

# Lenzie Mini RFC - Conduct

## PLAYERS CODE OF CONDUCT

- ✚ Regularly attend and work hard at training sessions "a player who fails to train is training to fail".
- ✚ Keep coaches informed of your availability for matches. If for any reason you become unavailable - inform your coach as early as possible.
- ✚ Arrive at the game early enough to warm up properly - a good warm up could prevent injury.
- ✚ Don't ignore aches and pains - if you are injured, or think you are tell your coach.
- ✚ Always "warm down".
- ✚ Be a good sport. Applaud good play from both teams.
- ✚ Respect your opponents. Without them you don't have a game.
- ✚ Treat other players as you would like to be treated. Don't show ill temper or use foul play.
- ✚ Don't criticise or argue with your team mates - every player has off days.
- ✚ Make new members feel welcome.
- ✚ Never argue with a referee. If you have a query, ask your captain / coach to approach the referee at half time or after the game in a calm and courteous manner to get clarification.
- ✚ At the end of the game shake hands with your opponents and give three cheers. Thank the referee and your captain.
- ✚ Pay your fees and club subscription on time.
- ✚ **Have fun.**

**Parents and any others are always welcome to attend matches whenever they can.**

## RECOMMENDATIONS FOR ALL SPECTATORS

- ✚ Get to know the rules and encourage your players to play by them.
- ✚ Congratulate both teams on their performance regardless of the result.
- ✚ Show respect for your teams opponents and the referee - without them there would be no game.
- ✚ Never ridicule or remonstrate with a player or referee for making a mistake during a game.
- ✚ Positive encouraging comments are motivational.
- ✚ Respect the referees decision.
- ✚ Do not encourage players to win at all costs - but promote fair play at all times.
- ✚ If you have a query ask for clarification.