



Valley Fort

Player Code of Conduct

1. Play to enjoy rugby, not just to please you parents or coach.
2. Always try your best to improve your skills and play well.
3. Play within the rules and laws of the game.
4. Never argue with referees or coaches – their decision is final, even if you think that they are wrong. Let your coach or your captain ask match officials any questions.
5. Control your temper – do not ‘mouth off’.
6. Treat everyone as you yourself would like to be treated. Don’t bully or take unfair advantage of any player.
7. Rugby is a team game – do your best for yourself and your team. Your team’s performance will benefit and so will your own.
8. If you lose, accept it with good grace and try harder next time.
9. Be a good sport. Applaud all good play, whether by your team or your opponents’ team.
10. Cooperate with your coach, team mates, referee and opponents, for without them you don’t have a game.