



# POLICY 24 HOUR RULE

Coaches will not discuss any try-out related situations, games, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or created a hostile situation until 24 hours after the fact.

Note to 24 Hour Rule: Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents.

For parents, it is important to separate game emotions from the best interests of their child's sports development. For this reason, FCT has adopted the "24 Hour Rule". The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in the game in perspective before meeting to discuss it.

The rule is simple. Parents can't approach the coach about issues until after 24hrs of the competition.

Reasons for the rule:

1. To allow the parents to calm down after the issue has developed
2. Allow the coach to calm down after the competition
3. Give parents and coaches time to think about the problem
4. To prevent any unnecessary acts or scenes in front of players and other parent's
5. Calmer heads will prevail
6. To stop any embarrassing moments in front of the Players or child
7. The hope that time to think about the issues will help to solve the problem in a positive manner and the right resolution

Sometimes in the heat of the moment parent's and coaches say things that they really don't mean. This can hurt the player or team because things were not handled correctly. The parent & Coach relationship is important, but the overall decisions should be based on what is best for the team and players. The rule is in place to help protect the players and team.

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Parent name

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Coach Signature

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Date