sports Programs.**

**I understand and agree that ExCEL Administration has the right and ability, in its sole discretion, to deny or remove any person, team, or organization from participating in an ExCEL program at any time for violation of policy or upon determining that participation by a person or team is not in the best interest of the person(s) nor the program.**

**I acknowledge that I have read and understand the Terrell ISD ExCEL Coach's Code of Conduct and I that I have access the Official League Rules of my sport online at <https://www.terrellexcel.com/rule-books>.**

**I agree to abide by the standards, policies, and procedures defined or referenced in them.**

**I further acknowledge that compliance with all league rules is mandatory. I understand and agree that failure by myself, my team, or its representatives to comply with league rules and policies will result in the below-stated consequences without exception:**

- |                             |  |
|-----------------------------|--|
| <b>1. First Violation:</b>  | <b>The team will forfeit the current game and the next scheduled game.</b>   |
| <b>2. Second Violation:</b> | <b>The team will forfeit the current game and the next two scheduled games.</b>                                    |
| <b>3. Third Violation:</b>  | <b>The team will forfeit the current game and be permanently removed from further participation in the league.</b> |

**By registering for and participating in this program, I voluntarily agree to these terms and accept full responsibility for ensuring that my team adheres to all league rules and regulations.**