



Sierra Athletic Conference (SAC) Athlete Code of Conduct 2026

SAC Organization's Name

Division

Cheer/Football

Athlete Printed Name

Athlete Commitment

As an **ATHLETE** in the Sierra Athletic Conference (SAC), I commit to follow the SAC Athlete Code of Conduct. By signing below, I understand that *any violation may result in the suspension or dismissal from my organization and the SAC league.*

1. I will be responsible for my words and actions, no matter what the circumstances, both on and off the field or competition.
2. I will maintain good citizenship and understand fighting, misconduct, vulgar or derogatory language, cursing, or disrespect in any way is not tolerated.
3. I will maintain the academic standards of my school and organization.
4. I will arrive to practices and games prepared, on-time, and ready to give 100%.
5. I will treat my coaches, instructors, teammates, board members, officials, and any adult authority figures with respect.
6. I will follow the rules of my sport and respect the decisions of the coaches, officials, referees, and judges.
7. I will not use drugs, tobacco, or alcohol. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers.
8. I will treat other athletes, coaches, fans, board members and officials with respect regardless of race, national origin, sex, sexual orientation, creed, or ability.
9. I commit to positive encouragement of my fellow athletes and peers and understand any rude or disrespectful behavior on social media or through electronic or printed communications, including the use of foul language or inappropriate gestures toward anyone, will not be tolerated.
10. I commit that I will not engage in acts of bullying, use insensitive speech, or participate in any hazing activities.

11. I will not engage in online harassment directed any other football program, including through social media, electronic communication, or printed materials.

Athlete Signature

Date