

Genesis Team & Game Time Rules



Game Conduct

- **Play to Your Best Ability:** Always strive to perform at your highest level.
- **Compete Aggressively but Fairly:** Engage in competitive play while maintaining sportsmanship.
- **Respect All:** Show respect to the rules, your opponents, officials, teammates, and yourself.

Team Support

- **Encourage Teammates:** Offer support and motivation to fellow players.
- **Avoid Negative Criticism:** Keep comments positive and constructive; harsh criticisms are not allowed.
- **Bench Etiquette:** If not playing, stay engaged by supporting your teammates from the bench.

Communication

- **Respect Officials:** Do not challenge or criticize the decisions made by referees or officials.
- **Tactical Discussions:** During the game, avoid questioning the coach's tactical choices; save discussions for after the match.
- **Address Concerns Appropriately:** Bring up concerns with the coach after the game or during the next practice session.

Code of Conduct

- Sexual misconduct, harassment, or abuse towards any member of the team, staff, or opposing teams is strictly prohibited.
- Any form of bullying, intimidation, or discrimination is also prohibited.

Disciplinary Action

- **Attendance and Timeliness:** Players are expected to attend all practices and games unless excused by the coach. Notify the coach at least 24 hours in advance if you will miss a practice or game. Consistent tardiness or failure to notify may result in disciplinary action, including fines and/or suspensions.
- **Code of Conduct Violations:** Any violations may lead to disciplinary action, up to and including expulsion from the team.

Coach and Player Requirements

- **Coaching Standards:** Coaches for the Lightning and Thunder teams must be members of the Genesis Committee or its subcommittees.
- **Attire:** Coaches must wear Genesis Polo Shirts or designated Genesis attire during games. Players must wear their Genesis warm-up gear on game days and surrounding events

Arrival and Preparation

- **Pre-Game Arrival:** Players should arrive at the venue at least one hour before the game starts for warm-ups, strategy discussions, and mental preparation.
- **Preparation Steps:**
 - Arrive 50-60 minutes early to kick-off.
 - Be in full game uniform and ready to warm up 35 minutes before kick-off.
 - Stay hydrated and use the restroom before the game starts.
 - Avoid large meals within two hours of the game; opt for light snacks instead.

By adhering to these guidelines, we can foster a positive, respectful, and competitive environment that enhances the experience for all players, coaches, and supporters. Let's aim for excellence on and off the field. **1 Genesis!**