



## **CODE OF CONDUCT**

### **FOR PLAYERS**

1. Players must be at the meeting points at the times stipulated by the coaches.
2. Players must attend training on the days and times stipulated by the Coach/Manager of the team.
3. Players are responsible for their own training kit and casual wear. The playing kit supplied by the Club must never be abused and a rotation system must be arranged for each team member to have kit washed after each match. Washed kits to be returned to the coach/manager at the very next training session.
4. Players must ensure they eat properly the night before a match and on the day of the match to enable them to play to the best of their ability.
5. All players to report to match venues, at the times stipulated times by the coaches, neatly attired in club tracksuits.
6. Players not selected to play in a particular game must still attend matches fully kitted in club tracksuits.
7. Only the players in the match must be in the dressing room before kick-off and at half time.
8. No player is permitted to play in any social football matches other than those arranged by Rygersdal Football Club during the official CTTFA football season.
9. Players are not allowed to miss more than two training session or matches without a valid reason.
10. Players will always conduct themselves in the true spirit of the game, on and off the field.
11. Players are not permitted to attend or get involved in socializing activities (pubs and discos included) within 48 hours before a match.
12. Stealing is viewed in a very serious light. Anyone found guilty of this offence will immediately be suspended from the club, pending an enquiry. We must respect each other's property at all times.
13. No player of the club will be permitted to start a match wearing an earring or any other jewelry.
14. When representing the club, at no time must any club member urinate in any place other than the designated toilet area at a particular venue.
15. Any contravention of the above rules, 8 to 14, will render a player liable to appear before the Rygersdal F.C. Disciplinary Committee.

The Club's Executive Committee requests that you regard Rygersdal F.C. as your club and they count on you to maintain its prestige. They will do all that is possible and within reason for your welfare. They therefore appeal to you to assist them in maintaining a high standard of cleanliness, efficiency and decency, on and off the field and wish each of you good luck.