

HONG KONG RUGBY FOOTBALL UNION – YOUTH RUGBY
CODE OF CONDUCT

CODE FOR COACHES

- You have the responsibility for your team and supporters – EXERCISE IT!
- Remember that young players play for fun and enjoyment. Don't overload them with technical information and tactics
- Be reasonable in your demands on young players' time, energy and enthusiasm. Remember that they have other interests and demands on their time
- Ensure that all players get a game. The 'just average' players need and deserve equal time
- Players develop at different times and in different ways – make allowances for their physical, emotional and mental maturity and development
- Winning isn't everything – teach your players to enjoy taking part and performing to the best of their ability. Encourage each player to reach his or her potential
- Never abuse, yell, criticise or ridicule children for making mistakes or losing a game
- Remember that young people need a coach that they can respect. Be generous with praise when it is deserved and set a good example
- Teach young players that the laws of the game are mutual agreements that no one should evade or break
- Create opportunities to teach sportsmanship, just as you would in teaching the basic skills
- INSIST ON FAIR PLAY. Do not tolerate foul play, fighting, or foul language. Be prepared to take off an offending player
- Develop a team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches

CODE FOR PARENTS

- Do not force an unwilling child to participate – Young people are involved for their enjoyment, not yours
- Encourage your child to understand and play within the rules
- Teach your child that taking part and trying their best is more important than winning
- Focus your child on practising skills, sportsmanship and being part of a team. Winning isn't everything and not everyone can score the winning try
- Support and encourage your child – never criticise them for making mistakes. Console them for losing, but encourage them to try harder next time
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship
- Do not publicly question the referee's judgement and never his/her honesty. There is no place for 'touchline rage' in Youth Rugby
- Support all efforts to remove verbal and physical abuse from Youth Rugby
- Young people learn best by example. Applaud good play by your team and by members of the opposing team
- Recognise the value and importance of volunteer coaches, referees and administrators. They give of their time and resources to provide recreational activities for your child

CODE FOR PLAYERS

- Play to enjoy rugby, not just to please you parents or coach
- Always try your best to improve your skills and play well
- Play within the rules and laws of the game
- Never argue with referees or coaches – their decision is final, even if you think that they are wrong. Let your coach or your captain ask match officials any questions
- Control your temper – do not 'mouth off'
- Treat everyone as you yourself would like to be treated. Don't bully or take unfair advantage of any player
- Rugby is a team game – do your best for yourself and your team. Your team's performance will benefit and so will your own
- If you lose, accept it with good grace and try harder next time
- Be a good sport. Applaud all good play, whether by your team or your opponents' team
- Cooperate with your coach, team mates, referee and opponents, for without them you don't have a game.

HONG KONG RUGBY FOOTBALL UNION – YOUTH RUGBY CODE OF CONDUCT

教練的規章

- 教練須為球隊及支持者負責。
- 活動只為引起青少年運動員對欖球的興趣，不需教授過多技巧性及策略性的知識。
- 青少年運動員有不同興趣及時間安排，對他們所能付出的時間、體力及對欖球的熱衷程度，應有合理要求。
- 確保所有不同程度的球員於比賽中有相等的參予機會。
- 必須體諒球員於體力、情緒、精神及技巧上的進展各有不同。
- 使球員知道比賽的勝負並不重要，只要享受比賽的過程並盡力發揮自己的潛能。
- 當球員犯規錯或輸掉比賽時，不應辱罵、叫喊、批評或嘲笑他們。
- 運動員需要一位寬宏大量，能在適當時候予以鼓勵和讚賞，並受人尊敬的典範。
- 必須令球員清楚明白對等的遊戲規則及犯規的嚴重性。
- 除了基本運動技巧引外，亦須教授體育精神。
- 堅持公平公正的遊戲規則，切勿容忍球員犯規、打架、及粗言穢語。當以上情況發生時，請把該名球員抽調離場。
- 培養球隊對球証的判決、對方球隊的能力及教練予以尊重。

家長守則

- 不要強迫小孩參加
- 鼓勵小孩去明白規例
- 教導小孩去盡力參與比勝出重要
- 注意小孩的技巧、體育精神及成為球隊的一份子。勝利不代表一切，不是每位球員都能取得致勝的一分。
- 支持及鼓勵小孩-切忌批評他們的過錯。比賽落敗時應安慰及鼓勵他們再努力。
- 勝負關鍵在於幫助小孩去改進球技及體育精神
- 不要質疑球証的判決。切忌在場邊叫罵
- 支持球場上嚴禁口角及動武
- 小孩最好由例子中學習。當有好表現時不論是己方或對方都應予以讚賞
- 應了解自願性質的教練、球証及行政人員的重要。因為他們付出了時間及資源去舉辦活動

球員守則

- 打欖球應該為了自己開心而不應為討好父母或老師
- 應盡力改進自己的球技及表現
- 應遵守球例
- 嚴禁與球証及教練爭辯-縱使你不同意，球証及教練會有最終決定。如有問題，應由教練或隊長去詢問
- 應自律-不要叫罵
- 不要欺凌或不公平對待其他球員
- 欖球是團體運動-為自己及你的隊伍都應盡力去比賽。隊伍取得好成績相等於自己取得好成績
- 當落敗時，應勇敢接受及再接再厲
- 不論是己方或對方有好表現時都應予以讚賞
- 應該好好與教練、隊友、球証及對方合作，因為球賽缺一不可