



## FC BLUESTAR 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 FC BLUESTAR:

- 1** Listen to your coaches
- 2** Try your hardest
- 3** Respect others
- 4** Play fairly
- 5** Come prepared

### 1 LISTEN TO YOUR COACHES

**You must listen to your coaches' instructions and co-operate at all times.**

This includes requests to line up, to help set up or put away equipment, to begin or end drills and games, to follow basic safety rules and to listen carefully to team talks. You must tell your coach if you can't come to training or a match.

### 2 TRY YOUR HARDEST

**You must work hard on fitness and skills and try hard for the team.**

This means full concentration and effort in warm-ups, drills, games and matches. Don't complain when it's your turn to be substitute or when you're asked to play in a particular position. We expect maximum effort from you in training and in matches, even when the game is already won or lost.

### 3 RESPECT OTHERS

**You must treat referees, coaches, parents and other players with respect.**

Remember, you are representing the club! Accept the referee's decisions, even if obviously incorrect. Don't swear, argue or fight. Don't mock or taunt opponents. Never criticise your own teammates; encourage them when they make a mistake. We will not tolerate verbal or physical bullying, name-calling, racism or other discrimination.

### 4 PLAY FAIRLY

**FC BLUESTAR players must never cheat or play dirty.**

Don't ever deliberately foul or recklessly injure an opponent. If you do hurt someone, help them and apologise. Put the ball out of play if you see an injury and give it back when the opposition put it out for us. 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.

### 5 COME PREPARED

**It's important to bring with you everything you need.**

Be on time for training and matches and bring your FC BLUESTAR kit, rain jacket, hat and bag. You should wear the combination of these advised by the coach. 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.



## FC BLUESTAR CODE OF CONDUCT FOR PARENTS

You have a vital role to play in supporting your child and the club. These four simple rules set out what we need you to do:

- 1 Support your child
- 2 Support the club
- 3 Support the team
- 4 Set a good example

### 1 SUPPORT YOUR CHILD

We want the children to become self-organised and take greater responsibility for their own kit and equipment. Parents can support this by reminding children that they need to wear/bring their full FC BLUESTAR kit and have shin pads, suitable footwear, water and any medication they need and get children into a routine of getting these ready in advance. Please ensure that your child has had adequate food and drink on the day of a match and as much sleep as possible the night before. You can also ensure that players arrive on time at training and for matches. These times are usually published on the website ([www.fcbluestar.net](http://www.fcbluestar.net)) or you can check with your manager.

### 2 SUPPORT THE CLUB

The club relies on parent volunteers so please support the club in whatever way you can. That includes everything from coaching (no experience necessary and full training given), practical help on a match day with goalposts, corner flags and water bottles to help with fundraising, administration or events. You can dramatically reduce our administration time by paying any fees on time, completing and returning paperwork promptly and buying event tickets early. By checking the website ([www.fcbluestar.net](http://www.fcbluestar.net)) regularly and phoning your team's coach, you reduce the amount of time we spend ringing round. You should let your coach know as early as possible if your child can't come to training or to a match. You should talk through the players' code of conduct with your child, discuss the issues it raises and answer any questions they may have. Inform your coach of any problems you or your child has experienced. Help us make FC BLUESTAR a happy place for our kids to play.

### 3 SUPPORT THE TEAM

We want you to give lots of verbal praise and encouragement to all the children, not just your own. But remember that excessive shouting can put children under too much pressure and spoil their enjoyment. Please don't coach your child (or others) during a match – leave that to the coach. Children find it confusing to have conflicting instructions coming from many different sources. Also, children need to learn to make their own decisions, right or wrong, and to learn from their own mistakes.

### 4 SET A GOOD EXAMPLE

Together, the players, parents and coaches are responsible for upholding the ethos and standards of the club. Demonstrate sporting behaviour by applauding the opposition as well as your own team. Give attention to all of the children involved, not just your own or the most talented. Demonstrate respect by never questioning the referee's decision, even when obviously incorrect and don't criticise the referee in front of the players. Don't enter into arguments or exchange words with opposition players, parents, supporters or officials. If you would like to make a complaint, pursue an issue or raise a problem with anyone outside the club, you must first refer it to the club committee who will agree the most appropriate course of action or take action on your behalf. Remind other parents and spectators to stick to this code of conduct. In particular, ensure that you and they are always positive and encouraging towards the children. Remind your child of their responsibilities under the Code of Conduct for Players and, if their behaviour breaks the code, explain why and get them to recommit to the code.