



# LIMERICK WOMEN'S AND SCHOOLGIRL'S SOCCER LEAGUE

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## CODE OF BEST PRACTICE FOR PLAYERS

As players are constantly in the glare of public attention and are widely recognised as the most important people in the sport, there is a considerable onus upon them to speak and act in a manner which promotes all that is good about the game.

1. A Player must make every honest effort to develop their sporting ability, to include fitness, skill, technique and tactical ability.
2. A Player must strive to set a positive example for younger players and supporters.
3. A Player should safeguard the physical fitness of opponents, avoid violence and rough play, and where possible help injured opponents.
4. A Player must give maximum effort and strive for the best possible performance during each game.
5. A Player must avoid all forms of gamesmanship, and time wasting.
6. A Player must refrain from using inappropriate language particularly to referees/officials and other players during games.
7. A Player must make every effort consistent with fair play and the laws of the game to help their own team win.
8. A Player must resist any influence which might, or might be seen to, bring into question their commitment to the team winning.
9. A Player should know and abide by the laws, rules of the game and of any given competition, both in fact and in spirit.
10. A Player should accept victory and defeat with equanimity.
11. A player must resist any temptation to consume or otherwise imbibe any banned substances.
12. A Player must treat opponents with respect at all times, irrespective of the outcome of any game.
13. A Player must demonstrate due respect towards match officials.
14. A Player must accept the decisions of the match officials without protest.
15. A Player must avoid words or actions which may mislead a match official.
16. A Player must abide by the lawful instructions and directions of mentors and team officials.
17. A Player must act towards the mentors and officials of the opposing side in a respectful manner.
18. A Player must demonstrate due regard for the interest of supporters.
19. A Player must not act or speak so as to incite or encourage supporters to act in a manner that may endanger the safety of anyone attending or participating in the game.
20. A Player should not either directly or indirectly place a bet on the outcome of any game in which they are involved.
21. A Player must always have regard to the best interests of the game when publicly expressing an opinion on the game or on others involved in the game.
22. In making public comments on a particular fixture or on the game in general a Player must be mindful of upholding and promoting the good name of the game and others involved in it in the wider community.



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### CODE OF BEST PRACTICE FOR PARENTS

*Parents have a powerful influence on the level of fun and enjoyment which children derive from the game and on the degree of enthusiasm with which they participate in it. Positive encouragement is the key to a child's enjoyment of the game, their sense of personal achievement, the development of their skill levels and their self-esteem.*

1. Parents should avoid coaching the players/team during the game.
2. Parents should not shout and scream.
3. Parents should respect the decisions of the match officials.
4. Parents should give positive attention to each participant, and not just to the most talented.

### CODE OF BEST PRACTICE FOR SPECTATORS

Spectators convey to the wider community the values of the game.

1. Spectators should appreciate the opposition as well as their own team.
2. Spectators should be respectful towards:
  - a. All officials (Referees & Assistants).
  - b. All players, including opposition, at all times on & off the pitch, regardless of nationality, race, religion or other affiliations.
  - c. All Opposing Spectators and team Mentors, etc.
3. Spectators should show appreciation of the efforts of all players who are substituted.