



## PLAYER CODE OF CONDUCT

Our code of conduct was written by existing members of the club. This is what the girls expect of each other and what they think makes training and match competition enjoyable and worthwhile.

**By becoming a member of Limehouse Laces you are agreeing to abide by this code.**

1. **Listen to the Coaches and Managers.** Respect our Coaches and Managers. Don't interrupt them when they're speaking and respect their views. Understand that the coach has the knowledge and experience to do what is best for the whole team, not just one individual player.
2. **Always try your hardest.** We don't care how good you are at drills and games, as long as you attempt everything you're asked to do, and be the best you can be.
3. **Be enthusiastic.** Come along to training willing to learn and prepared to focus on what your coach has pre-planned for your session.
4. **Take part in everything.** Unless you are injured, you must fully participate in all activities.
5. **Don't criticise other players.** We all had to start somewhere and confidence is an important part of learning and improving. So as long as someone is trying their hardest, we never make negative comments about teammates, be that to their face, behind their back to another teammate, or online.
6. **Everyone has an opinion.** Don't criticise someone else's. We respect each other's opinions even if we don't agree with them.

Girls play in competitive League matches because healthy competition is a great way to improve skills and understanding of the game.

**When playing in matches, I will:**

- Always play to the best of my ability and for the overall benefit of my team, not for my own glory.
- Listen, respond to, and do my best to put into play what my coach and manager asks of me.
- Play fairly - I won't cheat, dive, complain or waste time.
- Respect myself, my teammates, my Coach and Manager and the players on the other team.
- Play by the rules as directed by the Referee. I will never verbally or physically challenge the referee's decision; I accept and respect that the Referee's decision is the final decision.



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- Never engage in, or tolerate, offensive, insulting, or abusive language or engage in or tolerate aggressive or violent behaviour.
- Always be gracious in victory and defeat and will shake hands with the other team and referee at the end of every match, regardless of what happened during the match.

**I understand that if I do not follow any aspect of the code, during training and/or matches, any/all of the following actions may be taken by my club, County FA or The FA. I may be:**

- Required to apologise to my teammates, Manager, Coach, other team's Coach or player or the Referee.
- Issued with a verbal warning by any representative of the club (any coach or manager who witnesses the breach), and required to spend the remainder of training with another coach.
- Immediately removed from match play for the remainder of the match.
- Receive a first and final written warning from the club, depending on the severity of the breach.
- Suspended from training until a plan for my return is agreed by the Club Welfare Officer.
- Required to leave the club.
- Fined or suspended by The FA or County FA

PLEASE NOTE: My club may make my parent or carer aware of any infringements of the code.

**If, for any reason, I'm not enjoying training or matches, or if the behaviour of another player is affecting my ability to participate in training or matches, I should talk to the Club Welfare Officer, who is Sarah Lang– she's usually at most training sessions.**