



**North Dorset Rugby Football Club**



## **Code of Conduct**

### **Club Ethos**

*“North Dorset RFC's ethos is based on Rugby Union's five core values: TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE and SPORTSMANSHIP. These values define and determine how all our members – playing and non-playing – are expected to behave and to interact with each other, on and off the field. They represent the qualities which forge the fellowship and sense of fair play that is so essential to the spirit of the game, and thereby to underpinning our Club's ongoing success. North Dorset RFC believes that Rugby Union is far more than a game and that the enjoyment derived from taking part is far more important than winning (particularly at all costs).”*

### **Approach to the Game - Players**

- *Rugby is a team game - do your best for your team-mates and don't try to grab all the glory for yourself.*
- *Understand the value of loyalty to your team/Club-mates as you can't play rugby on your own.*
- *Work equally hard for yourself and for your team as you will both benefit.*
- *Be attentive during all coach and training sessions.*
- *Recognise and appreciate the efforts made by coaches, match officials, and administrators in providing Players the opportunity to play and enjoy the game of Rugby Union in a safe and fun filled environment.*
- *Inform your Team Coach or Manager if you are treated in an unacceptable manner.*
- *Play because you want to, not to please others.*
- *Applaud the opposing team and match officials after the match and join them for fun and fellowship after the match because without them we have no game.*
- *Remember that skill development fitness and enjoyment are important to the game.*
- *Control your emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.*
- *Don't show off, lose your cool, pick on other players or generally misbehave - it's not part of rugby.*
- *Recognise good play by your team mates and opponents.*
- *Play to the Laws of the Game and accept, without question, all the referee's decisions even if they appear to make a mistake.*
- *If you lose, accept it with good grace and try harder next time.*
- *Win with dignity and lose with grace.*
- *Recognise that everyone has the right to expect that their involvement in Rugby Union to be safe and free from all forms of abuse.*

## **Approach to the Game - Match Officials**

- *Recognise the importance of fun and enjoyment when officiating.*
- *Recognise that the safety of players is paramount.*
- *Be consistent and objective.*
- *Emphasise the spirit of the game.*
- *Always penalise foul play.*
- *Show empathy for the age and ability of players.*
- *Play advantage whenever possible in order to let the game flow.*
- *Explain decisions - all players are still learning and parents will understand the game better.*
- *Provide positive verbal feedback in a constructive and encouraging manner during games.*
- *Officiate to the rules laid down in [World Rugby Laws of the Game](#) and keep oneself updated on rule changes.*
- *Appreciate the needs of the players before the needs of the sport.*
- *Understand the physical and behavioural development of players.*
- *Be a positive role model. Set an example, and as such, comments should be positive and supportive.*
- *Look to self-improvement, e.g. participation in training courses.*
- *Be familiar with the Good Spectator's Code and ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by club officials immediately.*
- *Be aware of, and abide by, the RFU Child Protection Guidance policies and procedures.*
- *Check that:*
  - *The home Club has provided a qualified first aider.*
  - *Ambulance access has not been obstructed.*
  - *That appropriate equipment is available along with someone trained in its use before starting play.*
- *Before training sessions and matches check that studs and other clothing are in accordance with the [World Rugby Laws of the Game](#).*

## **Approach to the Game – Coaches**

- *Recognise the importance of fun and enjoyment when coaching players.*
- *Understand that most learning is achieved through doing.*
- *Appreciate the needs of the players before the needs of the sport.*
- *Be a positive role model - think what this implies.*
- *Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.*

## **TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE and SPORTSMANSHIP**

- *Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.*
- *Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.*
- *Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.*
- *Ensure all players are coached in a safe environment, with adequate first aid readily to hand.*
- *Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.*
- *Never allow a player to train or play when injured.*
- *Ensure good supervision of players, both on and off the field.*
- *Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.*
- *Develop an awareness of nutrition as part of an overall education in lifestyle management.*
- *Recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke. You should actively discourage both.*
- *Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy.*
- *Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.*
- *Be aware of and abide by the [Safeguarding Policy of the Club](#) which are based on those of the RFU.*
- *Coach to the rules laid down in the [World Rugby Laws of the Game](#) and keep yourself updated on rule changes.*

## **Approach to the Game – Parents & Guardians**

- *Be familiar with the coaching and training programme in order that they you ensure your child is fully involved and that the coaches are aware of their availability.*
- *Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which your 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 players, particularly where numbers are large and there is a need to transport players to away games.*
- *Be involved with Club activities and share their expertise. Share concerns, if you have any, with Club officials.*
- *Be aware that:*
  - *Coaches should recognise the importance of fun and enjoyment when coaching players; and*

## **TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE and SPORTSMANSHIP**

- *Coaches should keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.*
- *Support coaches in installing these values.*
- *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 the players' efforts, rather than winning or losing.*
- *Be realistic about a players' abilities; do not push them towards a level they are not capable of achieving.*
- *Provide positive verbal feedback both in training and during the game.*
- *Remember that persistent, negative messages will adversely affect the players' and referee's performance and attitude.*
- *Always support the Club in its 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 both from your own Club and the opposition.*
- *Respect decisions made by the match officials, even if they appear to be a mistake, and encourage players to do likewise.*

### **Approach to the Game – Spectators**

- *Act as positive role models to all players.*
- *In relation to verbal and emotional abuse, be aware of and abide by the [Safeguarding Policy of the Club](#) which are based on those of the RFU.*
- *Respect guidance from the Club with regard to spectator behaviour.*
- *Remember children play sport primarily for their own enjoyment, not for that of spectators.*
- *Acknowledge good individual and team performance from all players irrespective of the team in which they play.*
- *Respect match officials' decisions, even if they appear to be 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 "to win at all costs".*
- *Verbally encourage all players in a positive manner, shouting 'for' not 'at' the players.*
- *Encourage all players irrespective of their ability - never ridicule any individual player, regardless of the team in which they play*