

MUSSELBURGH RUGBY FOOTBALL CLUB SENIOR PLAYER'S CHARTER



- RESPECT YOURSELF - BE ON TIME, WELL PREPARED, READY TO PERFORM AT YOUR BEST
- RESPECT OTHERS - TEAM MATES, COACHES, OFFICIALS AND OPPOSITION
- BELIEVE IN THE TEAM AND YOURSELF; ENCOURAGE FAIR PLAY AND STICK TO THE LAWS OF THE GAME
- PLAY WITH A SMILE; IT'S A GAME TO BE ENJOYED - SPEAK UP IF YOU'RE UNHAPPY
- PLAY WITH POSITIVITY - SUPPORT AND ENCOURAGE ESPECIALLY AFTER SETBACKS
- LISTEN TO YOUR COACHES; ACCEPT FEEDBACK, TRY TO ACT ON IT
- MISTAKES ARE PART OF LEARNING; YOU AND OTHERS WILL MAKE PLENTY OF THEM
- ALWAYS SHAKE HANDS WITH THE OPPOSITION AFTER A GAME - YOU ARE A RUGBY PLAYER
- WITHOUT A REFEREE THERE IS NO GAME; SAY THANK YOU – YOU ARE A RUGBY PLAYER
- MAKE YOUR CHOICES OUTSIDE OF THE GAME WITH CARE AND REFLECTION; INCLUDING USE OF SOCIAL MEDIA
- RESPECT THE FACILITIES OF THE CLUB, OFFER TO PUT KIT AWAY AFTER USE. THE SAME LEVEL OF RESPECT SHOULD APPLY WHEN VISITING OTHER CLUBS
- UPHOLD THE CLUB VALUES OF INTEGRITY, RESPECT AND INCLUSION
- BE PROUD TO BE PART OF MUSSELBURGH RFC, REPRESENT THE BADGE, BE A ROLE MODEL

Further notes:

- Musselburgh Rugby Football Club is a full member of the Scottish Rugby Union and is obligated to remind all coaches, players, members and spectators to adhere to the Code of Conduct as specified in the World Rugby definition of sporting and respectful behaviour surrounding Rugby Union Football.
- Players and officials should refrain from making derogatory or inflammatory comments on social (or other) media regarding matters associated with the club, the SRU, or match officials.
- All players, coaches, medics and other club officials should be aware of and comply with Scottish Rugby's Regulation SDR 21.1: Anti-Doping and all other codes of conduct and policies issued by the SRU.

#CLUBFORALL

INTEGRITY - RESPECT – INCLUSION

By signing this document, you indicate that you have read and understood the Musselburgh Rugby Football Club Player's Charter and agree to abide by its standards.

Full Name: _____

Date: _____

Signature: _____