



PLAYER'S CODE OF CONDUCT

We all have a responsibility to promote high standards of behaviour in the game.

As a player, you have a big part to play:

1. Make every effort to improve one's own ability in terms of skill, technique and fitness.
2. Always give maximum effort and strive for the best possible performance in a game.
3. Set a positive example for others and never use inappropriate language.
4. Make every effort consistent with fair play and the laws of the game to help one's own team play to the best of their ability.
5. Know and abide by the laws, rules and spirit of the game and competition rules.
6. Accept victory and defeat equally.
7. Treat opponents with respect at all times, irrespective of the result of the game.
8. Safeguard to physical wellbeing of opponents and oneself by avoiding violent play or conduct of any sort.
9. Accept the decision of the match officials without protest.
10. Show due respect towards match officials and avoid words or actions that may mislead them.
11. Abide by the instructions of your coach and team officials provided that they do not contradict the spirit of this code.
12. Show due respect for the interests of all team officials and spectators.
13. Show respect for equipment and facilities available to assist you to train or play the game within the spirit of this code.
14. Always shake hands with the other team and referee at the end of the game.
15. Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club.
16. Understand that my conduct and behaviour can reflect on the club in any situation, so I must always be aware and respectful.

I understand that if I do not follow the Code, any or all of the following actions may be taken by my club, I may:

- 1 Be required to apologise to my team-mates, the other team, referee or team manager**
- 2 Receive a formal warning from the coach or the club committee**
- 3 Be dropped or substituted**
- 4 Be suspended from training**
- 5 Be required to leave the club**
- 6 Pay any fines due to misconduct (including yellow or red cards)**

