



## TUFF Player Handbook



Welcome to another season of TUFF! We hope you are as excited as we are to get back on the field!

While TUFF is a lot of fun and a great way to get to know other people in the community, we do have a few rules and guidelines that must be followed to make sure everyone feels comfortable in the league and to help make things easier for your team captains. These rules are as follows:

1. **Behaviour** - As per our [Ethics Policy](#), everyone is expected to refrain from any unacceptable behaviours/actions at all TUFF games, team practices, socials and sponsored events, fundraisers, and any TUFF or NGFFL tournaments they attend. These unacceptable behaviours/actions include:
  - Profanity or profane gestures
  - Throwing objects
  - Demeaning, prejudicial or racial comments
  - Harassing behaviour
  - Intimidating behaviour
  - Unnecessary rough tactics
  - Unwarranted comments/yelling
  - Overly aggressive behaviour on the playing field
  - Refusal to abide by an official's decision
  - Appear in or around the playing area under the influence of alcohol or drugs
  - Consume alcoholic beverages while the team is participating in a game
2. **Communication** – All players are expected to communicate their expected presence at or absence from their team's game in any given week to their team captain(s). **Any player who goes three straight weeks without communication to their captain(s) and does not attend any of their team's games during this period can be removed from their team.** It's ok to miss games as everyone has other fun stuff they want to do in the summer, just be sure to let your captains know if you'll be away!
3. **Other On-Field Etiquette** – Any disagreements with a referee's call during a game should be directed to your team captains who will bring it up with the officials.

That's about it! We hope everyone has a great season and please feel free to talk to your team captains or an executive member should you have any question.



**SEE YOU ON THE FIELD!**

