



Tab Recreation League Constitution

The foundational rules, bylaws, and organizational structure governing all Tab Recreation programming

Purpose & Foundation

Tab Recreation exists to provide youth, families, and the surrounding community with high-quality recreational programming that promotes movement, belonging, character development, faith, and healthy competition in a safe and encouraging environment.

As a Christ-centered organization, Tab Recreation believes recreation and sports are powerful tools for developing confidence, discipline, leadership, teamwork, and community. The league is committed to creating opportunities where every participant feels welcomed, supported, and valued regardless of skill level or background.

Tab Recreation programming is developmental and recreational in nature, emphasizing growth, sportsmanship, fellowship, and community over winning at all costs.

Article I — Mission & Core Values

Mission Statement

Tab Rec is a Christ-centered community that prioritizes belonging and movement for all youth, adults, families, and neighbors through inclusive recreational programming that develops character, confidence, and connection.

Core Values

All Tab Recreation leagues, events, staff, volunteers, coaches, athletes, and families are expected to operate in alignment with the following values:

- Faith
- Belonging
- Inclusion
- Character
- Confidence

- Connection
- Sportsmanship
- Teamwork
- Fellowship
- Respect
- Service to Others
- Community

Article II — League Philosophy

Tab Recreation leagues are organized to:

- Promote movement, wellness, and healthy lifestyles
- Teach fundamentals and skill development
- Create positive recreational experiences
- Encourage teamwork, leadership, and confidence
- Build character and meaningful relationships
- Provide safe and organized programming
- Foster belonging and community engagement
- Ensure all participants have opportunities to grow and participate

Tab Recreation prioritizes:

1. Safety
2. Development
3. Belonging
4. Participation
5. Sportsmanship
6. Community

Winning is viewed as a byproduct of preparation, teamwork, effort, and growth, not the sole measure of success.

Article III — Organizational Structure

Executive Leadership

Executive Director

The Executive Director oversees all league operations, programming, staffing, facilities, partnerships, financial oversight, and strategic direction of Tab Recreation.

Responsibilities include:

- League oversight and administration
- Staff and volunteer leadership
- Policy enforcement
- Program development and expansion
- Community partnerships
- Financial stewardship
- Safety and risk management
- Final decision-making authority regarding league matters

Program Director

The Program Director assists with operational oversight and supports the implementation and management of league programming.

Responsibilities include:

- Day-to-day program support
- Coach and volunteer coordination
- Scheduling assistance
- Player and family communication
- Program operations support

Commissioners

Each sport or program may appoint a Commissioner responsible for assisting with league-specific operations. Commissioner positions are volunteer-based leadership roles designed to support the growth, organization, and culture of each individual program.

Potential Commissioner roles may include:

- Football Commissioner
- Soccer Commissioner
- Basketball Commissioner
- Cheer Commissioner
- Volleyball Commissioner
- Alternative Programming Commissioner

Commissioners support:

- Team organization
- Scheduling assistance
- Coach communication
- Rule implementation
- Program culture and accountability
- Volunteer coordination
- Positive league experience for families and athletes

Commissioners operate under the leadership and direction of the Executive Director and Program Director and are expected to uphold all policies, standards, mission, and values of Tab Recreation.

Coaches & Volunteers

All coaches and volunteers serve as representatives of Tab Recreation and are expected to:

- Complete required trainings and background checks
- Model positive behavior and sportsmanship
- Promote athlete development and safety
- Support the mission and values of Tab Recreation
- Maintain professionalism and accountability

Article IV — Participation & Eligibility

Athlete Eligibility

Participants must:

- Register through approved league registration systems
- Meet age or grade requirements established for each program
- Complete all required waivers and documentation
- Follow all league rules and codes of conduct

Tab Recreation reserves the right to verify eligibility documentation when necessary.

Equal Opportunity & Inclusion

Tab Recreation welcomes participants and families from all backgrounds and is committed to maintaining an inclusive environment where all participants are treated with dignity and respect.

Discrimination, harassment, bullying, or exclusionary behavior will not be tolerated.

Article V — Code of Conduct & Behavioral Expectations

All participants, coaches, volunteers, parents, and spectators are expected to uphold the standards outlined in the official:

- Parent & Spectator Code of Conduct
- Player Code of Conduct
- Coach & Volunteer Expectations

Failure to comply with league standards may result in:

- Verbal warnings
- Removal from facilities or events
- Suspensions
- Program dismissal
- Loss of volunteer privileges

The Executive Director and league leadership reserve the right to determine appropriate disciplinary action when necessary.

Article VI — Safety & Facility Standards

Tab Recreation is committed to maintaining safe and organized environments across all facilities and partner locations.

Safety Expectations

- Certified and trained coaching staff when applicable
- Emergency action plans for facilities and events
- Proper equipment and field/court setup
- First aid and AED accessibility when available
- Supervised programming environments

Smoking, vaping, alcohol, illegal substances, and weapons are prohibited at all Tab Recreation facilities, events, partner locations, parks, gyms, and fields unless specifically authorized by facility ownership and league leadership.

Article VII — Recreational Philosophy & Playing Time

Tab Recreation is developmental and recreational in structure.

Leagues will prioritize:

- Participation opportunities
- Skill progression
- Positive coaching
- Healthy competition
- Balanced recreational experiences
- Character and confidence development

Playing time expectations may vary by sport, age division, attendance, effort, behavior, and safety considerations, but developmental participation remains a core league priority.

Article VIII — Communication & Conflict Resolution

Tab Recreation encourages respectful, solution-focused, and relationship-driven communication between families, coaches, volunteers, officials, and league leadership.

Concerns should follow the proper chain of communication:

1. Coach or Team Representative

2. Commissioner or Program Leadership
3. Executive Director if necessary

Public confrontation, hostile communication, or inappropriate conduct toward staff, volunteers, or officials is prohibited.

Article IX — Faith, Belonging & Community Commitment

As a Christ-centered community, Tab Recreation seeks to model compassion, humility, encouragement, integrity, service, and belonging throughout all programs and interactions.

Participation in Tab Recreation does not require church membership or religious affiliation; however, all participants and families are expected to respect the mission, values, and culture of the organization.

Tab Recreation strives to create spaces where:

- Youth feel encouraged, supported, and connected
- Families feel welcomed and valued
- Volunteers feel appreciated and empowered
- Community relationships are strengthened
- Recreation serves as a tool for positive impact and personal growth
- Every participant experiences belonging through movement and community

Article X — Amendments & Governance Review

Tab Recreation reserves the right to amend league rules, policies, structures, and bylaws as necessary to improve operations, safety, programming quality, and alignment with the organization's mission.

League leadership may review and update policies annually or as operational needs require.

All official policies and procedures established by Tab Recreation leadership shall supersede individual team or program preferences.