



Alderley United FC - Code of Conduct For Players

Training and matches should be fun but there are five simple rules we expect you to stick to so that everyone enjoys playing for Alderley United FC:

- 1. Listen to your coaches**
- 2. Try your best... always**
- 3. Be respectful of others**
- 4. Play fairly**
- 5. Come prepared**

LISTEN TO YOUR COACHES

You must listen to your coaches/team managers instructions and get involved with the session at all times. This includes requests to line up, to help set up or put away equipment, to begin or end games, to follow rules and to listen carefully to team talks. You must tell your coach if you can't come to training or a match in advance of the session.

TRY YOUR BEST... ALWAYS

You must work hard throughout every training session or match and give 100% for your team. This means full concentration and effort. Don't complain when it's your turn to be substitute or when you're asked to play in a particular position. All we ask for is maximum effort from you in training and in matches.

BE RESPECTFUL OF OTHERS

You must treat referees, coaches, managers, parents and teammates with respect.

Remember, you are representing the club!

Don't swear, argue or fight. Don't mock or taunt opponents. Never criticise your own teammates; encourage them always. We do not tolerate verbal or physical bullying, name calling, racism or other discrimination.

PLAY FAIRLY

Players must never cheat or play unfairly. Don't ever deliberately foul or recklessly injure an opponent. If you do hurt someone, help them, apologies and check they're ok. Don't waste time, don't dive, pretend to be injured or make false claims for penalties, free kicks, corners, goal-kicks or throw-ins. Shake hands with opposition players at the end of the game, regardless of the result.

COME PREPARED

It's important to bring with you everything you need. Be on time for training and matches and wear your Alderley United kit for training session and matches. Always wear shin pads and suitable footwear. Bring water to training sessions and have a drink when the coach asks you to. Make sure you have any medication you need.

CONSEQUENCES if you break these rules...

If you break these rules, you will be reminded. If you keep breaking them, you may be substituted, asked to sit out or miss a match. Serious incidents like bullying, racism or violence may mean you are asked to leave the club.