



Ottawa City Soccer Club Player Code of Conduct and Ethics

Last updated October 2025

PLAYER CODE OF CONDUCT AND ETHICS

- I will play soccer because I want to, not because others want me to.
- I will play by the rules of soccer, and in the spirit of the game.
- I will show respect at all times for all team personnel, match officials, teammates, opposing team personnel, opposing players, parents, spectators, and club officials.
- I will act in a sportsmanlike manner and not engage in violent behaviour, foul language, or offensive gestures.
- I will be a team player.
- I know that winning isn't everything – having fun, playing fair, improving my skills, making friends and doing my best are all important.
- I will never ridicule a participant for a poor performance or training session.
- I will acknowledge all good play – that of my teammates and of my opponents.
- I understand that coaches are there to coach and not to improve my behaviour. If I am found to be behaving badly, my coach is permitted to remove me from the event. Furthermore, the responsibility of my behaviour outside of the team sanctioned events is not that of team staff but is the responsibility myself, and of my family or guardian.
- I will never take part in training sessions, game or team event while under the influence of drugs and/or alcohol.
- I will not take part in any form of bullying, either to an opposing player or to a player on my team according to the Ottawa City Soccer Club's Equality and Harassment & Anti-Bullying Policy. Bullying in any form, whether in person, electronically (any form of social media) will not be tolerated.
- I will comply with the conditions laid out in this document, as well as the [Ontario Soccer](#) and [Canada Soccer](#) Codes of Conduct.

SOCIAL MEDIA

- SOCIAL NETWORKING is defined as communication through on-line communities of people such as, but not limited to, Facebook, Twitter, YouTube, blogging, etc.
- Ottawa City Soccer Club (OCSC) understands the importance of SOCIAL NETWORKING, however, it also allows for inappropriate unsupervised conduct which may be detrimental to the welfare of Ottawa City Soccer Club and the future of OCSC players.
- OCSC holds the entire OCSC community, including Board, Team Personnel, Support Staff, Trainers, Players and Parents who participate in SOCIAL NETWORKING to the same standards as it would with all forms of media, including television, radio and print.
- Inappropriate behavior over SOCIAL NETWORKING media will not be tolerated and may result in disciplinary action being taken by OCSC. Disciplinary actions may include, but are not limited to, loss of game play, full game suspension, multi-game

suspension or for severe infractions season(s) suspensions from OCSC.

- Inappropriate use of social networking includes, but is not limited to: Statements that are demeaning to Ottawa City Soccer Club, team personnel, its programs, its teams, players, members, support staff, parents, sponsors or any other person associated with OCSC, communication of confidential information that may include medical history, family situations, game plans or strategies and other information that is deemed confidential, sharing photos, videos or comments that promote negative influences or criminal behavior, including but not limited to physical violence, drug/alcohol use, or taken in areas prohibited by policy, posting of inappropriate, derogatory, racist or sexist comments of any kind that contradict the policies of OCSC.

TRAINING SESSIONS AND GAMES

- I recognize that training sessions are more important than games and games are equally important.
- If I cannot make a training session, I will notify the Team Coach at least 48 hours in advance so that the session can be organized appropriately.
- If I cannot make a game, I will notify either the Team Coach or Manager (which is the standard set at the pre-program meeting) at least 7 days in advance so that arrangements for substitutions can be made.
- I realize that players who attend training sessions may get priority in the game starting line-up. Starting line-ups are based on several factors including attendance at training sessions, player's position, effort, attitude, injury recovery etc.
- I will turn off all electronic devices (cell phones, video games, etc.) before arrival at my training session, game or team event and leave them off until I am finished.
- I realize that playing time is not always going to be equal despite my coaches attempt to equalize. In fact some teams (higher level competitive teams) are permitted to use an "earned playing time" system. At the development and grassroots levels, playing time shall be equitable.
- I realize playing time is not always going to be equal. Higher level competitive teams will use an "earned playing time" system. Development and grassroots ages will be closer to equal but not exactly equal.
- I will leave all venues as neat and tidy as I found them and will remove all refuse from my area.
- I realize that I am not permitted to train or play under any circumstances with any other organization without the permission of an OCSC Technical Director.
- I realize that it is my responsibility to find transportation to a training session or game if my parents or guardian is unable to take me.
- I will report any medical problems in a timely fashion, when such problems may limit my ability to travel, train, or compete.
- I will participate and appear on time, well-nourished, and prepared to participate to my best abilities in all competitions, training sessions, trials, tournaments and events.

MY KITS

- I will take good care of my game kits and wear them only on game days.
- I realize that it is my responsibility to bring the designated complete alternate game kit to each game.
- I will ensure my jersey is tucked in at all times as required by the laws of the game.
- I will wear shin pads, socks, appropriate footwear, and bring my own water bottle to all games and training sessions.
- At training sessions I will wear approved training kit.
- I understand that rolling up my shorts to reduce their size, or exposing my bare shoulders is inappropriate soccer attire.
- I will abide by the FIFA rules and remove all jewellery for training sessions and game.
- I will not make any alterations to my game kits or approved training kits (jersey, shorts or socks).
- I will adhere to Canada Soccer's requirements regarding clothing and equipment.

DISCIPLINE

- I recognize that the Team Coach will handle infractions that occur at times other than during the game.
- I recognize that infractions that occur during the game are governed by the Laws of the Game and will be decided by the Match Official. The result may be a caution (yellow card) or dismissal (red card), in which case there may be further action, including suspensions or fines, by the league.
- I recognize that certain serious infractions will result in a discipline hearing convened by Ontario Soccer or their delegate, and could lead to a worldwide suspension from soccer, and a fine being levied by Ontario Soccer. Payment of the fine is my responsibility.
- I am responsible for reimbursing the Ottawa City Soccer Club for any and all fines payable by the Ottawa City Soccer Club due to my actions or inactions. Failure to pay any fines will result in my suspension from the Ottawa City Soccer Club for an indefinite period of time.

CONSEQUENCES

If for any reason the Code of Conduct is not followed by the player, any (one or more) of the following steps may be taken by the Team Coach or the Ottawa City Soccer Club:

- Reduce the playing time of the player; and/or
- Suspend the player for some time period
- Remove the player from the team.