



***FOOTBALL
WAGGA WAGGA***

**COMPETITION RULES
2008 SEASON
ADOPTED 26TH MARCH 2008**

WAGGA WAGGA & DISTRICT AMATEUR FOOTBALL ASSOCIATION

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FOOTBALL WAGGA WAGGA

COMPETITION RULES UNDER 10's TO ALL AGE

FAILURE TO COMPLY WITH ANY OF THESE RULES MAY CAUSE LOSS OF COMPETITION POINTS

1 General

- 1.1 FIFA Laws of the Game & Football NSW Rules shall apply in all Football Wagga Wagga competition games, with the addition of the following rules.
- 1.2 These competition rules are subject to alteration as required. However, such alterations must be made prior to the commencement of each competition.
- 1.3 Any matters not covered in these competition rules must be referred to Football Wagga Wagga for a decision.
- 1.4 The league competition will be organised on a home and away competition in all age groupings and grades from 10's to All Age where possible, with competition points and tables to apply.
- 1.5 Football Wagga Wagga reserves the right to make one or more divisions or grades in any age group, in any association competition.
- 1.6 Byes are not games played

2 Competition Points

2.1 Seniors: (Under 18s – AA Men's)

Win	3 points
Draw	1 point
Loss	0 points
Bye	3 points
Win by forfeit/disqualification	3 points (3-0 goal difference)
Loss by forfeit/disqualification	0 points (0-3 goal difference)

2.2 Senior Females

Leonard Cup

Win	3 points
Draw	1 point
Loss	0 points
Bye	3 points
Win by forfeit/disqualification	3 points (3-0 goal difference)
Loss by forfeit/disqualification	0 points (0-3 goal difference)

Madden Shield

Win	3 points
Draw	1 point
Loss	0 points
Bye	3 points
Win by forfeit/disqualification	3 points (3-0 goal difference)
Loss by forfeit/disqualification	0 points (0-3 goal difference)

Exception to Rule 2.2 for points when Leonard Cup teams play Madden Shield teams, both teams receive 2 points and 2 goals on their respective ladders. Should either team forfeit 0 points given to forfeit team and opposition receive 2 points.

Juniors: (Under 10 – Under 15):

Win	4 points
Draw	2 points
Loss	1 point
Bye	4 points
Win by forfeit/disqualification	4 points (3-0 goal difference)
Loss by forfeit/disqualification	0 points (0-3 goal difference)

- 2.3 In the event of a particular age group or division having an uneven number of byes in the competition (e.g. the competition ends midway through a round), points for the uneven byes will be calculated by the formula below (unless decided by Football Wagga Wagga). Points as determined by the equation will be to two decimal places.

$$\text{Points for bye} = \frac{\text{total points scored for the complete previous round}}{\text{total games played in that round}}$$

- 2.4 The team leading on competition points at the completion of the league competition will be named minor premiers. When two or more teams finish on equal points, the winner will be determined by goal difference. When goal difference is equal, the team scoring the greater number of goals will be determined minor premiers. If results are still equal, both teams will be declared joint minor premiers.

3 Match Balls

10 years to 13 yearsSize 4

14 years to all age men & womenSize 5

The home club must provide a match ball of approved standard for each game.

Match balls to be Patrick,Lotto,Mitre,Errea or Nike Ball.

Home team is first on draw.

4 Duration of Games

- | | | |
|-----|---|--------------------------|
| 4.1 | Under 10 – U12 | 2 halves of 25 mins each |
| | Under 13 – U14 | 2 halves of 30 mins each |
| | Under 15 | 2 halves of 35 mins each |
| | Under 17 | 2 halves of 40 mins each |
| | Seniors | 2 halves of 45 mins each |
| 4.2 | A half-time break of 10 minutes applies to each game. | |

5 Grounds

- 5.1 Club officials will be responsible for crowd control and the protection of referees
- 5.2 Clubs will supply club officials, wearing appropriate vests or other visible garments, who will make themselves known to match officials prior to the start of the match.
- 5.3 Only the players, coach, manager and trainer are permitted within the technical area. All other persons must be outside the technical area. In the event more than the allowed persons are inside the technical area, the referee may stop a game until said person/s have been removed.
- 5.4 It is the responsibility of the home club to have the fields set up to playing standard and to ensure amenities are unlocked. Canteens are optional, but preferred. Home Club is first on draw.

6 Player's Equipment

- 6.1 All club/team uniforms must be approved by Football Wagga Wagga before the start of the competition.
- 6.2 All teams must have access to an alternate playing strip.
- 6.3 Where the playing colours of the two competing teams clash, in the opinion of the referee only, the away team, (the team mentioned last in the draw) must change.

7 Referees

- 7.1 The referee's appointment officer and/or Football Wagga Wagga's senior vice-president must appoint all official referees.
- 7.2 In all competition games the cost of the referee and assistants will be shared between the two clubs
- 7.3 Referees reports on misconduct are to be submitted to Football Wagga Wagga within 24 hours of incident, via email or fax.
- 7.4 No person is permitted to approach the referees at the start and completion of a game. The only exception will be for Association's President or Vice-Presidents or an official of the winning or home club, whichever is applicable, to issue or collect the team sheet/book .
- 7.5 Where the referee has terminated a game by reason of the elements, interference by spectators, or other cause, or where he deems such termination necessary, he must provide Football Wagga Wagga's Protests & Disciplinary secretary with a full written report within 24 hours as to why he terminated the game.
- 7.6 Club referees are empowered to caution or send off players for infringements of the rules. A written report must be submitted to Football Wagga Wagga's Protests & Disciplinary secretary as per item 7.3 Club referees are to be used only with the consent of both teams. If the teams cannot

agree, the Association Vice-President, or in his/her absence, the President of the Association, will appoint a referee.

7.7 Referees fees for the 2008 season:

Under 9	\$14.00
Under 10	\$17.00
Under 11-12	\$21.00
Under 13-14	\$23.00
Under 15-16	\$28.00
Under 17	\$34.00
Under 18	\$38.00
AA Females	\$45.00
Gardiner Shield	\$45.00
Nankivell Cup	\$45.00
Pascoe Cup	\$47.00

Assistant referees are paid half the centre referee.

8. Corner Kicks and Goal Kicks

Under 10 to Under 12 age groups will take corner kicks from a point 7.5 metres out from the penalty area.

Under 10 to Under 12 age groups will take goal kicks from an imaginary line drawn through the penalty spot parallel to the goal line.

9 Player Registration/Competition Structure

9.1 Only players who are registered with constituted clubs may participate in any competition organised by Football Wagga Wagga. A player will be deemed to be registered in all age groups and grades when his/her name and details appear on the official player registration form, and forwarded to Football Wagga Wagga with registration fees.

I.D Cards are required for players in all Senior Competitions

9.2 In all senior competitions, before the start of play a team official is to check the opposing team's photo cards. If there is any doubt of a player's eligibility, the game is to be played under protest.

9.3 The age the player turns in the calendar year is the youngest age group a player can register and play in the junior competition. The youngest age to register is 5 in 2008.

9.4 A player cannot register with a club after 30th June.

9.5 Any club playing a player, in the junior competition, in an age group lower than that in which he/she is registered, will lose the match by disqualification, with the opposing team winning by disqualification. For the purpose of this rule, juniors are U6 to U15.

9.6 In the junior competition a player may play up two years in age in the Under 11 to 13s, One year up in the Under 14s & Under 10s, with parental consent and with the approval of Football Wagga Wagga and a Level 2 coach. This is to Assess the individual player based on their strength, stamina and physique. Players can not play down after 4th game after approval during the competition and final series.

In the senior competition a player under 16 may play up from the Junior Competition or register in the senior competition with parental consent, and with the approval of Football Wagga Wagga and a Level 2 coach. This is to Assess the individual player based on their strength, stamina and physique.

9.7 Clubs with multiple teams in any one grade may transfer a player from one team to another in the same grade up to the 4th game by notification to Football Wagga Wagga.

9.8 Mentors for Blake Trophy will need approval from Football Wagga Wagga and the decision to accept mentors may include, the role of the mentor, why mentor needed, team numbers and P & D history.

9.9 Players and named mentors in Blake Trophy can play in any senior competition without restrictions

9.10 Clubs must have 11 players registered in order to nominate a team in the Junior Competition Under 10 -15s and in the senior competition. The same players can not be used to nominate more than one team.

9.12 There will be 6 senior competitions

1. Pascoe Cup – 1st grade all age males
2. Gardiner Shield – 2nd grade all age males
3. Blake Trophy – Under 18,s
4. Nankivell Cup – 3rd Grade all age males
5. Leonard Cup - AA age Females
6. Madden Shield – AA age females

10 Team Sheets

- 10.1 In all competition matches conducted by Football Wagga Wagga, the home team will be responsible for providing the team sheet/book. (The home team will be deemed to be the first team on the draw). The team sheet/book is to be made available to the away team at least 20 minutes before the start of the game.
- 10.2 The game may not start until the referee is in possession of the team sheet for that game.
- 10.3 Each player's full name must be neatly printed on the team sheet. The player's shirt number must correspond with the player's number on the team sheet with no duplication of numbers.
- 10.4 Coaches/Managers are responsible for correctly completing team sheets.
- 10.5 Names cannot be added to or changed on the team sheet after it has been handed to the referee and the match has commenced.
- 10.6 Only official team sheets may be used or as deemed by Football Wagga Wagga.
- 10.7 The home team will be responsible for forwarding the completed team sheet/s to the designated drop off point.
- 10.8 The team sheet white copy must be submitted no later than 6.30pm U10s to Seniors on the day of the match for day matches, and by 9.30pm on the night of the match for night matches. The original must be submitted after games for points to be allocated.
- 10.9 The team sheet/book has 3 copies:
 - the white copy to be delivered to 10 Salmon St, Wagga Wagga.
 - the green copy is handed to the away team
 - the yellow copy is left in the book.
- 10.10 Opposing teams may loan each other players to make up the opposition with the approval of both coaches, without loss of competition points

11 Substitutions/Interchange

- 11.1 A maximum of 5 substitutes per team may be listed on the team sheet.
- 11.2 Interchange will be played in all competitions except Pascoe Cup
- 11.3 Substitutes will be deemed as having played when they are listed as such on team sheet. Unless indicated DNP They must be at the game and available to play.

12 Forfeits

- 12.1 Teams who forfeit on two occasions may be removed from the competition.
- 12.2 Teams intending to forfeit must give 48 hours notice to the President by Phone, Fax or Email.
- 12.3 To claim a win by forfeit a team must:
 - (a) have received notification from the Association President of the opposition team forfeiting;
 - or
 - (b) be on the field ready to play at the scheduled starting time with at least 7 players.An official team sheet is to be filled out as normal, which must clearly indicate that a forfeit has occurred and the circumstances of the forfeit.
- 12.4 A period of no more than ten minutes after the scheduled kick off time for a match will be allowed before the referee declares a forfeit by the absent team.
- 12.5 If a team forfeits without notifying the Association President at least 24 hours in advance, it will pay the total cost of the referee's fees for that game.

13 Abandoned and Cancelled Games

- 13.1 Games can only be cancelled by the Referee, Association's Vice-Presidents, Associations President or the Council.
- 13.2 If a whole round is washed out games will be declared a draw.
- 13.3 Football Wagga Wagga will decide the outcome of games that are abandoned or cancelled for any cause.

14 Deferred/Rescheduled Games

- 14.1 Games can only be deferred/rescheduled by the Vice-Presidents and President.
- 14.2 In the event of an extreme emergency the committee may use their discretion.

15 Yellow Card Points

15.1

Y1	a) Late Tackle	6
	b) Deliberate tripping.....	6
	c) Deliberate handball to break up an attack.....	2
	d) Foul tackle from behind.....	6
	e) Holding an opponent to break up an attack.....	3
	f) Deliberately impeding an opponent to break up an attack.....	3
	g) Heavy body charge	4
	f) Jumping at an opponent	4
	g) Dangerous tackle	6
	h) Pushing an opponent	4
	i) Elbowing an opponent.....	4
	j) Lateral sliding tackle (not taking the ball and causing the opponent to fall	6
	k) Blatant diving.....	4
	l) Failure to retire 10 yards	3
	m) Breaking from the wall	2
	n) Player running at the referee.....	3
	o) Retaliation	4
	p) Making unsporting remarks	2
	q) Making unsporting gestures.....	2
	r) Shouting to distract an opponent	2
	s) Standing on an opponents foot	3
	t) Using a colleague's shoulders to head the ball.....	1
	u) Feigning an injury.....	4
	v) Conduct warranting a caution not previously specified.....	2
	w) Failure to leave the field for treatment of an injury.....	3
Y2	a) Dissent by word.....	2
	b) Dissent by kicking the ball away	3
	c) Dissent by throwing the ball away	3
	d) Dissent by gesture	2
Y3	Persistently infringing the laws of the game.....	3

Y4 a)	Standing on the ball to delay the restart of play.....	3
b)	Kicking the ball to delay the restart of play.....	3
c)	Holding the ball to delay the restart of play.....	3
Y5 a)	Jumping to prevent taking of a throw in	2
Y6 a)	Entering the field without the referee's permission.....	1
Y7 b)	Leaving the field without the referee's permission.....	1

15.2 Accumulated caution points will lead to suspensions as per the schedule below:

<u>Penalty Points</u>	<u>Mandatory Games/Fixtures</u>
Fifteen (15) during the season	Two (2) games/fixtures
Twenty four (24) during the season	Three (3) games/fixtures
Thirty (30) during the season	Five (5) games/fixtures
Thirty six (36) during the season	Seven (7) games/fixtures

- 15.3 In addition to the penalties outlined above, where any player accrues thirty (30) penalty points or more during the season, the player and his/her club will attend a Protests & Disciplinary Committee hearing to determine if any additional penalty should be imposed against the player.
- 15.4 All suspensions must be served in the rounds of matches immediately following notification to the club by Football Wagga Wagga.
- 15.5 Caution points occurred in the league series will not carry over to the finals series. The termination of a competition season will be at the conclusion of the final series.
- 15.6 If the competition season (league and final series) ends before a player has finished serving a suspension, the remaining suspension will be carried over to the next competition season(s).
- 15.7 There will be no appeal against the receiving of a caution from the referee, except on the grounds of mistaken identity.

16 Players Sent Off

- 16.1 A player who has been sent from the field can not participate in another match until his/her case has been heard by the Protests & Disciplinary Committee
- 16.2 Players sent from the field will automatically serve a mandatory 1 week suspension and have their case heard by the Protests & Disciplinary Committee. The players club will be notified of outcome and the player will have the choice to accept the penalty imposed or appear before the P & D Committee.
- 16.3 Players who decide to appear should understand that the penalty can be maintained, increased or dismissed, a fee of \$50.00 is payable to appear and is only refundable in the case of mistaken identity.
- 16.3 Any player 18 years or under who is required to attend a Protests & Disciplinary Committee hearing must be accompanied by a parent or guardian.

17 Finals Series

- 17.1 At the completion of the league competition, the first four teams on the competition ladder will play off in a knockout competition to decide the grand final winner. This competition will be known as the finals series.
- 17.2 When two or more teams finish on equal points, the position will be determined by goal difference. When goal difference is equal, the team scoring the greater number of goals will determine the position; if results are still equal there will be a play off to determine the position.
- 17.3 The order of the finals series in a competition with four or more teams will be:
- | | |
|--------------------|--|
| Minor semi final: | 3 rd V 4 th |
| Major semi final: | 1 st V 2 nd |
| Preliminary final: | Winner minor semi final V loser major semi final |
| Grand final: | Winner major semi final V winner preliminary final |

- 17.4 In the event of a three team competition, the order will be:
 Major semi final: 1st V 2nd
 Preliminary final: Loser major semi V 3rd
 Grand final: Winner major semi final V winner preliminary final
- 17.5 If during the playoffs for the grand final winner the score is still drawn at the completion of normal time the winner will be determined as follows:
- (a) U10 – U12: 10 minutes extra time will be played each way with the team that scores the first goal declared the winner. If no goals are scored, the match is decided by kicks from the penalty mark
 - (b) U13 – A/A: 15 minutes extra time will be played each way with the team that scores the first goal declared the winner. If no goals are scored, the match is decided by kicks from the penalty spot.

18 Eligibility to Play in the Finals Series

18.1 To qualify for the final series a player must have played the majority of his / her games since registering with that club this season in that team.

In the event a player has played an equal number of games in more than one grade / division they must play in the most senior .

Any player registered with a club may play in a higher grade in the finals.

18.2 For the purpose of Rule 18, the descending order of senior teams is:

Pascoe Cup
 Gardiner Shield
 Blake Trophy
 Nankivell Cup.

Leonard Cup
 Madden Shield

19 Match Cautions – Finals Series

19.1 An accumulation of two (2) or more yellow cards totalling six (6) points or more will result in an automatic suspension of one (1) round/fixture.

19.2 Where six (6) points or more accumulated in 19.1 above combine with the points accumulated by the yellow cards in the league series total thirty (30) points or more, the player and his club will attend a Protests & Disciplinary Committee hearing to determine if any additional penalty should be imposed.

20 Representative Players

20.1 To be eligible to represent Football Wagga Wagga, a player must be registered with a club.

20.2 Players can only represent Football Wagga Wagga in their age group; that is the age that they turn in that calendar year.

20.3 Representative commitments take precedence over club games with exception to the final series

20.4 Clubs with 5 or more representative players in one team cannot register a representative player from another club for that team.

20.5 Club teams with 5 or more registered representative players in a team cannot transfer representative players from another club team to play in that team and cannot play representative players up into that team during the season.

20.6 A representative player is deemed a representative player from October 31st 2007 until October 31st 2008

21 Girl Players

- 1/ The Sex Discrimination Act 1984 states “Girls under the age of 12 years are permitted to play sport with boys, as they are considered to be equal based on strength, stamina and physique.

- 2/ No person can be excluded or discriminated against based on gender.
- 3/ Girls must be put where they have the best sporting opportunity and therefore girls can play in a mixed team after they have turned 12 years of age.
- 4/ The decision as to whether a girl 12 years and over is suited to play a sport in a particular team, should be based on the players suitability by strength, stamina and physique. This decision is ultimately the decision of the Association.
- 5/ If a person is excluded based on their gender, then the Association must be aware of the possibility of the case being taken to the anti-discrimination board for a decision.

As you can see from the advice received, a girl has the right to play in a mixed team at any age and cannot be excluded just because she is a girl.

Based on this information it is recommended that girl players should initially be given the opportunity to play in a girl's team. However, if a girl then indicates that she would prefer to play in a mixed team, it would then be a decision for the Association. This decision should then be based on the girls suitability for that team, based on whether she has the strength, stamina or physique to play with other members of the team and against players of mixed gender in that age group.



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Guidelines For Coaches And Officials

The following guidelines are to assist coaches, officials and others working with children.

Physical contact

Generally physical contact with players/participants should be:

- . • to develop sports skills
- . • to give sports massage
- . • to treat an injury
- . • to prevent or respond to an injury
- . • to meet the specific requirements of the sport.

All physical contact by personnel should fulfill the following criteria:

- . •physical contact should be appropriate for the development of a sport skills
- . •permission from the player/participant should be sought
- . • player/participants be congratulated or comforted in public not in an isolated setting.

Supervision for children:

The number of staff needed will depend on the age and number of children involved, and whether there are disability considerations.

Being alone with a child

Do not isolate yourself and a child and avoid being alone with any particular child. If a child approaches

you and wants to talk to you privately about a matter, do so in an open area and in the sight of other adults (eg. Other coaches, officials or parents/guardians).

Ideally advise another coach or official and ask them to stay within sight while you have the discussion and to come to your assistance if the child becomes emotional and/or you indicate support is required in dealing with the child. Avoid unaccompanied and unobserved activities with children.

Adopt positive language and behaviour:

Adopt positive language when talking with children and in the presence of children. This includes avoiding bad or aggressive language that could intimidate a child or set a poor example.

Change Rooms

Before going into change rooms knock or announce that you will be coming in and try to have at least one adult with you in a change room with children. Do not isolate yourself and a child from others in the change room.

Maintain control –avoid losing your temper

Try not to lose your temper with a child (verbally or physically).

If you find that you regularly lose your temper with children you should seek support on behaviour management strategies, anger management or consider whether you have the patience to work with children.

Some ideas to assist with maintaining control include:

- Set up some basic rules at the beginning of the season such as be nice, follow instructions, have a go, no put downs. Make sure children are aware of these rules.
- Give positive messages
- Have a time out area for children and young people that are not behaving. This should be simple such as an agreed T sign with the hands that children know means to go to time out for two minutes.
- Adopt a card system to express concerns with a child's behaviour rather than becoming verbally agitated. For example a yellow card is a warning, two yellow cards means time out for two minutes and a red card could mean the child misses out of next week's game.

Collection by Parents/Guardians

Your club needs to let parents/guardians know about its policy on the collection of children. A list of actions that could help include:

- Letting children, parents/guardians know the times of practices and games, when they can expect to collect their children and that it is not your responsibility to transport children home if parents are delayed.
- Have a club policy that the second to last child and their parent/guardian will wait with the coach/official and the child. This will also enable the coach/official to concentrate on making contact with the parent/guardian.
- If you have a club room where there will be other people, have a club policy that latecomers are to collect their children from the club room. Wait with the child if possible, and make contact with the parent/guardian if necessary.
- If there are other people at the ground or facility, wait for the parent/guardian closer to those people. In the meantime try to make contact with the parent/guardian.
- Avoid the risk of being alone with a child by having a parent/guardian or support person assist you with the training. Require that person to wait until all children have left.

- Have a club policy that there is a register of parent/guardian emergency contact numbers and make sure coaches/officials have access to a phone.

Transport of players/participants

Ideally all players/participants should have their own transportation to and from sporting events. You should only provide transportation when:

- the driver is properly licensed
- other players/ participants/parents/guardians are in the vehicle
- the ride has been approved by parents/guardians
- the ride is directly to/from sports or recreational activities.
- you should also call someone and tell them what you are doing, the exact time you are leaving –so that you are accountable for your time.

Overnight trips

Always have more than one adult with children on an overnight trip/ camp and do not separate yourself and children from other adult/s. There should always be more than one adult with a group of children, even if the number of children is small. Mixed gender is preferable. Options to consider on an overnight trip/camp include obtaining separate sleeping accommodation from the children (adults in separate rooms). There must be emergency procedures in place to enable supervising adults to be able to respond to any alarm raised by a child. If an alarm is raised by a child, more than one adult should respond.

Injuries and illness

Your club needs to have guidelines for handling injuries that occur during sporting activities. Only personnel who are qualified in administering first aid or treating sports injuries should attempt to treat an injury. Personnel should avoid treating injuries out of sight of others.

Other considerations include:

- The comfort level and dignity of the player/participant should always be the priority.
- Only uncover the injured area, or drape private parts of the player/participants body.
- Always report injuries and any treatment provided to parents and document an incident.
- If necessary seek medical attention as soon as possible.

Your club should also have in place policies regarding “blood rules” and ensure coaches and officials know to remove any child that is bleeding from a game and to stop the flow of blood before being allowed to again join in the activity.

Participants with disabilities

It is important that participants with disabilities have the same opportunities to be involved in sport and recreation activities. This may require, where reasonable, the provision of specialist support, appropriate transport and training for those assisting with matters such as lifting and toileting. At all times participants should be treated with dignity and respect. Because participants with disabilities may be more vulnerable to abuse or neglect clubs and organisation may need to take additional steps to ensure their safety.

Photographing children

All clubs need to be aware that there are some people who visit sporting events to take inappropriate photographs or video footage of children. You need to be alert to this possibility and report any concerns to a responsible person in your club. Your club needs to have clear guidelines on the use of images as there is evidence that information posted on an Internet site or published in a magazine or newspaper can be used to target children, to locate them, and then to groom them. Also images can be used and adapted for inappropriate use.

PLAYERS CODE OF CONDUCT

- Play by the rules. It is just as important to understand the spirit of the rules. They are designed to make the game fun to play and fun to watch. By sticking to the rules, you will enjoy the game more.
- Play to win. Winning is the object of playing any game. Never set out to lose. If you do not play to win, you are cheating your opponents, deceiving those who are watching, and also fooling yourself. Never give up against stronger opponents but never relent against weaker ones.
- Play fair. Winning is without value if victory has been achieved unfairly or dishonestly. Playing fair requires courage and character and is more satisfying. Playing fair earns you respect, while cheats are detested.
- Refrain from conduct which may be regarded as sexual harassment towards fellow players and coaches.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition. Fair play means respect. Referees are there to maintain discipline and fair play.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent, are not acceptable or permitted behaviours in any sport.
- Be honest with the coach concerning illness and injury and ability to train and compete to the best of your ability.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you. A professional appearance relating to language, manner, temper and punctuality is to be adopted at all times.
- Be a good sport. Applaud all good plays whether they are made by your team, or the opposition.
- Accept defeat with dignity. Nobody wins all the time. Learn to lose graciously. Don't seek excuses for defeat, genuine reasons will always be self-evident. Congratulate the winners with good grace. Don't blame the referee or anyone else. Good losers earn more respect than bad winners.
- Promote the interests of football, it is the world's greatest game. Think of football's interests before your own. Think how your actions may affect the image of the game. Talk about the positive things in the game. Encourage other people to watch it or play it fairly. Be an ambassador for the game.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor. Reject corruption, drugs, racism, violence and other dangers to our sport. Watch out for attempts to tempt you into cheating or using drugs. Drugs have no place in football, or in our society. Say no to drugs.
- Help others to resist corrupting pressures. You may hear that team-mates or other people you know are being tempted to cheat in some way. Give them the strength to resist. Remind them of their commitment to their team-mates and to the game itself. Form a block of solidarity, like a solid defence on the field of play.
- Co-operate with your coach, team-mates and opponents. Without them there would be no competition. They have the same rights as you have, including the right to be respected.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Denounce those who attempt to discredit our sport. Don't be ashamed to show up anybody who you are sure is trying to make others cheat. It's better to expose them and have them removed before they can do any damage. It often takes more courage to denounce what is wrong, than to go along with a dishonest plan.

- Honour those who defend football's good reputation. The good name of football has survived because the vast majority of people who love the game are honest and fair. Sometimes somebody does something exceptional that deserves our special recognition. They should be honoured and their fine example made public. This encourages others to act in the same way.