

CODE OF CONDUCT

Code for Players

- 1 Play for enjoyment and be part of the rugby family
- 2 Respect the 'Game of Rugby' and play within the laws of the game
- 3 Accept the referee's decision and let your captain or coach ask any relevant questions
- 4 Play with control. Do not lose your temper
- 5 Be a "good sport". Applaud all good play whether by your team or the opposition
- 6 Always do your best and be committed to the game, your team and your club
- 7 Respect your opponent. Treat all players as you would like to be treated. Do not 'bully' or take advantage of any player
- 8 Rugby is a team sport and make sure you co-operate with your coach, team mates and members of your club
- 9 Remember that the goals of the game are to have fun, improve your skills and feel good
- 10 At the end of each match thank your opponents and referee for the match
- 11 Always remember that you owe a duty of care to your opponents. Tackle hard, but fairly and do not intend to hurt your opponent
- 12 Winning and losing is part of sport: Win with humility – Lose with dignity
- 13 As part of the team it is important that you attend training regularly and listen to your coach and help your team
- 14 Remember you are representing your team, club, family and the Game of Rugby Football

Code for Spectators

- 1 Remember that although young people play organised rugby they are not 'miniature internationals'
- 2 Be on your best behaviour and lead by example. Do not use profane language or harass referees, players or coaches
- 3 Applaud good play by visiting teams as well as your own
- 4 Show respect for your team's opponents and remember without them there would not be a match
- 5 Condemn the use of violence in all forms at every opportunity
- 6 Verbal abuse of players or referees cannot be accepted in any shape or form
- 7 Players or referees are not fair targets for ignorant behaviour
- 8 Encourage young players to play the Laws of the Game
- 9 Spectators can contribute to the enjoyment of games and all involved
- 10 Be proud of your club and the Game of Rugby Football

Code for Coaches

- 1 Remember as a coach of an 'age grade team' you can act in 'loco parentis' and to that extent your duty of care is more onerous than that of a coach to an adult team
- 2 Lead by example – young people need a coach whom they respect
- 3 Be generous with your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match
- 4 Teach your players that the Laws of the Game are mutual agreements which no one should evade or break
- 5 Be reasonable in your demands on the players' time, energy and enthusiasm
- 6 Ensure that all players participate in matches. The 'average' players require and deserve equal time
- 7 Remember that young players play for fun and enjoyment and that skill learning and

playing for fun have priority over highly structured competition. **WINNING IS NOT THE ONLY OBJECTIVE.**

- 8 Develop player and team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches
- 9 Insists on fair and disciplined play. Do not tolerate foul play, fighting or foul language. Be prepared to take off an offending player
- 10 Encourage young players to develop basic skills and sportsmanship. Avoid over specialisation in positional play during their formative years
- 11 Set realistic goals for the team and individual players and do not push young players into adult-like competition
- 12 Create a safe and enjoyable environment in which to train and play
- 13 Do not over burden young players with too much information
- 14 Make a personal commitment to keep yourself informed on sound coaching principles and methods, and on the principles of growth and development of young people
- 15 Be aware of the effect you have on growing children
- 16 Never criticise the referees and touch judges during or after a match in front of the players of spectators
- 17 Always thank the match officials and if they have made decisions which require clarification, discuss the problems after everyone has changed
- 18 Seek and follow the advice of a doctor in determining an injured player is ready to play again
- 19 Ensure that proper equipment and facilities are available at all times
- 20 Support the Code of Ethics and all policies regarding Children in Sport
- 21 Ensure you and your players are proud of your team, club and efforts during the season.

Code for Parents

- 1 Remember, young people play rugby for their enjoyment, and not only yours
- 2 Encourage your child always to play by the Laws of the Game
- 3 Teach young children that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment
- 4 Help young people to work towards skill improvement and good sportsmanship
- 5 Set a good example by applauding good play on both sides
- 6 Never ridicule, humiliate or shout at young players for making a mistake or losing a match
- 7 **DO NOT PLACE EMPHASIS ON WINNING AT ALL COSTS**
- 8 Do not force an unwilling child to participate in playing the game of rugby. If the child is to play, he/she will do so in good time through your encouragement
- 9 Support all efforts to remove verbal and physical abuse from rugby
- 10 As a spectator do not use profane language or harass referees, coaches or players
- 11 Do not publicly question the referees' judgement and never their honesty
- 12 Recognise the value and importance of volunteer referees and coaches
- 13 Identify and acknowledge the good qualities of the Game of Rugby Football and uphold these values
- 14 Remember you and your child's contribution to the game of rugby is very important to the I.R.F.U and be proud of your contribution
- 15 Understand the value of team sport and the importance there of.

**Let's have a enjoyable, trouble free season
@ Carrickfergus Rugby Football club**