



FOUNDED 1894

Newbold Rugby Football Club

Players Codes of Conduct

Players at Newbold RFC are encouraged to:

- Recognise and appreciate the efforts made by coaches, members, match officials and administrators in providing the opportunity for players to play the game and enjoy the rugby environment.
- Understand the values of loyalty and commitment to the club and team mates.
- Recognise that every player has a right to expect their involvement in rugby to be safe and free from any type of abuse.
- Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then they have a right to tell a committee member at the rugby club.
- Ensure any injury pre-training/match is reported immediately to the coach.

Players at Newbold RFC are expected to:

- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Be attentive at all training and coaching sessions.
- Work equally hard themselves and their team - both will then benefit.
- Recognise good play by all players on their team and by the opponents.
- Control their emotions. Verbal or physical abuse of team mates, opponents, or match officials is not acceptable.
- Treat all players, as they would like to be treated. Do not interfere with, bully or take advantage of any player.
- Set a good example by recognising fair play and applauding the good performances of all.
- Be a sportsman and win with dignity and respect
- Follow and accept the rugby rules of the game do not question the referees decision, discuss it later with the coach if required.
- Do not bring the club or the game of rugby into disrepute or disciplinary action may follow.

Training, (Tuesdays and Thursdays 7-8.30pm):

- Players are reminded that they play because they want to do so. Therefore all players are expected to attend training on the arranged nights at the arranged times where reasonably practicable
- If a player cannot attend a training session, the Coach or designated contact should be informed on the Saturday before the session or as early as reasonably possible
- When players attend the sessions they should be on the pitch ready to train at 7.00pm at the latest, unless otherwise arranged
- During training sessions, all players are expected to carry out the instructions of the coaching team with enthusiasm and respect. If a query arises or clarity is required an appropriate time should be chosen.
- Attendance to training sessions will be recorded by the Players Committee and a league table posted on a monthly basis. Prizes will be awarded at the Annual Players Dinner for top performers

Match Day:

- Players are expected to arrive at the match location in the appropriate dress and at the arranged time, unless otherwise arranged
- Players may be expected to assist the Captain and Team Manager in ensuring all flags and post protectors are put out before and brought back in after all home games
- Pre-Match Arrangements
 - Home Games – 1 ½ hrs before the match in the clubhouse, changed and on the pitch 1 ¼ hrs before the kick-off.

- Away Games - **1 ½ hrs** before the match in the opposition clubhouse, changed and on the pitch **1 ¼ hrs** before the kick-off.
- Any player that requires additional physio attention or strapping before a game, must ensure they arrive with plenty of time to allow them to be on the pitch ready to warm-up **1 ¼ hrs** before kick-off.
- Dress Code
 - (1st Team) - Polo shirts before the game, club shirt and tie after the game
 - (Other Teams) - Club/Blue shirt and Club tie after the game
- Match Awards – (*Awards come into effect from the 1st league game on 12/09/09*)
 - The Captain and Coach/Manager will nominate a Man of the Match. The results will be recorded and posted in the clubhouse and awards will be presented at the Annual Player Dinner
 - In addition, the Captain and Senior Players may select one player who they feel has had a less than positive impact on the game. This individual will be awarded the title of 'D**k of the Day'
 - Finally, a Match Performance Development Report will be completed after each game detailing the performance of each player, these appraisals will be taken into account for the development of each player and scores recorded by the Coaching Team. A 1st and 2nd Team award will be presented at the Annual Player Dinner
- Fines will be given for the following crimes, unless previously arranged with Captain/Coach (*Fines come into effect from the 1st league game on 12/09/09*)
 - Lateness to Match - **£1**
 - Missed Training Session - **£1**
 - Unsuitable Dress Code – **£1**
 - Yellow Card - **£2**
 - Red Card - **£5**
 - All fines will be kept for the players benefit at the Annual Players Dinner
 - ***The Captain will collect all fines and his word is final.***

All Match Reports and Club details can be found on the club website at www.newboldrfc.com

The Senior Weekend Squads will be posted in the clubhouse on Thursday evening and on the website on Friday morning

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