



WYMONDHAM RUGBY FOOTBALL CLUB

Code of Conduct (Last Amended Oct 2010)

The Good Players Guide

Players are encouraged to:

- Understand, and play within, the laws of the game
- Respect opponents, spectators and team-mates alike.
- Play with pride and passion, to never give up but never try to "win at all costs".
- Eradicate loud, coarse and abusive behaviour from the game.
- Act as role models for younger players.
- Respect match officials' decisions, even if they appear to make a mistake - remembering that they are volunteers, providing an opportunity for you to play rugby.
- Be involved with club activities.
- Adopt appropriate standards of behaviour at all times.
- Respect dress codes laid down before and after matches.
- Enjoy their rugby, keeping winning and losing in perspective.

The Good Spectator's Guide

Spectators are encouraged to:

- Act as positive role models to all players.
- Be familiar with, and abide by, the [RFU Safeguarding Children](#) in relation to verbal and emotional abuse.
- Respect guidance from the Club with regard to spectator behaviour.
- Remember that children play sport primarily for their own enjoyment, not for that of the spectators.
- Acknowledge good individual and team performances from all players irrespective of the team in which they play.
- Respect match officials' decisions, even if they appear to make a mistake, remember, they

are volunteers providing an opportunity for players to play rugby.

- Never verbally abuse players, coaches, match officials or fellow spectators: such behaviour can create a negative environment for players and their behaviour will often reflect this

- Acknowledge effort and good performance rather than "win at all cost".
- Verbally encourage all players in a positive manner, shouting 'for' not 'at' the player.
- Encourage all players irrespective of their ability - never ridicule any individual player, regardless of the team in which they play.

The Good Parent's Guide

Parents are encouraged to:

- Be familiar with the coaching and training programme in order that they can ensure their child is fully involved and the coaches are aware of their abilities.
- Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
- Be aware that the Club has a duty of care to ensure the safety of players and therefore, where appropriate, assist coaches with the supervision of the players, particularly where numbers are large and there is a need to transport players to away games
- Be involved with the Club activities and share their expertise
- Share concerns, if they have them, with Club officials.
- Be familiar with the Good Coaches' Code contained in the Rugby Continuum. In particular be aware that:

- coaches should recognise the importance of fun and enjoyment when coaching players.
- coaches should keep winning and losing in perspective. encouraging players to behave with dignity in all circumstances.

- Support coaches in instilling these virtues
- Remember that young people play rugby for their own enjoyment not that of their parents
- Encourage young people to play - do not force them.
- Focus on players' efforts, rather than winning or losing
- Be realistic about the players' abilities; do not push them towards a level that they are not capable of achieving.
- Provide positive verbal feedback both in training and during the games.
- Remember that persistent negative messages will adversely affect the players' and referee's performance and attitude.
- Always support the Club in their efforts to eradicate loud, coarse and abusive behaviour from the game.
- Remember young people learn much by example.
- Always show appreciation of good play by all players from both their own Club and the opposition.
- Respect decisions made by the match officials, even if they appear to make a mistake, and encourage players to do likewise

Squad Principles

1. Time Keeping

- We will arrive on time for training and matches unless we have notified one of the coaches in advance.

2. Training

- We will attend training on Wednesday evenings 19:00 to 20:30 and Sunday mornings (excl match days) 10:00 to 12:00 at the club ground unless otherwise notified of cancellation or of venue change.

- We will train with the same positive attitude that we will take to our games
- We will openly discuss our concerns/issues/queries about our development and training with members of the coaching team and not grumble to one-another.

3. Dress code

- We will bring the right kit for training and matches.
- For training, gum shield, boots (not plastic studs), shorts, socks and suitable shirt or other top. In extreme cold weather it is permissible to wear full length leggings.

- We will arrive at matches in kit suitable to play and wearing squad training tops. Our shorts and socks will be black. Club Pale Blue or Plain White shirts and club ties will be worn after matches, home and away.

4. Communication

- We will use e-mail as our standard communication media.
- We will ensure that the team administrator has valid contact address and that messages are checked frequently.
- Team selection will always be notified via e-mail to the whole squad between 21:00 on the Wednesday prior to a match and 10:00 the following day.

- In the event of emergency (e.g. late match cancellation) communication via telephone may be necessary.

KIT

- Match playing shirts will be provided for all players selected. They must be returned after the match for cleaning. Players must provide all other items of kit. Gum shield, head guard (optional), black socks, black shorts, body armour (optional but well worth the investment), shin pads (optional but recommended for front row players), boots – blades or traditional studs are permitted but must be metal, plastic studs are considered dangerous and are not permitted.
- Full length leggings are not permissible for matches.
- Players are also expected to change into club pale blue or plain white shirt and club tie after games before they sit down to their meal and any presentations.
- Kit items and ties are all available from the club shop – enquire in the bar at the club house.



MAIN

LEATHES PRIOR
SOLICITORS

SPONSOR



PRESIDENT: Chris Williams **CHAIRMAN: [] []** **TREASURER: Trevor Chapman** **SECRETARY:**

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