

CODE OF CONDUCT

- **Commitment to Tuesdays and Thursdays**
- **Be on time**
- **Discipline in training/games**
- **One in all in – fitness, training**
- **Participate in man of match presentation**
- **Participate in dick of the day presentation**
- **Warm up in drill tops**
- **Wear correct kit when playing (CRUFC socks, shorts)**
- **Respect the coaches decisions**
- **At least 1 training session a week**
- **At least twice a month 2 sessions a week**
- **Game preparation – eat/drink correctly before matches**
- **No boozing the night before games**
- **Positive attitude to team mates, coaches, refs – keep self discipline**
- **Communication outside of game to captains – availability/injuries**
- **Give your availability 2 weeks ahead**
- **Individual fitness - outside of club training – at least 1 fitness session a week extra**

CONSEQUENCES (DISCRETION OF CAPTAINS AND COACHES)

- **Not training in 2 weeks if fit, either not selected or bench**
- **Incorrect kit – fine**
- **Incorrect shirt/tie – fine**
- **Lateness – shuttles/fine**
- **Carded – fine, possibly benched depending on incident, possible non selection**
- **Lack of training/not communicating reasons – dropped**
- **Negative attitude – not selected/discretion of coaches/captain**
- **Lack of Individual fitness – shuttles, fines, benched, not selected**
- **Lack of communication to Captains – shuttles, fines, benched, not selected**

On behalf of
1XV, 2XV, 3XV, Women's and Club Captains
Club Coaches

