



CODE OF CONDUCT

PLAYERS

- Play the game for the fun of it - not to please your parents/guardians or coach.
- Learn the laws of the game and play by them.
- Accept the referees' decision - even when he's wrong, he's right, it's the 'rugby way'.
- Control your temper - indiscipline lets both you and your team down. Rugby is a game of controlled aggression, channel it in a positive way, not negative.
- Keep trying - even when it seems hopeless don't let your head drop. Play as well as you can until the final whistle.
- Be a good sport - recognize good play whether by your own team or the opposition. You can learn valuable lessons by being self-critical when the opposition are playing better than your own team.
- Learn how to lose with dignity - Valuable life skills are learned in taking defeat in a dignified way, you can't win them all so hold your head up and congratulate the opposition. You can't win them all (and it would hardly be worth playing if you did for there would be no sense of achievement!)
- Treat all players as you yourself would like to be treated - don't harass, bully or take unfair advantage of any other player.
- Remember - as well as enjoyment, the aims of the game are to improve your skills and feel fit and healthy.
- Cooperate with your coach, referee, teammates and opponents - without them you don't have a game.
- Don't over-celebrate after scoring.
- Never demean the opposition by ridicule either by words or actions when you are in the ascendancy. You wouldn't like it if someone did it to you!
- When you get to know the opposition players (at regional level or beyond) you will realize they are no different to you, they just wear a different colored shirt. Many of them will be friends you will keep throughout your life even if you never play for the same club.
- Hosting your opponent -As the host club, it is your responsibility to make your opponent's feel welcome and comfortable when they are at your facility. Hosting your opponents and treat them the way you would wish to be treated when at their club's facility.
- Be proud of your club and remember that your actions don't just reflect on you, they reflect on your club so make sure that they are positive ones, not negative.