



GRANTHAM TOWN FC YOUTH

Player Code of Conduct

I will;

- Ensure I demonstrate good behaviour at all times (both on and off the pitch)
- Ensure my schoolwork/education is not negatively affected by my football commitments
- Always try my best and will play fairly
- Listen carefully to instructions, understand what I am being asked to do and not be afraid to ask questions
- Play to the rules and not argue with the referee, I will accept their decision
- Respect your opponents and officials - always shake hands at the end of the game
- Always encourage my teammates
- Learn from any mistakes
- Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club
- Be punctual for training/matches and be prepared (boots on) for the start of the session
- Inform my coaches, in advance, if I cannot attend a training session or match
- Have the correct equipment with you for both training and matches:
 - Footwear: trainers / moulded / studs depending on the surface, if unsure bring both
 - Shin pads must be worn at training and for matches for all age groups
 - Correct clothing - training kit to be worn
 - Warm clothing / waterproofs (especially for match days)
 - Water bottle
- Ensure you always warm-up/cool down properly - give yourself adequate time
- Listen to the reviews and feedback made in the after-match analysis and analyse your own performance/contribution
- Refuel with plenty of fluid and nutritious food
- Report any injuries to your manager/coach

I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA or The FA:

I may:

- Be required to apologise to my team-mates, the other team, referee or team manager
- Receive a formal warning from the coach/team manager or the club committee
- Be suspended from training / matches

In addition:

- My club, County FA or The FA may make my parent or carer aware of any infringements of the Code of Conduct
- The FA/County FA could impose a fine and suspension against my club