



After School Sports

Annex A

CODES OF CONDUCT



PLAYERS' CODE:

- PLAY BY THE RULES - playing outside the rules is called '*cheating*'.
- Never argue with an official (umpire, referee). If you disagree have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper - THIS REQUIRES PERSONAL DISCIPLINE. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- Work equally hard for yourself and/or for your team. Your team's performance will benefit and so will you.
- Be a 'good sport'. Gain respect from your team mates and opponents because of the fair manner in which you play the game. Applaud all good plays whether they be by your team, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Co-operate with your coach, team mates and opponents. Without them there would be no competition.
- Play for the 'fun of it' and not just to please parents and coaches.
- Avoid the use of offensive and/or derogatory language including that based on gender, race or creed.

Demonstration of The five dimensions of respect in a community:

- Respect for self
- Respect for children
- Respect for teachers
- Respect for learning
- Respect for the environment



COACHES' CODE:

- Be reasonable in your demands on young players' time, energy and enthusiasm.
- Teach your players that the rules or laws of the sport are mutual agreements which no one should evade or break.
- Whenever possible, group players to give a reasonable chance of being successful.
- Avoid overplaying the talented players. The 'just average' players need and deserve equal time.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making what you consider to be a mistake or for losing a game/competition.
- Ensure that the equipment and facilities meet safety and standards and are appropriate to the age and ability of the children or teenagers involved.
- Take into consideration the physical, social and emotional development level of the children/teenagers, when scheduling and determining the length of practice time and competition.
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- Follow the advice of physician when determining when an injured player is ready to recommence training or competition involvement.
- **Make a personal commitment to keep yourself informed of sound coaching principles and the principles of the growth and development of children.**
- Avoid the use of offensive and/or derogatory language including that based on gender.



PARENTS' CODE:

- If children are interested, encourage them to participate. However, if a child is unwilling, do not force him or her to be involved.
- Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to his or her ability by reducing the emphasis placed on winning.
- Keep the performance goals simple. Simple and realistic means challenging but attainable. The more performance goals set, the more likely the child will have to be successful.

Some example of simple performance goals:-

contest the ball with a player from the other team
recover quickly from incorrect plays
recover quickly from correct plays
find a team mate with my disposal (kick, throw, handball, pass)

- Goals that are perceived by children to be too high only serve to make them anxious.
- Teach children that an honest effort is an important victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always participate according to the rules of the school.
- Encourage children to always participate according to the rules or the laws of the game.
- Never ridicule or yell at a child for making what you consider to be a mistake, or for losing a game.
- Remember that children are involved in organised sports for THEIR enjoyment not YOURS.
- Remember that children learn best from example.



- Quietly and genuinely applaud good plays by all teams.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for the benefit of your child's involvement. It may be wise to approach the Principal some days after the event.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Avoid the use of offensive or derogatory language including that based on gender.



TEACHERS' CODE:

- Encourage children to develop basic skills in a wide variety of sports and discourage over-specialisation in one sport or in one playing position.
- Create opportunities to teach appropriate sports behaviour have a high priority over highly structured club versus club or school versus school competitions for young primary school children.
- Prepare children and teenagers for intra and interschool competitions by first providing instruction in the basic sports skills.
- Develop in children and teenagers an awareness of the physical fitness values of sports and their life-long recreational value.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Help children understand the fundamental differences between the junior games competition they play and professional sport.
- Help children understand the responsibilities and implications of their freedom to choose between fair and unfair play.
- Avoid the use of offensive and/or derogatory language based on gender.



A CODE OF BEHAVIOUR FOR OFFICIALS', UMPIRES' AND REFEREES ':

- Modify rules, laws and regulations to match the skill level of the children and their needs.
- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling infractions or non observance of the rules, laws and regulations of the game.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the `spirit of the game' for children is not lost by using common sense and not overemphasising errors.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- **Make a personal commitment to keep yourself informed of sound officiating principles and the principles of the growth and development of the children.**
- Avoid the use of offensive and/or derogatory language based on gender.



SPECTATORS' CODE:

- Children love to play - but we can only compete when participating in sport. The level of competition must be appropriate for the children.
- Remember that children play organised sports for FUN! They are not playing for the entertainment or the egos of the spectators only. Children are not mini professionals.
- Quietly applaud good performances and efforts from each team. Congratulate all participants on their performance regardless of the outcome of the game/competition.
- Control your responses to what you see - this requires personal discipline - verbal abuse of officials (umpires or referees) or players, deliberately distracting or provoking players competing is not acceptable or justified.
- Never ridicule or scold a child for making what you consider to be a mistake during a competition. **Positive comments are motivating**
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents. **Without them there would be no game.**
- Encourage quietly players to follow the rules and laws of the game and always the official' decisions.
- Demonstrate appropriate social behaviour by not using foul or offensive language, harassing players, coaches and officials.
- Avoid the use of offensive and/or derogatory language including that based on gender.