



COUNTY CAVAN RUGBY FOOTBALL CLUB

CODE OF CONDUCT

Code for Players/Members

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

Any incidents arising out of misconduct will be dealt with in strict accordance with section (j) of the 'Rules of the Club' as per below:

(j) The Management Committee shall have power to suspend temporarily or exclude permanently from membership of the Club any member whose conduct shall be deemed by the Management Committee to have been harmful to the best interests of the Club. Before the decision to suspend or to exclude permanently from membership is made the Management Committee shall cause the member concerned to be informed of the nature and circumstances of the conduct alleged and the member shall be given an opportunity to appear before the Management Committee and to deal with such charges of conduct harmful to the best interests of the Club.

- County Cavan Rugby Football Club, (herein referred to as **The Club**) reserves the right to take any and all necessary steps in relation to a player/member who is found to be in breach of this Code of Conduct. A Dicipinary Committee will be made up of at least one executive committee member, one juvenile coach, one mini coach. This Committee will be formed to deal with any incident/incidents pertaining to a breach of this Code to enable a full investigation to take place. The Dicipinary Committee will inform The Management Committee of its findings and make recommendations in each case on an individual basis.

- An appeal from such sanction handed down by the The Management Committee must be in writing and will only be heard within five working days from the date of the decision. If no appeal is lodged within that period the sanction will be carried out to its full extent.

Code for Parents

This section is in keeping with the Code of Conduct in relation to Juvenile and Mini Rugby

- Remember, young people play rugby for their enjoyment, and not only yours
- Encourage your child always to play by the Laws of the Game
- Teach young children that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment
- Help young people to work towards skill improvement and good sportsmanship
- Set a good example by applauding good play on both sides
- Never ridicule, humiliate or shout at young players for making a mistake or losing a match
- **DO NOT PLACE EMPHASIS ON WINNING AT ALL COSTS**
- 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
- Support all efforts to remove verbal and physical abuse from rugby
- As a spectator do not use profane language or harass referees, coaches or players
- Do not publicly question the referees' judgement and never their honesty
- Recognise the value and importance of volunteer referees and coaches
- Identify and acknowledge the good qualities of the Game of Rugby Football and uphold these values
- 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
- Understand the value of team sport and the importance there of.

Code for Coaches

- 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
- Lead by example – young people need a coach whom they respect
- Be generous with your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match
- Teach your players that the Laws of the Game are mutual agreements which no one should evade or break
- Be reasonable in your demands on the players' time, energy and enthusiasm
- Ensure that all players participate in matches. The 'average' players require and deserve equal time
- 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.**
- Develop player and team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches
- Insists on fair and disciplined play. Do not tolerate foul play, fighting or foul language. Be prepared to take off an offending player
- Encourage young players to develop basic skills and sportsmanship. Avoid over specialisation in positional play during their formative years
- Set realistic goals for the team and individual players and do not push young players into adult-like competition
- Create a safe and enjoyable environment in which to train and play
- Do not over burden young players with too much information

- 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
- Be aware of the effect you have on growing children
- Never criticise the referees and touch judges during or after a match in front of the players or spectators
- Always thank the match officials and if they have made decisions which require clarification, discuss the problems after everyone has changed
- Seek and follow the advice of a doctor in determining an injured player is ready to play again
- Ensure that proper equipment and facilities, in so far as is possible, are available at all times
- Support the Code of Ethics and all policies regarding Children in Sport
- Ensure you and your players are proud of your team, club and efforts during the season.

Code for Spectators

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

