



THE GOOD COACH'S CODE

At Luctonians RFC coaches of young players should:

- Recognise the importance of fun and enjoyment when coaching young players - most learning is achieved through doing
- Appreciate the needs of the players before the needs of the sport, club or team
- Be a positive role model in all aspects of your behaviour - young people need a coach they can respect
- Keep winning and losing in perspective – encourage young players to behave with dignity in all circumstances
- Respect all referees and the decisions they make (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same
- Provide positive verbal feedback in a constructive and encouraging manner to all young players, both during coaching sessions and games
- Be generous with your praise and never ridicule, shout at players for making mistakes or losing a match

At Luctonians RFC coaches of young players must:

- Provide experiences, which are matched to the young players' ages and abilities, as well as their physical and mental development
- Ensure all youngsters are coached in a safe environment, with adequate first aid readily to hand
- Avoid the overplaying of the best players, by using a squad system, which gives everybody a satisfactory amount of playing time - be reasonable in your demands on your players' time, energy and enthusiasm
- Never allow a player to train or play when injured - always follow professional medical advice in determining when an injured player is ready to play again
- Ensure good supervision of young players, both on and off the field - you have a duty of care to all of your players
- Recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury
- Encourage respect for all participants – team mates and opponents, as well as match officials
- Recognise that it is illegal for young players under 18 to drink alcohol
- Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy and be aware of, and abide by, the policies and procedures outlined in the RFU Child Protection Guidance Booklet



THE GOOD PLAYER'S CODE

Players are encouraged to:

- Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity for you to play the game and enjoy the rugby environment
- Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse
- Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then you have a right to tell a representative of Luctonians RFC or an adult outside of the game
- Understand the values of loyalty and commitment to adults and team mates

Players should:

- Play because you want to do so, not to please coaches or parents
- 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 for yourself and your team - both will then benefit
- Recognise good play by all players on your team and by your opponents
- Be a sportsman - win or lose
- Play to the Laws of the game and accept, without question, all referees' decisions
- Control your emotions - verbal or physical abuse of team mates, opponents, or match officials is not acceptable
- Treat all players, as you would like to be treated - do not interfere with, bully or take advantage of any player



THE GOOD PARENT/CARERS CODE

Parents and carers should:

- Remember, young people play rugby for their enjoyment, not only yours
- Teach 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
- Not place emphasis on winning at all costs.
- Recognise the value and importance of volunteer referees and coaches
- Identify and acknowledge the good qualities of the Game of Rugby and uphold these values
- Remember you and your child's contribution to the Game of Rugby is very important to Luctonians RFC and the RFU, and be proud of your contribution

Parents and carers must:

- Encourage your child always to play by the Laws of the Game
- Set a good example by applauding good play on both sides
- Never ridicule, humiliate or shout at players for making a mistake or losing a match.
- Not force an unwilling child to participate in the playing 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, club officials, or players
- Do not publicly question the referee's judgement and never their honesty
- Understand the value of team sport and its importance



THE GOOD MATCH OFFICIAL'S CODE

Match officials should:

- Recognise the importance of fun and enjoyment when officiating young players
- Provide positive verbal feedback, in a constructive and encouraging manner during games
- Emphasise the spirit of the game
- Appreciate the needs of the young players before the needs of the sport
- Understand the physical, social and psychological development of young players
- Be a positive role model - you set an example, and as such, comments you receive should be positive and supportive
- Look to self-improvement

Match officials must:

- Recognise that the safety of players is paramount
- Explain decisions - all young players are still learning
- Always penalise foul play
- Play advantage whenever possible in order to let the game flow
- Show empathy for the age and ability of young players
- Be consistent and objective
- Ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by club officials immediately
- Be aware of, and abide by, the RFU Child Protection Guidance policies and procedures



THE GOOD SPECTATORS CODE

Spectators should:

- Remember that although 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 the visiting team as well as your own
- Show respect for your team’s opponents - without them there would not be a match.
- Condemn the use of violence in all forms at every opportunity.
- Not verbally, or physically, abuse players, coaches, club officials, or referees - this is not acceptable in any shape of form.
- Encourage young players to play by the Laws of the Game.
- Be proud of your club and the Game of rugby



All Luctonians RFC codes of conduct are consistent with the

Rugby Football Unions Code of Rugby

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport

Teamwork • Respect • Enjoyment Discipline • Sportsmanship

Play to win - but not at all cost

Win with dignity, lose with grace

Observe the Laws and regulations of the game

Respect opponents, referees and all participants

Reject cheating, racism, violence and drugs

Value volunteers and paid officials alike

Enjoy the game