

KW Abyssinia Rules and Regulations for players

- 1. Attend all practices and games on time and inform the coach in advance if you will be absent.**
- 2. Show respect to all teammates, opponents, coaches, referees, and spectators always.**
- 3. Follow the instructions and strategies given by the coach during practices and games.**
- 4. Wear the team uniform and equipment provided during games and keep them clean and presentable.**
- 5. Avoid foul language, aggressive behavior, and unsportsmanlike conduct on and off the field.**
- 6. Encourage and support teammates, especially during difficult moments of the game.**
- 7. Follow the rules and regulations of the game and obey the decisions of the referee.**
- 8. Refrain from using alcohol, drugs, or any other substance that may affect performance or behavior before games and practices.**
- 9. Take responsibility for your own physical fitness, nutrition, and hydration.**
- 10. Report any injuries or medical conditions to the coach or team physician.**
- 11. Show commitment and dedication to the team and strive to improve your skills and performance.**
- 12. Be a positive role model for younger players and represent the team with honor and integrity.**