

# THE GOOD COACHES' CODE

## Coaches of players should:

1. Recognise the importance of fun and enjoyment when coaching players.
2. Understand that most learning is achieved through doing.
3. Be a positive role model - think what this implies.
4. Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.
5. Respect all referees and the decisions they make, even if they appear to make a mistake, and ensure that the players recognise that they must do the same.
6. Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
7. Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
8. Ensure all players are coached in a safe environment, with adequate first aid available.
9. Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
10. Never allow a player to train or play when injured.
11. Ensure good supervision of players, both on and off the field.
12. Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
13. Develop an awareness of nutrition as part of an overall education in lifestyle management.
14. Recognise that it is illegal for players under 18 to drink alcohol and those under 16 to smoke. Coaches should actively discourage both.
15. Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
16. Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
17. Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.



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# THE GOOD PLAYER'S CODE

## Players should be encouraged to:

1. Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity to play the game and enjoy the rugby environment.
2. Understand the values of loyalty and commitment to adults and team mates.
3. Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
4. Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then they should tell an adult at the Club or the club's welfare officer.
5. Play because they want to do so, not to please coaches or parents.
6. Remember that skill development, fun and enjoyment are the most important parts of the game.
7. Be attentive at all training and coaching sessions.
8. Work equally hard for themselves and their team - both will then benefit.
9. Recognise good play by all players on their team and by their opponents.
10. Be a sportsman - win with dignity, lose with grace.
11. Play to the IRB Laws of the Game and accept, without question, all referees' decisions even if they appear to make a mistake.
12. Control their emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.
13. Treat all players as they would like to be treated themselves. Do not interfere with, bully or take advantage of any player.

# THE GOOD PARENT'S CODE

## Parents Should:

1. Be familiar with the coaching and training programme in order that they can ensure their child is fully involved and the coaches are aware of their availability.
2. Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
3. Be aware that the Club or School has a duty of care to ensure the safety of players and therefore, where appropriate, assist coaches with the supervision of the players, particularly where numbers are large and there is a need to transport players to away games.
4. Be involved with Club and School activities and share their expertise.
5. Share concerns, if they have them, with Club or School officials.
6. Be familiar with the Good Coaches' Code contained in the Rugby Continuum.  
In particular be aware that:
  1. coaches should recognise the importance of fun and enjoyment when coaching players; and
  2. coaches should keep winning and losing in perspective, encouraging players to behave with dignity in all circumstances
7. Support coaches in instilling these virtues.
8. Remember that young people play rugby for their own enjoyment not that of their parents.
9. Encourage young people to play - do not force them.
10. Focus on the players' efforts, rather than winning or losing.
11. Be realistic about the players' abilities; do not push them towards a level that they are not capable of achieving.
12. Provide positive verbal feedback both in training and during the game.
13. Always support the Club in their efforts to eradicate loud, coarse and abusive behaviour from the game.
14. Remember young people learn much by example.
15. Always show appreciation of good play by all players both from their own Club and the opposition.
16. Respect decisions made by the match officials, even if they appear to make a mistake, and encourage the players to do likewise.



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# THE GOOD MATCH OFFICIAL'S CODE

## Match Officials should::

1. Recognise the importance of fun and enjoyment when officiating players.
2. Provide positive verbal feedback in a constructive and encouraging manner during games.
3. Emphasise the spirit of the game.
4. Appreciate the needs of the players before the needs of the sport.
5. Understand the physical and behavioural development of players.
6. Be a positive role model. Set an example, and as such, comments should be positive and supportive.
7. Look to self-improvement e.g. participation in training courses.
8. Recognise that the safety of players is paramount.
9. Explain decisions - all players are still learning and parents will understand the game better.
10. Always penalise foul play.
11. Play advantage whenever possible in order to let the game flow.
12. Show empathy for the age and ability of players.
14. Be consistent and objective.
15. Be familiar with the Good Spectators Code and ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by club officials immediately.
16. Be aware of, and abide by, the RFU Child Protection Guidance policies and procedures.
17. Officiate to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.
18. Check that the home Club has provided a qualified first-aider, ambulance access has not been obstructed and that appropriate equipment is available along with someone trained in its use before starting play.
19. Before training sessions and matches check that studs and other clothing are in accordance with the IRB Laws of the Game.



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# THE GOOD SPECTATOR'S CODE

## Spectators Should:

1. Act as positive role models to all players.
2. Be familiar with, and abide by, the RFU Child Protection Guidance in relation to verbal and emotional abuse.
3. Respect guidance from the Club with regard to spectator behaviour.
4. Remember children play sport primarily for their own enjoyment, not for that of the spectators.
5. Acknowledge good individual and team performance from all players irrespective of the team in which they play.
6. Respect match officials' decisions, even if they appear to make a mistake – remember, they are volunteers providing an opportunity for players to play rugby.
7. Never verbally abuse players, coaches, match officials or fellow spectators: such behaviour can create a negative environment for players and their behaviour will often reflect this.
8. Acknowledge effort and good performance rather than 'to win at all costs'.
9. Verbally encourage all players in a positive manner, shouting 'for', not 'at', the players.
10. Encourage all players irrespective of their ability - never ridicule any individual players, regardless of the team in which they play.