Code of Conduct for Rugby Players

· Play for enjoyment and become part of the rugby family.

· Respect the "Game of Rugby" and play within the laws of the Game.

· Accept the referee's decision and let your captain or coach ask any relevant questions.

· Play with control. Do not lose your temper.

· Always do your best and be committed to the game, your team and your club.

· Be a "good sport". Applaud all good play whether by your team or the opposition.

· Respect your opponent. Treat all players as you would like to be treated. Do not "bully" or take
advantage of any player.

· Rugby is a team sport and make sure you co-operate with your coach; team mates and members of
your club.

· Remember that the goals of the game are to have fun, improve your skills and feel good.

· At the end of the match thank your opponents and the referee for the match.

· Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not
intend to hurt your opponent.

· Winning and losing is part of sport: Win with humility - lose with dignity.

· As part of the team it is important that you attend training regularly and listen to your coach and
help your team.

· As a team sport it is important to understand that all members are important to the team!

· Remember you are representing your team, club, family and the Game of Rugby.