

# Sports Rage Prevention Guide

Stamp Out Bad Sporting Behaviour

Think Safe. Play Safe. Stay Safe.

#### A Sports Safe Singapore

The Singapore Sports Council (SSC) recognises that safety must be a fundamental component of a sporting culture and a prerequisite for every healthy lifestyle. Therefore, SSC has set a corporate goal of zero injuries, in the belief that all accidents are preventable. Emphasising the need for personal accountability, SSC also urges people to be responsible for the safety of others. SSC's first Sports Safety Division was formed in 2006 directly under the purview of the CEO's office. It is tasked to promote safety throughout Singapore's sporting community and to inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit http://sportssafety.ssc.gov.sg.

#### Acknowledgement

The Singapore Sports Council (SSC) would like to thank and acknowledge the New South Wales Department of Sport and Recreation (DSR) and individuals who participated in the consultation process to produce the Sports Rage Prevention Guide. The feedback and suggestions greatly informed and improved the final delivery of this publication.



## Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

## CONTENTS

INTRODUCTION2
<ul> <li>FOR COACHES</li></ul>
<ul><li>FOR PLAYERS</li></ul>
<ul><li>FOR PARENTS</li></ul>
<ul> <li>FOR OFFICIALS</li></ul>
<ul> <li>FOR ORGANISATIONS</li></ul>
CODE OF CONDUCT

• For Officials

#### Disclaimers

The information contained in this publication is not intended to be professional advice. SSC, the content contributors and the distributors of this publication will not bear any responsibility for any action taken or any reliance placed as a result of reading any part or all of the information provided in this publication, or for any error, flaw or deficiency in or any omission from the information provided. SSC and its partners make no warranty of non-infringement, reliability or fitness for any particular purpose, or warranty of any kind, express or implied, in relation to the information provided in this publication. Readers shall use it with discretion, and shall exercise care and diligence for their own and/or their charges' personal safety.

#### Copyright

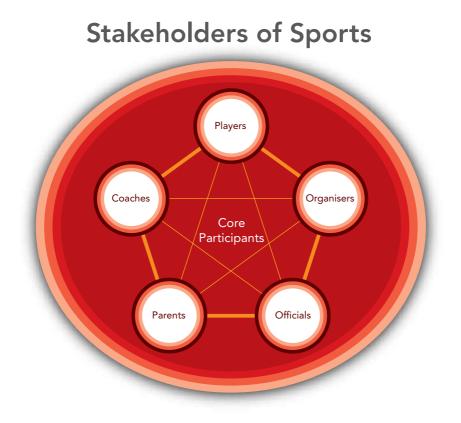
SSC owns the rights to, or is permitted to reproduce, the information and materials provided in this publication. No part of this publication may be reproduced or copied for any commercial purposes without the prior written consent of SSC.

## INTRODUCTION

Sports are a great pastime and an important part of Singaporean life. For children in particular, sports is a great way to learn lessons about teamwork, rules, winning and losing - while keeping them fit and healthy. Hence, it is important that we play our part to stamp out bad sporting behaviour.

Sports rage is violence, bad language, abuse and general bad behaviour by players, coaches, officials or spectators and is a growing concern as we live in a faster, more stressful society today. Sports rage can come in many forms - an unruly parent abusing a referee, a player punching another player, or a spectator shouting vicious taunts. These moments of madness can result in serious injuries, disciplinary action and even lifetime bans.

Dealing with sports rage is now a major challenge for many. Not only does sports rage reflect badly on the organisations involved, it can deter participation at all levels. Hence, it is important that everyone involved in sports unite to combat this growing problem.



#### 2

## **INTRODUCTION**

## Sports Rage Spectrum

Full Scale Riot

Serious Assault(s) using Weapons

Brawl including Players and Spectators

Serious Assault on an Individual

Several People involved in Violence on the Sidelines

Several People involved in Violence on the Field

One-on-one Physical Violence on the Sideline

One-on-one Physical Violence on the Field

Threat of Physical Language

Verbal Abuse, including Foul Language

Verbal Abuse of an Official

Disrespectful behaviour by Players/Spectators

An upset parent being overly vocal

Tension on the Sidelines

### PREVENTING SPORTS RAGE: TIPS FOR COACHES

While sports rage is often the result of many factors, coaches can help reduce incidents by being good role models and creating positive sporting environments. Coaches should consider the following four points:







#### **Encourage Fair Play**

- Show respect for players from both teams, spectators and officials
- Teach players to respect their opponents
- Do not allow the rules to be bent or broken they are mutual agreements
- Do not show favouritism and ensure fair game time for all players

#### **Respect Officials**

- Always set a positive example to players
- Encourage all players to thank officials after the game
- Accept and respect the official's decision
- Deal with poor officiating issues after the game in a professional and appropriate manner, through the appropriate channels

#### Uphold The Code Of Conduct

- Support and uphold the code of conduct for coaches
- Be a positive role model

#### **Good Coaching Technique**

- Be conscientious, punctual, and well organised
- Provide positive, constructive feedback
- Be able to motivate players
- Always be willing to learn more about the sport
- Make it fun for the players

### PREVENTING SPORTS RAGE FOR CHILDREN



#### What Children Want From Sports

Sports provide many valuable learning experiences for children, but for the most part they do it for the enjoyment.

Ask a child and you'll discover the scoreboard is not that important. In fact, one of the most enjoyable aspects of sports for children is being with their friends and being part of a team.

Remember - less than three percent of children who play competitive sports will ever reach an elite level. But 100 percent can have a chance to enjoy their sport if we let them!

#### **Encouraging Fair Play**

As the coach you have the perfect chance to reinforce the principles of fair play - respect, integrity and fairness - during training and on game days.

To show your commitment to fair play, why not give an award to the player who best demonstrates fair play and good sporting behaviour each week?

#### **Communicating With Parents**

Because of their love for their children and their interest in seeing them succeed, parents can sometimes push too hard and limit their child's chance to enjoy sports.

### PREVENTING SPORTS RAGE FOR CHILDREN

Open communication between you and each parent is extremely important. One of the best ways to get parents on side is by meeting with them at the beginning of the season to discuss your aims and expectations and how they can contribute.

#### **Respect For Officials**

Officials are there to help make the game fair and more enjoyable for everyone. But they are human and may occasionally make mistakes. It is important that you understand this - and that you explain it to your team.

Do not forget that your behaviour towards officials will affect the attitudes of your players and their parents.



#### Upholding The Code Of Conduct

It is important you understand, support and uphold the coach's code of conduct. For example, while it may not be a criminal offence for a coach to verbally taunt an opposition team, such behaviour may well breach the code of conduct and disciplinary action may be taken.

### SELF TEST: WHICH COACH ARE YOU?

Is your playing style providing a safe, enjoyable sporting environment? Or could your actions be creating tension and contributing to sports rage? Which coach are you?



#### **The Screecher**

Sees all the negatives on the field. Everything is going wrong and they yell constantly at players and officials. The Screecher must focus on the positives and discuss issues at an appropriate time, such as during training.

#### The Over Analyst

Sees the players as professionals. They are focused on perfection and pressure players, losing the fun factor. The Over Analyst might be better off in an elite sport and should remember sports should be fun for players.

#### The Wannabe Player

Reflects their own skills on the players. They assume all players should have the same skill

level as them. The Wannabe Player should focus on the different skills and qualities of each player.

#### The Demoraliser

Makes the players feel as if they cannot get anything right. The Demoraliser should place more value on developing players' self-esteem and remember their crushing comments will deter players from participating.

#### The Five Star Coach

Focuses on the effort and not the outcome. They know that skill development balanced with fun is the key to a successful player and/or team. The Five Star Coach respects the officials and opposition and thanks them each time after the game.

### PREVENTING SPORTS RAGE: TIPS FOR PLAYERS



While sports rage is often the result of many factors, players can help reduce incidents by creating a positive sporting environment. Players should consider the following four points:

#### Be A Good Sport

- Remember the principles of fair play respect, integrity and fairness
- Display modesty in victory and graciousness in defeat
- If you win, do not rub it in
- If you lose, do not make excuses
- If you make a mistake, learn from it and be ready to play on
- If a team member makes a mistake, offer encouragement not criticism
- Control your temper do not use bad language or harass others
- Cooperate with your coach, teammates and officials
- Learn the rules of the game and abide by them

#### **Respect Your Opponent**

- Treat your opponent the way you would like to be treated
- Give encouragement to injured players and recognition to outstanding performances for both teams
- Do not make any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature
- Do not bully or take unfair advantage of another player
- Always thank the opposition at the end of the game

### PREVENTING SPORTS RAGE: TIPS FOR PLAYERS

#### **Respect Officials**

- Accept and respect the referee's/ umpire's decision
- Always thank the referee/umpire at the end of the game
- If you have an issue with a decision, raise it in a controlled and professional way with the coach or your captain

#### Uphold The Code Of Conduct

• Support and uphold the code of conduct for players



Despite your best intentions, sports rage incidents may still occur. There are two scenarios for players:

#### **On-Field Sports Rage**

Officials are responsible for enforcing the rules of your sport, including managing bad behaviour and sports rage. As a player, you should report incidents to your captain or official.

#### **Off-Field Sports Rage**

While it is your organisation's responsibility to deal with incidents off the field, as a player you should understand and support the process.

#### When An Incident Occurs You Should:

- Report it to the ground officials or organisation/committee members
- Stay calm and collected.

It is the responsibility of the ground official or organisation/committee members to approach offenders and take action.



#### When Confronted With Sports Rage, On-Field Or Off-Field, It's Important You Do Not:

- Ignore it and allow situations to get out of hand
- Lose control of your emotions
- Engage in aggressive behaviour

## SELF TEST: WHICH PLAYER ARE YOU?

Is your playing style providing a safe, enjoyable sporting environment? Or could your actions be creating tension and contributing to sports rage? Which player are you?

#### The War Monger

Cannot control their temper on the field. They abuse officials, opponents, team members and even spectators. The War Monger should remember it's just a game and treat others as they would want to be treated themselves.

#### The Quizmaster

Questions and complains about all officiating decisions that do not go their way. They always think they can do a better job. The Quizmaster needs to accept the decisions no matter what and realise that officials are only human.

#### The Tension Builder

Continually makes snide remarks to opponents. They may use vicious taunts to induce the opposition to retaliate. Tension Builders unsettle the game and contribute to a tense atmosphere. They should concentrate on their own game.

#### The Cheapshot

Is cowardly and will resort to unprovoked behind-the scenes foul play towards their opponent. The Cheapshot has a reputation as a sly player. They should remember to treat other players with more respect.

#### The Five Star Player

Focuses on fair play and being a good sport. They know winning is not the only goal. They respect officials and opponents. The Five Star Player enjoys sports and always plays with integrity and fairness.



### PREVENTING SPORTS RAGE: TIPS FOR PARENTS

While sports rage is often the result of many factors, parents can reduce incidents by being good role models and helping to create a positive sporting environment. Parents should consider the following five points:



#### **Encouraging Fair Play**

As the parent, you have the perfect chance to reinforce the principles of fair play respect, integrity and fairness - when your child participates in sports.

Parents should discuss fair play with their children and be good role models. They'll be the first in line to shake the other team's hands if you've shown how important it is to do so.

#### **Keep Your Emotions In Check**

Unruly adult emotion is sports rage at its worst. While some sideline emotion can be well intentioned, always consider the impact it is having.

Bad behaviour, such as abusing an official or ridiculing the opposition, is unacceptable. An official's decision that annoys you will probably go unnoticed by your child, but your loud and abusive sideline outburst won't.

#### **Respect For Coaches**

Coaches and team managers play an essential role in providing a sporting experience for your child. Without them there would be no team and no game, so show respect for the people in these roles.

#### Respect For Referees And Officials

Referees and other officials are there to help make the game fair and more enjoyable for everyone. But they are human and may occasionally make mistakes. Your behaviour towards officials will affect the attitude of your child.

Parents should never approach the official directly. If you have an issue raise it in a controlled and professional way with the coach or administrator.

#### Upholding The Code Of Conduct

It is important you understand, support and uphold the parent's code of conduct. For example, while it may not be a criminal offence for a parent or spectator to verbally taunt an opposition team, such behaviour may well breach the code of conduct and disciplinary action may be taken.

## SELF TEST: WHICH PARENT ARE YOU?

The majority of parents do a great job of contributing to an enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sports rage. Which parent are you?



#### The Screecher

Focuses on the negative and yells constantly at the players and referee. The Screecher must learn to see the positive things in the game and make an effort to over-look small mistakes.

#### The Try Hard

Is overly positive, cheering so hard it can be embarrassing for their child. It is also irritating for the coach, players and other spectators. The Try Hard must learn to balance their enthusiasm.

#### The Analyst

Takes notes (and even videos) to analyse performance. They relive the match with their child and point out things to do better. The Analyst needs to learn to leave the coaching to the coach.

#### The Wannabe

Lives their dreams through their child. They treat their child's game as if it were their own. The Wannabe needs to drop the winat-all-costs attitude and remember it's not their game.

#### The Not Really There

Is so busy catching up with the news for the week and talking on the phone that they pay no attention to the game. The Not Really There should remember a little encouragement goes a long way.

#### The Five Star Parent

Focuses on the child's effort and not the outcome. They respect and thank the coach, officials and opposition. They are positive supporters and keep in mind the role they are playing on the sideline.

### PREVENTING SPORTS RAGE: TIPS FOR OFFICIALS

While sports rage is often the result of many factors, officials can help reduce incidents by creating a positive sporting environment. Officials should consider the following four points:

#### **Encourage Fair Play**

- Always be fair, impartial and consistent
- Encourage and praise good sporting behaviour

#### Communicate

- Communicate honestly, generously and fairly
- Express decisions clearly
- Keep your emotions in check
- Avoid getting upset when confronted with emotional reactions

### Uphold The Code Of Conduct

- Support and uphold the code of conduct for officials
- Respect other officials' decisions and do not publicly criticise them

### **Good Officiating Technique**

- Know the laws of the game and the spirit of the laws
- Be conscientious, well organised and punctual
- Show concern to injured players
- Do not compromise safety by allowing situations to get out of hand.







### PREVENTING SPORTS RAGE FOR CHILDREN

#### **Encouraging Fair Play**

As an official you have the perfect chance to reinforce the principles of fair play - respect, integrity and fairness - during the game. Be a role model for fair play by upholding the rules and regulations.

By doing this, you'll make sure that children get the best out of sports and more importantly, demonstrate good sporting behaviour both on and off the field.

When the opportunity allows, why not support good sporting behaviour with a kind word to players, coaches or parents of both teams when deserved?

#### Communicating

Open communication between you and the players is important, so try to express your decisions clearly to them.

Coaches or team managers may approach you at the end of a match for an explanation of a ruling. If this happens, either explain the decision in a clear and courteous manner or ask them to raise their concerns through the appropriate channel. Gaining their support and cooperation will make a big difference.

When confronted with emotional reactions from players, coaches, parents or spectators, keep calm. By remaining professional and in control you will be setting an excellent example.

#### Code Of Conduct

It is important you understand, support and uphold the code of conduct. For example, while it may not be a criminal offence for you to verbally abuse another official, such behaviour may well breach the code of conduct and disciplinary action may be taken.



### PREVENTING SPORTS RAGE FOR CHILDREN



#### **On-Field Sports Rage**

Managing sports rage incidents on-field is covered in the rules and regulations of your sport. As the referee you are responsible for enforcing these rules and should act swiftly when incidents occur.

#### **Off-Field Sports Rage**

While it is your organisation's responsibility to deal with incidents off the field, as a referee you should understand and support the process.

#### When An Incident Occurs You Should:

- Report it to the ground officials or organisation/committee members
- Stay calm and collected
- Suspend play in serious situations

It is the responsibility of the organisation/committee members to approach offenders and take action.

# When Confronted With Sports Rage (On-Field Or Off-Field) - It's Important You Don't:

- Ignore it and allow situations to get out of hand
- Lose control of your emotions and composure
- Engage in aggressive behaviour

## SELF TEST: WHICH REFEREE ARE YOU?

The majority of referees do a great job of creating a safe and enjoyable sporting environment for everyone. But others could be creating tension which contributes to sports rage. Which referee are you?



#### The Party Pooper

Ruins the fun for all the players. They pick up all the mistakes in a negative way, making players feel they cannot get anything right. The Party Pooper needs to keep some fun in the game.

#### The Extremist

Takes the power of the whistle to the extreme. They demand respect from the players without showing any respect. The Extremist needs to understand players want to have fun too and the game is not about you.

#### The Grudge

Does not referee fairly, showing bias to one team or player. The Grudge should understand players, coaches and spectators will respect a referee who upholds the rules without favouritism.

#### The Out Of Date

Has not stayed up to date with the rules. They confuse players, the spectators and themselves. The Out of Date needs to keep up to date.

#### The Blind Eye

Pretends not to see unfair play on the field. They allow sledging and verbal abuse as part of the game. The Blind Eye needs to learn how to prevent and deal with harassment and discrimination in sports.

#### The Five Star Referee

Referees the match to the skill level of the players. They are consistent and emphasise the spirit of the game, not the errors. The Five Star Referee is courteous and encourages all players.

### PREPARE YOUR ORGANISATION TO EFFECTIVELY MANAGE SPORTS RAGE

To help prevent and deal with sports rage, all organisations will need to do some preseason ground work - putting in place some critical policies, processes and personnel. Before you start, it's worth reviewing your constitution and rules. They operate as a contract between you and your participants - and your participant are bound by them.



#### **Develop Codes Of Conduct**

Your organisation needs codes of conduct for administrators, coaches, officials, players and parents. They outline an agreed standard of behaviour for everyone. Check with your National Sports Associations first. If they do not have codes for you to adopt, establish your own using our samples.

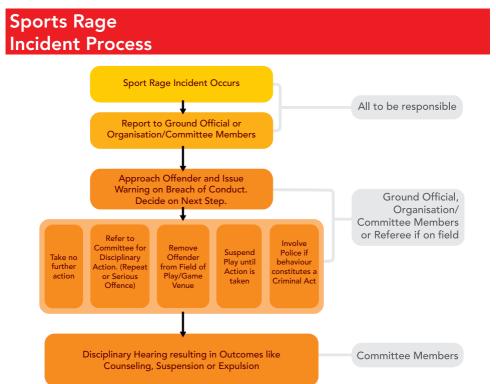
#### **Establish Disciplinary Procedures**

Your organisation constitution or by-laws must contain a procedure for the discipline of members who breach codes of conduct. Once your organisation has adopted these rules, then it is entitled to apply and enforce them. When setting up disciplinary procedures, it's advisable you seek legal advice, as well as speak to your National Sports Associations.

### PREPARE YOUR ORGANISATION TO EFFECTIVELY MANAGE SPORTS RAGE

#### **Establish An Incident Process**

With your codes of conduct and disciplinary procedures in place, your organisation should map out a clear process for dealing with sports rage incidents. Establish what the response is - step by step - and who is responsible for each step. A suggested approach is outlined below:



#### **Bind Non-Members**

While members are bound by your rules, other people such as spectators, officials and parents of visiting teams are not. Ways to enforce organisation rules over non-members include applying conditions of entry or asking parents/guardians to sign registration forms at the start of the season.

#### **Appoint A Ground Official**

A ground official is a key part of effectively managing sports rage. Appoint a ground official for every game day to deal with incidents. Ground officials should be trained and confident to deal with difficult people and situations. It's also a good idea to provide a job description and information on their role.

### PREVENTING SPORTS RAGE: **TIPS FOR ORGANISERS**

Promote your organisation's position on sports rage, as well as educate people about fair play and being a good sport.

and manage sports rage, you will need to promote:

- Organisation policies and procedures
- A process for dealing with incidents
- Fair play and good sporting behaviour

Here are some suggestions for how to do this:

#### **Code Compliance**

Have players and parents/quardians sign your code of conduct as part of registration.

#### Ground Official

Communicate throughout your organisation who your ground officials are and what they do. It's a good idea to arrange for ground officials to wear something distinctive on game day.

#### Information Brochures

Distribute sports rage education brochures at registration or orientation day. They'll help people understand what sports



To create a positive sporting environment rage is and how they can play a part in preventing it.

#### Articles

Publish articles and tips in your newsletter and/or website. Articles could focus on topics such as codes of conduct, the ground official, fair play and what to do if sports rage occurs.

#### Meetings

Think about arranging pre-season meetings between key groups, such as players and coaches, to discuss organisation policies, fair play and expectations.

#### **Role Models**

Arrange for role models from your sport to talk to players, parents and coaches. This can have a huge impact on members, especially young people.

#### **Ground Announcements**

Play announcements on game/event days that remind people to keep their emotions in check.



## THE LAW AND SPORTS RAGE

It is important for all association and organisation/committee members to have a basic understanding of the law in relation to sports rage.



#### Tort Law (Negligence)

Sporting associations have a responsibility to address behaviours which offend community standards, as well as those standards set by the association itself. A sports governing body is responsible for ensuring that its rules for running a sport are safe. In other countries, a sports governing body has been successfully sued for negligence for failing to provide a reasonably adequate safety system to be used by organisers of matches.

If a sports player breaks the association or competition rules resulting in physical damage or injury to another person, he may be sued for financial compensation and the claimant may rely on the breaking of the rules as evidence of conduct falling short of the reasonable standard of care. Similarly, the association itself may be sued for breach of its duty of care owed to other players, officials and spectators, by virtue of the violent conduct of players at its games or activities.

Breaching laws can result in large penalties for the guilty individuals, and damage to the association's reputation which may result from the adverse publicity surrounding these issues. If the behaviour of individuals or groups at your sporting event or activity is sufficiently serious that it offends the criminal law, then formal criminal prosecution and legal sanction may follow.

#### Criminal Law And Tort Law (Trespass To Person)

There are many instances where both on-field and off-field conduct by players, officials and spectators have run foul of the criminal law and/or tort law ("tort" means civil wrong).

## THE LAW AND SPORTS RAGE

#### Assault

Assault is the most common form of unlawful abusive behaviour which might arise at a sporting contest. There are two categories:

- Through behaviour that causes the victim to feel threatened by the actions of another ("assault" in tort law; "criminal intimidation" in criminal law). There is some act or gesture accompanying words which together indicate an intention to assault or which a reasonable person would understand as indicating such an intention.
- Behaviour which results in the actual infliction of unlawful force on the body of another ("battery" in tort law; "using criminal force" in criminal law).

More serious assaults include those involving actual bodily hurt or grievous bodily hurt. These offences require actual bodily harm to occur whereby the health or physical wellbeing of the victim is interfered with.

In other countries, there have been numerous instances of on/off-field sports players and off-field sports spectators being charged with assault involving actual bodily harm. We can expect that our courts will not tolerate such behaviour whether in the sporting context or otherwise, in the same manner they have severely punished road bullies in road rage incidents.





## **DEALING WITH SPORTS RAGE**



Despite everyone's best intentions, sports rage incidents sometimes occur. While it is mainly the responsibility of ground officials and organisation/committee members to deal with incidents, it is important that everyone understands and supports the process. Here are some of the steps that can be taken, depending on the seriousness of the incident:

#### Reporting Inappropriate Behaviour - Responsibility Of Everyone

Behaviour that contravenes the codes of conduct should be reported to the ground officials. Any person who is unsure who the ground official is should report the incident to the organisers or committee members.

# Approaching The Offender - Responsibility Of The Ground Official Or Organisation/Committee Members

Only the ground official or organisation/committee member should approach the offender.

#### Issuing Warnings - Responsibility Of The Organisation/ Committee Members

The first time a person breaches a code of conduct, they might be issued with a warning. The person may not be aware that their behaviour is unacceptable and should be notified of sporting rules.

## **DEALING WITH SPORTS RAGE**







#### Taking Disciplinary Action - Responsibility Of The Organisation/Committee

If the conduct is repeated or of a serious nature, the organisation or committee should consider taking disciplinary action in accordance with its rules. This might result in counselling, suspension or expulsion.

#### Removing People From The Field Of Play Or Venue - Responsibility Of The Ground Official

The referee/umpire should communicate directly and immediately with the ground official to remove a person from the field. If the organiser is in a position to control ground entry, it will be able to evict persons from the ground. Where attendance is not controlled, organisers can request offenders leave the venue, or otherwise can discipline the person for breach of the code of conduct.

#### Suspending Play - Responsibility Of The Referee/Umpire

The referee/umpire may suspend play and refuse to restart until appropriate action has been taken. They may request that a person is removed from the sideline and, in serious cases, abandon the game altogether.

#### Involving The Police -Responsibility Of The Ground Officials/Organisers

If you feel the behaviour of an individual constitutes a criminal act the police should be notified immediately by the ground officials or organisers.

### SAMPLE CODE OF CONDUCT: FOR COACHES



#### For Coaches:

- I will remember that players participate for enjoyment and winning is only part of the fun.
- I will never ridicule or yell at players for making a mistake or not winning.
- I will be reasonable in my demands on players' time, energy and enthusiasm.
- I will operate within the rules and spirit of the game and teach my players to do the same.
- I will ensure that the time players spend with me is a positive experience. All players are deserving of equal attention and opportunities.
- I will avoid overplaying the talented players and understand that the average players need and deserve equal time.
- I will not use bad language nor will I harass players, officials, spectators or other coaches.
- I will ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- I will display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, the media, parents and spectators. I will encourage my players to do the same.

### SAMPLE CODE OF CONDUCT: FOR COACHES



- I will show concern and caution toward sick and injured players and follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- I will obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young players.
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background.
- I will promote adherence to anti-doping policies.

### SAMPLE CODE OF CONDUCT: FOR PLAYERS



#### **For Players:**

- I will always play by the rules.
- I will never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition.
- I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- I will work equally hard for myself and/or my team.
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition.
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor.
- I will cooperate with my coach, teammates and opponents.
- I will display modesty in victory and graciousness in defeat.
- I will participate for my own enjoyment and benefit, not just to please parents and coaches.
- I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- I will thank the opposition and officials at the end of the game.
- I will comply with anti-doping policies.

### SAMPLE CODE OF CONDUCT: FOR PARENTS



#### For Parents:

- I won't pressure my child in any way I know that this is their game not mine.
- I will not use bad language, nor will I harass players, coaches, officials or other spectators.
- I will encourage my child to play within the rules and respect officials' and coaches' decisions no matter what.
- I will teach my child to respect the efforts of their opponents.
- I will remember that children learn best by example so I will applaud good plays and performances by both my child's team and their opponents.
- I will give positive comments that motivate and encourage continued effort.
- I will focus on my child's efforts and performance not the score.
- I will thank the coaches, officials and other volunteers who give their time to conduct the event for my child.
- I will help when asked by a coach or official.
- I won't criticise or ridicule my child's performance after the game.
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background.

### SAMPLE CODE OF CONDUCT: FOR OFFICIALS



#### For Officials:

- I will place the safety and welfare of players above all else.
- I will show concern and caution towards sick and injured players.
- I will give all players a 'fair go' regardless of their gender, ability, cultural background or religion.
- I will be impartial, consistent, objective and courteous when making decisions.
- I will accept responsibility for my actions and decisions.
- I will condemn unsporting behaviour and promote respect for the individuality of players.
- I will avoid any situations which may lead to or be construed as a conflict of interest.
- I will be a positive role model in behaviour and personal appearance and ensure my comments are positive and supportive.
- I will be a good sport as I understand that actions speak louder than words.
- I will always respect, remain loyal to and support other officials.

### SAMPLE CODE OF CONDUCT: FOR OFFICIALS



- I will keep up to date with the latest 'Laws of the Game', trends and principles of their application.
- I will refrain from any form of personal abuse towards players or other officials.
- I will refrain from any form of sexual harassment towards players or other officials.
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background.



Partners in Sports



Giving Hope. Improving Lives.