

**CIF/CCS - PALMA HIGH SCHOOL**  
Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing Victory with Honor according to six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship [the "Six Pillars of Character"]. This Code applies to all student-athletes involved in interscholastic sports in California.

I understand that, in order to participate in high school athletics at Palma, I must act in accord with the following:

**TRUSTWORTHINESS**

**Trustworthiness:** Be worthy of trust in all I do

**Integrity** – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

**Honesty** – live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

**Reliability** – fulfill commitments; do what I say I will do; be on time to practices and games.

**Loyalty** – be loyal to my school and team; put the team above personal glory.

**RESPECT**

**Respect**

Treat all people with respect all the time and require the same of other student-athletes

**Class**

Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; given fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals

**Disrespectful Conduct**

Don't engage in disrespectful conduct of any sort, including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

**Respect Officials**

Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

**RESPONSIBILITY**

**Importance of Education**

Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

**Role Modeling**

Remember that participation in sports is a privilege, not a right and that I am expected to represent Palma, my coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of Palma's administration.

**Self-Control**

Exercise self control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

**Healthy lifestyle**

Safeguard your health; don't use any illegal or unhealthy substances, including alcohol, tobacco in any form and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

**Integrity of the Game**

Protect the integrity of the game; don't gamble. Play the game according to the rules.

**FAIRNESS**

**Be Fair**

Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

