



PAPHOS RUGBY UNION FOOTBALL CLUB
COACHES CODE OF CONDUCT

In this Code of Conduct:

“PRUFC” means the Paphos Tigers Rugby Football Club;

“Officer” means an executive board member, other officer or employee of a Sports Governing Body or Sports Club;

“Participant” means a player, a referee, referees assistant, touch judge or other match official, a selector, coach, trainer, manager or other team official, or an individual involved in the organisation, administration or promotion of Rugby, and/or other sports, including (but not limited to) a board member, director, other officer or employee of a Sports Governing Body or Sports Club. This includes all officials, officers, players, referees etc. from other recognised Sports Bodies and Clubs associated with tournaments which PRUFC participate in, or host either in Cyprus or overseas.

Words in the singular include the plural and vice versa; and A reference to a gender includes the other genders. The reputation and integrity of any sport will be damaged by any impairment of public confidence in the honest and orderly conduct of matches and competitions or in the integrity and good character of the participants.

The Object of this ‘Coaches Code of Good Behavior’ is to ensure the proper promotion and guidance are offered to all PRUFC participants in any sporting contest so as to ensure the continued enjoyment and integrity of sport in which they compete and promote to promote the spirit of ‘Good Sportsmanship’ at all times.

All participants in Sports in which PRUFC competes, hosts or participates in are bound:

- A. Not to bet on the outcome or on any other aspect of a match or competition in which they participate;
- B. Not to throw or fix a match, try to achieve a contrived outcome to a match or a competition, or otherwise influence improperly the outcome or any other aspect of a match or a competition;
- C. Not to seek or accept a bribe or other benefit to do anything mentioned in paragraph (b);
- D. To report immediately to a PRUFC official any offer of a bribe or other benefit to do anything mentioned in paragraph (b) or any attempt by any other person to do anything mentioned in paragraph (a) or (b);
- E. Not to engage in any Doping Practice as defined by the World Anti Doping Authority;
- F. To comply with the International Regulating Boards Safety Directives for Referees, Coaches and Players as pertains to the sport in which they participate;
- G. Not to breach the Laws of the Game relating to Foul Play or Misconduct as pertain to the sport in which they participate;
- H. Not to abuse, threaten or intimidate a referee, referees assistant, touch judge or other match official, whether on or off the field, or a selector, coach, manager or other team official;



- I. Not to show unnecessary obvious dissension, displeasure or disapproval towards a referee, referees assistant, touch judge or other match official, his or her decision or generally following a decision of a match official;
- J. Not to use crude or abusive language or gestures towards referees, referees assistants, touch judges or other match officials or spectators;
- K. Not to do anything which is likely to intimidate, offend, insult or humiliate another participant on the ground of the race, colour or national or ethnic origin of the person;
- L. Not to conduct themselves in any manner, or engage in any activity, whether on or off the field, that would impair public confidence in the honest and orderly conduct of matches and competitions or in the integrity and good character of participants; and
- M. Not to do anything which adversely affects or reflects on or discredits the Sport in which they participate, the PRUFC, the Governing Body of the sport in which they participate, any visiting or opposition club, or any squad, team, competition, tournament, sponsor, official supplier or licensee, including, but not limited to, any illegal act or any act of dishonesty or fraud.

- The Coach has responsibility for your team and its supporters. EXERCISE IT.
- The Coach must be reasonable in their demands on the young player's time, energy and enthusiasm. Remember that they have other interests and demands on their time.
- The Coach should teach their players that laws of the game in which they participate are mutual agreements, which no one should evade or break.
- The Coach should endeavour to ensure that all players get a game. The 'just average' players need and deserve equal time.
- The Coach must recognise the importance of fun and enjoyment when coaching young players. Most learning is achieved through doing.
- The Coach is required to keep winning and losing in perspective – encouraging young players to behave with dignity in all circumstances.
- The scheduling and length of practice times and games should take into consideration the maturity (both physical and mental) level of the players.
- The Coach should recognise, promote and develop team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches.
- The Coach is required to follow the advice of a doctor, or other suitable appointed Medical Personnel, in determining when an injured player is ready to play again.
- The Coach must remember that young people need a coach they can respect, be generous with their praise (both during training and games) when it is deserved and set a good example. Be a positive role model – think what this implies.



- The Coach is encouraged to make a personal commitment to keep themselves informed on sound coaching principles and the principles of growth and development of young people.
- The Coach should encourage young people to develop a range of basic skills and avoid over-specialisation in
- positional play during their formative years.
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- The Coach should create opportunities to teach sportsmanship, just as they would in teaching the basic skills.
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- The Coach must ensure that efforts for both skill improvement and good sportsmanship are rewarded by praise.
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- The Coach is required to bear in mind that Players are also students, and must therefore be reasonable in their
- demands on the Players energy and enthusiasm.
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- The Coach of Younger Players is encouraged to ensure that skill learning and free play activities have priority over highly structured competitions.
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- Coaches MUST INSIST ON FAIR PLAY , do not tolerate foul play, fighting, or foul language, and should be prepared to take off an offending player.
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- Coaches must respect all referees and the decisions they make (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
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- Coaches should encourage only good communication between players and discourage excessive talk on the field.
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- Coaches should INSIST on a disciplined approach by players and mean what they say. Disciplinary breakdown within a team or squad diminishes the enjoyment of all.
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- Coaches must recognise that it is illegal for young players under 18 to drink alcohol at any time, and enforce it.
- Violations should be reported to a PRUFC Official.
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- Coaches must recognise that it is illegal for young players under 16 to smoke cigarettes at any time, and enforce it. Violations should be reported to a PRUFC Official.



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- Coaches must recognise that it is illegal for any player, coach, participant or official to take drugs at any time, and enforce it. Violations should be reported to a PRUFC Official.
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- Coaches must be aware of, and abide by, PRUFC recommended procedures for taking young people on residential tours at home and abroad.
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- Coaches must maintain good supervision of young players, both on and off the field, at all times whilst they are under their care or supervision.
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- Coaches have a responsibility to ensure all youngsters are coached in a safe environment, with adequate first aid readily to hand.
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- Coaches should familiarise themselves with PRUFC procedures in the event of an accident, emergency or injury and be ready to implement them immediately. PRUFC should ensure that they are aware of the local Clubs, and areas, Medical Facilities, Policies and requirements prior to any contest taking place.
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- Coaches must recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury.
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- Coaches should develop an awareness of, and promote, good nutritional practices as part of an overall education in lifestyle management.

Remember:

- Coaches working with young players will be required to have a knowledge of not only the general laws/rules of the sport in which they participate, but also any age group variations to which the participants under their care may be required to compete.
- Coaches attention is drawn to PRUFC's 'Players Code of Good Behavior' and 'Members Code of Good Behavior' and should promote, and ensure adherence to, both as pertains to themselves, players under their supervision, parents and/or spectators at an event in which their team participates.

Post Match:

- Coaches should always thank the referee, all other match officials, the opposing coach(es), opposition and/or
- organising officials personally.
- The Coach should ensure that their players say thank you to the referee and give a cheer to the opposition at the final whistle.



- All coaches are encouraged to attend official Training Course(s) relevant to the Sports they Coach, and to hold a first aid certification.