



We are BLUE, we are WHITE...

## The Good Player Code

Whether playing, training or watching rugby, the way you behave reflects you, your team, Rugby Club Hilversum and everyone watching.

When playing at home or away, at tournaments or on tour; your behaviour reflects on YOU, your FAMILY, the CLUB, and EVERYONE associated with you.

### Players are expected to:

- Play “because you want to” – NOT to please your parents or coaches
- Remember that skill development, fun and enjoyment are the most important parts of the game
- Control your emotions. Verbal or physical abuse is not acceptable at anytime to anybody (team mates, opponents, referees, coaches)
- Play to the rules and accept without question, the referee’s decision.
- Listen and act on instructions given to you by your Coaches and Team Managers
- Be a “good sport” – win or lose! Win with humility – lose with dignity!
- Recognise good play by ALL players on your team and the opposition
- Be responsible and safety conscious at all times
- Respect other people and their possessions, including Club equipment
- Be punctual! Keep your manager informed if unavailable for training or matches
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of any player
- At the end of the game thank your opponents and the referee
- Be on your best behaviour at all times
- Be proud to play for YOUR Club – RC Hilversum “BLUE AND WHITE”!!

### Players are encouraged to:

- Recognise and appreciate the efforts made by coaches, managers, parents and match officials in providing the opportunity for you to play and enjoy rugby
- Understand the values of loyalty and commitment by adults and team mates
- Recognise that every young 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 young players feel they are not being treated in an acceptable manner that you have the right to tell an adult – namely your coach, team manager or a parent