

# CENTRAL CODE OF CONDUCT

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Page 1 of 2

## Central Code of Conduct

Central Cross Country Skiing, Inc. has adopted the Code of Conduct.

It is expected that all all athletes, coaches and officials who are a part of any event under the oversight of Central Cross Country Skiing adhere to the Code of Conduct.

No exceptions.

## “Athletes Rights, Responsibilities & Regulations”

Section 1.

All participants of official CXC (CENTRAL CROSS COUNTRY SKIING) teams shall be subject to the jurisdiction of the International Ski Federation (FIS), United States Ski and Snowboard Association (USSA) and CENTRAL CROSS COUNTRY SKIING rules. Participants shall conduct themselves at all times and in all places as befits worthy representatives of CENTRAL CROSS COUNTRY SKIING.

Section 2.

Competitors, coaches and officials shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for others physical and emotional well being, and courtesy and good manners in public places, competitions and while traveling.

Competitors shall abstain from the use and/or possession of illegal drugs, alcohol and tobacco products.

Coaches and Officials shall abstain from the use and/or possession of illegal drugs, tobacco products and inappropriate consumption of alcohol.

Participants of an official CENTRAL CROSS COUNTRY SKIING team shall commit no criminal act.

Participants of an official CENTRAL CROSS COUNTRY SKIING team shall avoid the use of profane or abusive language and disruptive behavior.

Competitors shall abide by the rules of the venue and rules of competition in all events entered.

Section 3.

Named members of the CENTRAL CROSS COUNTRY SKIING teams must comply with the following policies:

Travel as a team when travel is arranged by CENTRAL CROSS COUNTRY SKIING.

Participate in the housing and meal package arranged by CENTRAL CROSS COUNTRY SKIING.

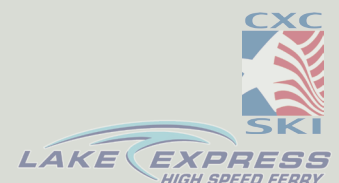
Conform to the curfew decided upon at the team meeting at the event in question.

Participate in the other segments of the official team package including:

Coaching Cost

Van and fuel charges, when applicable

Entry fee package



# CENTRAL CODE OF CONDUCT

WWW.CXCSKIING.ORG

page 2 of 2

## Section 4.

Failure to comply with any of the above provisions can lead to disciplinary action against participants by CENTRAL CROSS COUNTRY SKIING. The disciplinary action taken may include:

- Removal from the team trip or training camp
- Suspension from team trip or training camp
- Elimination of coaching assistance or other benefits

Any action taken shall be applied fairly and equitably to all parties involved.

Any disciplinary action taken by CENTRAL CROSS COUNTRY SKIING that denies a participant access to competition shall be for a period of not more than 21 days.

In each case of disciplinary action above, a hearing will be held by the CENTRAL CROSS COUNTRY SKIING Executive Committee within 21 days to review the situation. Any suspension that would prevent a participant from participating in competition for a period greater than 21 days will be conducted under the due process procedures of USSA, which include fair notice and the right to a hearing before declaring an individual ineligible to participate.

## Section 5.

Any competitor who uses any prohibited substances or material by whatsoever route introduced into the body, with the sole objective to artificially increase performance before or during a competition is, by definition, doping and shall be suspended immediately upon discovery. Action with intent to violate this section of the Code of Conduct, whether successful or not, shall be sufficient to suspend the participant.

In the case of coaches or officials, any person who participates in the violation of the rule in the preceding paragraph by encouragement or consent communicated to the competitor, or by furnishing prohibited materials or substances shall be subject to suspension or removal from the official team.

## Section 6.

At awards ceremonies conducted immediately following a competition, flower ceremony, where the competitors are still in competition clothing, it is the duty of the competitors who receive awards to openly display the bibs of the competition for which the awards are being given. At awards ceremonies that are held in conjunction with a banquet, suitable attire is mandatory.

## Section 7.

Nothing in this Code of Conduct shall restrict the individual freedom of a participant in matters not affecting or held in conjunction with a competition where the participant is a member of an official CENTRAL CROSS COUNTRY SKIING team.

## Section 8.

This Code of Conduct will be provided to each participant of an official CENTRAL CROSS COUNTRY SKIING team trip. Participants shall be required to sign one of the two (2) copies of the Code of Conduct Acknowledgement of Understanding form provided them and return to the Trip Leader within five (5) days prior to the scheduled competition. In the case of a minor (under 18) at least one parent or legal guardian must co-sign.

