

CODES OF CONDUCT

PLAYER'S CODE

1. You should play Rugby because you enjoy playing it, not because your parents want you to.
2. Be competitive and committed whilst respecting the principles of “fair-play” & the laws of the game.
3. Never argue with the referee's decisions. Let your captain ask any necessary questions.
4. Control your temper. Playing whilst “psyched up” & showing 100% commitment is completely different from playing “angry”.
5. Be a good sport. Applaud all good play, whether by your team or by your opposition.
6. Treat your team-mates and players from the opposition team, as you would like to be treated.
7. Remember Rugby is the ultimate team game. Give your best and play your hardest but always focus on contributing towards the team's performance and supporting your team-mates.
8. “Train hard. Play easy”: Players and teams that are focused, committed and consistent in their training will ultimately perform well in matches and tournaments. Have fun but take training sessions seriously and encourage your team-mates to do the same.
9. Listen carefully to your coaches and follow their instructions. If you are unclear about anything they say, ask.
10. Remember you are an ambassador of St Julian's Rugby Club. Your behavior both on and off the pitch should be an example to others.
11. Players are expected to attend every training session. If they know that they cannot make a session they need to see the coach in person (or by email for players outside of St. Julian's) prior to the session. Players should be aware that no matter what their ability or status in the team they must adhere to this to be considered for playing in games.



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PARENT'S CODE

1. Remember, young people should be playing Rugby for their own enjoyment.
2. Your role is to introduce your child to Rugby and to encourage them to take part.
3. It is also to support and motivate them through any times when their commitment or passion may waver.
4. But please don't force your child to participate in Rugby if it becomes clear that he or she is unwilling to do so.
5. Teach your child that hard work and effort are as important as victory in a match.
6. Thus, the result of each game may be viewed as an outcome and indeed some defeats may be perceived as a fantastic achievement, depending upon the team's effort, commitment and work-rate.
7. Never ridicule or yell at your child for making a mistake or losing a game.
8. Good sportsmanship & fair-play are attributes and behaviors that should always be emphasised
9. Will respect all coaches decisions on selections.
10. Your role is vital here and so please encourage your child to always behave with class and respect & humility in both victory and defeat.
11. In this regard, remember that young people learn best by example so please do show your support fairly.
12. Please read and observe the "Spectator's code" when attending matches to support your child.
13. Please read through the "Player's code" with your son/daughter and make sure that they understand and really do internalise the messages within it.





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SPECTATOR'S CODE

1. All players are playing because they enjoy Rugby. Their objective is not to entertain you.
2. Remember that junior players are still learning how to play Rugby & all of the rules of the game.
3. Please show your support fairly. Applaud good play from both sides (although we do encourage you to clap more loudly for St. Julian's!)
4. Never use aggressive language. Offensive or abusive language and behavior will not be tolerated.
5. Show respect for your team's opponents. You will be contributing towards the character of our players in so doing.
6. Never laugh at, ridicule or scold a player for making a mistake during the game.
7. Condemn the use of violence in all forms.
8. Respect the referee's decisions & never approach the referee during or after a match.



ST. JULIAN'S
RUGBY



CODES OF CONDUCT



COACH'S CODE

1. Coaches are committed to encouraging participation and developing the rugby skills of young players.
2. During training sessions, coaches have a duty to provide an inclusive environment within which players of all abilities can flourish and develop.
3. Many of St. Julian's teams, particularly of the older age-groups, play in competitive leagues, and so a desire to win matches is also a key driver and motivation of all coaches.
4. Coaches expect "focus, work-rate, commitment & contribution to the team" from all players throughout every session and match.
5. Coaches will always be vocal and may even shout at players during matches and training session, but will never ridicule or yell at players for making a mistake or losing a game.
6. Coaches will work to inculcate values such as good sportsmanship & fair-play.
7. Coaches expect players to always behave with class, respect & humility in both victory and defeat. Coaches will lead by example in this respect, encouraging & congratulating player behaviors that support this philosophy.
8. Coaches would ask and expect parents to read and observe the "Spectator's code" when attending matches to support their children.
9. During training sessions and matches coaches will occasionally refer to the "Player's code" in order to help make sure that all players understand and really do internalize the messages within it.
10. Even though coaches will attempt to play all players in the squad, the needs to the team will be paramount in the selections for sub-14/16/18 squads.



GUIDELINES AND EXPECTATIONS

TRAINING SESSIONS

Sessions focus on developing Rugby skills, team-work, fitness and tactics.

Coaches work to ensure that sessions are physically and mentally challenging within a fun yet professional environment.

Focus, work-rate, commitment & contribution to the team are expected from all players throughout every session.

Players are encouraged and expected to attend 2 sessions/week.

Players that are disruptive during a session will be warned & disciplined during the session.

Players that are continually disruptive during a session will be excluded from that session & their parents will be advised.

Players are encouraged to supplement the Rugby training sessions with 2 additional fitness & conditioning workouts per week.

Players without mouth-guards and appropriate kit will not be able to participate in sessions.





GUIDELINES AND EXPECTATIONS



TEAM SELECTIONS

Selection to participate in games is based upon attendance at sessions and commitment during training.

For some sub-8/10/12 convívios “A” & “B” teams will be fielded based upon playing ability, while in others, two evenly balanced teams will be fielded. “A” or “B” team selections are “dynamic” and will be re-evaluated during each convívio and re-selected prior to the next one, based upon commitment & performance during matches and subsequent training sessions.

A player’s focus, work-rate, commitment & contribution to the team will influence their selection to a greater degree than their talent or skill levels.



GUIDELINES AND EXPECTATIONS

TOURS

Player selection and invitation to participate on tours is based upon the opinions of their coaches. The evaluation is on-going throughout all training sessions and games.

A player's focus, work-rate, commitment & contribution to the team will influence their selection to a greater degree than their talent or skill levels.

Sometimes only a limited number of players can go on tour and competition for places will be intense. Therefore it's very important that any non-selected players are reassured and encouraged to believe that they have not failed in any way. The motivation of non-touring players is of huge importance to the club and teams.

All players are ambassadors of St. Julian's Rugby Club. Player behavior both on and off the pitch should be an example to others.

When on tour, we are also often guests of the local Rugby club and should behave as if we are in their house.

Going on an international Rugby tour is a fantastic opportunity, a real privilege and an amazing experience that very few young people will ever have and so it's important that players recognize this and fully value the experience.

