



CODE OF CONDUCT FOR PLAYERS

By registering a player with Knights Sports Club, and attending practice sessions and matches that involve Knights Sports Club, players acknowledge that they have read and understood, and agree to comply, at all times, with the following Code of Conduct:

Players registered with Knights Sports Club must, at all times—

- accept responsibility for their participation through adhering to all the applicable laws, rules and regulations that are established by the Knights Sports Club, especially Knights Youth Rugby Club, and any other sport authority or relevant rugby union;
- demonstrate good sportsmanship towards co-players, opponents, coaches, team managers, officials, parents and spectators at every match, tournament or practice, and provide credit and acknowledgment to the opponents and co-players for good play delivered;
- attend every practice session and match and should that not be possible, an apology must be lodged with the relevant coach or team manager prior to the practice session or match and preferable way in advance;
- listen and learn from the coach(es);
- focus on his or her skills development and the application thereof in the match situation;
- treat other players, coaches, team managers, referees, officials, parents and spectators with respect and refrain from vulgar and/or foul language at all times;
- acknowledge that the coaches, team managers, referees and officials are all volunteers that are delivering their services and time for free and deserve to be treated with the utmost respect;
- expect to be treated with respect by other players, coaches, team managers, referees, officials, parents and spectators irrespective of their race, sex, belief, competency etc;

- treat co-players and opponents in the same manner than what you would want to be treated;
- contribute to the programme where development is relevant and in line with the players' emotional, physical and required abilities;
- contribute to the provision of a playing environment free of swearing, smoking, use of alcohol and drugs;
- ensure that they are always appropriately dressed in the full prescribed club uniform and club colours on match days and that they always act in such a way so as to bring honour and respect to the Knights Sports Club;
- play in accordance with the rules of the game and never question the referee's calls;
- play the game for the enjoyment thereof and not for the sole enjoyment of the parents and coach(es);
- deliver their best efforts and be devoted towards the game, the team and Knights Sports Club;
- exercise self-control and avoid tempered outbursts;
- protect their health by not using illegal and unhealthy substances or supplements;
- deliver their best efforts for the team and understand and apply the importance of team ethics, loyalty and discipline on and off the field;
- realise and apply the importance of teamwork and inter dependence in a team sport, and not claim the glory themselves;
- refrain from foul play and bullying during play on the rugby field and off the field;
- be humble following a victory, accept a loss with dignity and promote good sportsmanship continually;
- wear their Knights Sports Club outfits with pride and dignity and always remember that by wearing the Club's outfit, they represent the Club;
- respect and apply the traditions of Knights Sports Club with pride; and
- always shake hands with the opponents' players and coach(es) and the referee to show appreciation and congratulate them with their play and handling of the match after the final whistle has blown.