



As a club we will put children at the heart of everything we do and all the decisions we make. Encourage fun on the pitch, through equal opportunity and realistic expectations of the children. Build the skills of our adults to provide a safe, healthy, respectful and enjoyable environment for kids. Develop children's confidence and character as players and people. Champion rugby's core values, inspiring a lifelong bond between children, adults and our sport

## Code of Conduct & Core Values

13th September 2024

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## **Canvey Island Rugby Union Football Club Juniors**

### **Code of Conduct & Core Values**

#### **Our Aim:**

Is to introduce young people from the immediate & surrounding community to the values of rugby and the qualities that we believe the game can provide. Much of the behaviour and attitudes that have defined rugby are highly regarded both within and outside the sport. We shall endeavour to work hard to promote the game's fundamental elements for the next generation.

#### **Our Game:**

Rugby has a unique ethos emphasizing hard but fair competition and camaraderie. Rugby is played all over the world by millions of adults and children because of the many health benefits, the inclusiveness for all body shapes and sizes, the competition, the camaraderie, and most of all because it's incredibly fun!

- Rugby is full of continuous, aerobic play – keeping kids active.
- Rugby is fun!!
- Rugby is inclusive – Everyone plays, scores, and wins!!
- Rugby encompasses power, agility, strength, and speed.
- Rugby is an international sport played all over the world.
- Rugby is the newest Olympic sport

#### **Rugby Ethos:**

All players, coaches, officials, parents and fans are encouraged to remember that rugby holds a unique place in sport. Rugby owes much of its appeal to the fact that it is played both to the letter and within the spirit of the Laws. The responsibility for ensuring this practice lies not with one individual -- it involves coaches, captains, players and referees. It is through discipline, control and mutual respect that the spirit of the game flourishes and, in the context of a game as physically challenging as rugby, these are the qualities which forge the fellowship and sense of fair play so essential to the game's ongoing success and survival. Rugby is valued as a sport for men and women, boys and girls. It builds teamwork, understanding, co-operation and respect for fellow athletes.

It is because of, not despite, rugby's intensely physical and athletic characteristics that such great camaraderie exists before and after matches.

**Canvey Rugby Club Juniors Ethos:**

Teamwork

Teamwork is essential to our sport.

We welcome all new team members and include everyone

We play selflessly: working for the team, not for ourselves alone, both on and off the field

We take pride in our team, rely on one another and understand that each player has a part to play

Enjoyment

Enjoyment is the reason we play

We encourage players to enjoy training and playing

We use our sport to adopt a healthy lifestyle and build life skills

We safeguard our young players and help them have fun

We enjoy being part of a team because it enhances confidence and self-esteem.

Discipline

Strong discipline underpins our sport

Our sport is one of controlled physical endeavour and that we are honest and fair

We obey the 'Laws of the Game' which ensure an inclusive and exciting game

We support our disciplinary system, which protects our sport and upholds its values

We observe the sport's Laws and regulations

Respect

We earn the respect of others by the way we behave

We respect our match officials and accept their decisions

We respect opposition players and supporters

We value our coaches and those who run our clubs and treat clubhouses with consideration

We uphold the rugby tradition of camaraderie with team mates and opposition.

We observe fair play both on and off the pitch and are generous in victory and dignified in defeat

We play to win but not at all costs and recognise both endeavour and achievement

We ensure that the wellbeing and development of individual players is central to all rugby activity

**As Coaches we will:**

Recognise the importance of fun and enjoyment when coaching young players. Most learning is achieved through doing

Appreciate the needs of the players before the needs of the sport

Be a positive role model

Keep winning and losing in perspective

Encourage young players to behave with dignity in all circumstances

Respect all referees and the decisions they make and ensure that the players recognise that they must do the same.

Provide positive verbal feedback in a constructive and encouraging manner to all young players, both during coaching sessions and games

Provide experiences, which are matched to the young players' ages and abilities, as well as their physical and mental development

Ensure all youngsters are coached in a safe environment, with adequate first aid readily to hand

Avoid the overplaying of the best players which gives everybody a satisfactory amount of playing time

Never allow a player to train or play when injured

Ensure good supervision of young players, both on and off the field

Recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury

Develop an awareness of nutrition as part of an overall education in lifestyle management

Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy

Be aware of, and abide by, the policies and procedures outlined in the RFU Child Protection Guidance Booklet

**Players will be encouraged to:**

Recognise and appreciate the efforts made by teachers, coaches, parents, match officials and club administrators in providing the opportunity for you to play the game and enjoy the rugby environment.

Understand the values of loyalty and commitment to the club and team mates.

Recognise that every young player has a right to expect their involvement in rugby to be safe and free from all types of abuse

Understand that if an individual or group of young players feel they are not being treated in a manner that is acceptable, then you have a right to tell an adult either at the rugby club or outside of the game

Play because you want to do so, not to please coaches or parents

Remember that skill development, fun and enjoyment are the most important parts of the game

Be attentive at all training and coaching sessions

Work equally hard for yourself and your team - both will then benefit

Recognise good play by all players on your team and by your opponents

Be a sportsman - win or lose

Play to the Laws of the Game and accept, without question, all referees' decisions

Control your emotions. Verbal or physical abuse of team mates, opponents, or match officials is not acceptable

Treat all players, as you would like to be treated. Do not interfere with, bully or take advantage of any player.

**Spectators / Parents:**

Emphasise the spirit of the game

Appreciate the needs of the young players before the needs of the sport

Understand the physical, social and psychological development of young players

Be a positive role model

You set an example, and as such, comments you give should be positive and supportive

Look to self-improvement e.g. participation in courses laid on by the club

Recognise that the safety of young players is paramount

Show empathy for the age and ability of young players

Understand that verbal or physical abuse will not be tolerated and will be dealt with by club officials immediately

Rugby playing parents should be mindful that it is not a senior rugby environment. So what may have been acceptable on a Saturday is not necessarily the case on a Sunday.

Parents currently linked to the club should ensure they lead by example and all supporters have a duty to make sure their language and behaviour on the side line reflects positively on the club.

A Basic Guide to Rugby (for those who are new to the game):

**TIME OF MATCH** - A match consists of two 40-minute halves (fewer minutes for school and youth), and there are no time outs. Play only stops for infractions, dead balls (when the ball is buried in a ruck or maul), or when the ball goes out of play. The clock only stops for injuries.

**FIELD OF PLAY** - Rugby is played on a field, called a pitch. The try area is behind the goalposts.

**THE BALL** - A rugby ball is best described as a large, over-inflated football with no laces. Or an egg!

**PLAYERS & POSITIONS** - Rugby has fifteen (15) players on each team. Anyone on the pitch can score, and the number of a player signifies that player's specific position. Jersey numbers above 15 are worn by substitute players. Players numbered one (1) through eight (8) are forwards, typically the larger, stronger players of the team whose main job is to win possession of the ball. Players numbered nine (9) through fifteen (15) are backs, the smaller, faster and more agile players. Their main role is to exploit possession of the ball won by the forwards.

**STARTING THE GAME** - Rugby begins with a kickoff to the opponent from mid-field. Provided that the ball travels beyond the 10-meter line, any player from either team may gain possession of the ball. You may occasionally see players lift each other to gain advantage here.

**MOVING OR ADVANCING THE BALL** – Rugby, is continuous. There is no blocking in rugby. The person with the ball leads the attack. There are only three ways to move the ball in rugby: a player may carry (run), pass or kick the ball. When a player is tackled or the ball hits the ground play is not stopped, unless there is some sort of infraction or the ball is considered dead or buried in a ruck or maul. The game is intended to be free flowing and continuous.

1. **Running:** When running the ball, players may continue to run until they are tackled, step out of bounds or run beyond the goal line. Players run the ball to advance toward the opponent's goal line.
2. **Passing:** The ball may be passed to any player. However, it may only be passed laterally or backward, never forward. Players pass the ball to an open teammate to keep it in play and further advance it.
3. **Kicking:** Any player may kick the ball forward at any time. Once the ball is kicked, players of either team, regardless of whether or not the ball hits the ground, may gain possession. Players typically kick the ball to a teammate in an effort to advance it or to the opposing team to obtain relief from poor field position.

**SCORING** - There are four ways for a team to score points in rugby:

1. **Try:** Five (5) points are awarded to a team for touching the ball down in the other team's in-goal area. This requires the ball actually be grounded.
2. **Conversion:** Following a try, two (2) points are awarded for a successful kick through the goal posts. The attempt is taken straight out from the point where the ball was touched down.
3. **Penalty Kick:** Following a major law violation, the kicking team, if in range, has the option to "kick for points." Three (3) points are awarded for a successful penalty kick. The kick must be from the point of the penalty or anywhere on a line straight behind that point. The ball can be played if the kick fails.
4. **Drop Goal:** Three (3) points are awarded for a successful drop kick. A drop kick may be taken from anywhere on the field during play. The ball is alive if the kick fails.

**RESTARTING PLAY** - There are three methods of restarting play following a stoppage caused by either the ball going out of bounds or because of an infraction of the laws.

1. **Line-Out:** If the ball goes out of bounds, it is restarted with a line-out. Except for a penalty kick out of bounds, the team that kicks or runs the ball out of bounds turns over the possession to the other team. Both teams form a line perpendicular to the touchline and one-meter (three feet) apart from one another. A team taking possession calls a play and throws the ball in the air in a straight line between the two lines. Players of each team may be supported in the air by their teammates to gain possession of the ball.
2. **Scrum:** Rugby's unique formation, is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team (the forward pack) form a "tunnel" with the opposition. The offensive team's Scrumhalf puts the ball into the tunnel by rolling it in where the Hooker tries to drag the ball back (hook it) with his foot to his teammates, while each team pushes forward to try and gain an advantage. The ball works its way back through the forwards and then the Scrumhalf then retrieves the ball and generally passes it to the backline.

3. **Penalty Play:** After a major violation called by the referee a team can be awarded a penalty kick. The offending team must retreat 10 meters. The awarded team can quickly tap the ball through the mark set by the referee and run it, or they can kick the ball directly out and be awarded the line-out where the ball crosses the line (sideline).

**TACKLES, RUCKS AND MAULS** - Players carrying the ball may be stopped by being tackled by the opposing team. Players are tackled around the waist and legs, in general. A player who is tackled to the ground must make the ball available immediately so that play can continue. Supporting players from both teams converge over the ball on the ground, binding with each other and attempt to push the opposing players backwards in a manner similar to a scrum. This situation is known as a ruck. The ball may not be picked up by any player, until the ball emerges out of the back of the ruck. A team that can retain possession after the tackle and the ensuing ruck has a huge advantage. A maul is formed with a similar gathering of players, except the player in possession of the ball is simply held up, and not tackled. The maul ends when the ball emerges.

**OFFSIDE** - One of the more challenging aspects about rugby for a first time rugby observer is the offside law. The offside line is continually moving up and down the pitch. In most instances, the ball creates the offside line and players are not permitted to participate in play if they are on the opposing team's side of the ball.

**ADVANTAGE** - After an offense occurs, if the referee thinks the non-offending team might benefit by "playing on" they may play advantage. How much territory or opportunity is needed before advantage is gained depends on the violation

This document was created updated on the 13th September 2024 in accordance with the clubs constitution.

The Canvey Island Rugby Union Football Club Committee