



Leeds Medics and Dentists Hockey Club Code of Conduct

Code of Conduct

The following code of conduct has been written to uphold the aims of the Leeds Medics and Dentists Hockey club and to help and protect all players, umpires and spectators involved in the playing of hockey regardless of whether it is in league games, friendly matches or training sessions. It should be read in conjunction with the rules of England Hockey, National Association of Medical School and Yorkshire Hockey Leagues, the Rules of Hockey and the England Hockey Code of Discipline.

Each individual is accountable for this or her own actions. Whether you are playing, watching, coaching or umpiring any match, it is your responsibility to treat your own team, opposition players, coaches spectators and the umpires with respect before, during and after the match.

Interaction with Umpires:

It is important to recognise that a game of Hockey cannot take place without the presence of umpires.

Abuse of an umpire whether verbal or physical will not be tolerated. Anyone receiving more than one yellow card for verbal abuse will be considered for suspension by the club.

Never argue with an umpire. If you have a query, ask your captain to approach the umpire at half time or after the game with a calm and courteous manner to get clarification. Do not pursue discussions in the changing rooms. Positive discussion between the players and the umpires is actively encouraged during the post match refreshment.

Pre game:

On match days please arrive at the place stipulated at the correct time, ring the team captain or coach if you think you are going to be late. Make sure you have mobile numbers to contact your team captain or other members of your team and let them know yours so you can be contacted.

Anyone who turns up under the effects of alcohol from the previous night will not be allowed to play for safety reasons.

The playing of hockey at the side of a pitch whilst a game is taking place is not allowed. It is good policy not to go onto the pitch until the previous game has finished. Warm-up properly before the game and warm down after the game. It prevents injury and contributes to the team's success.

Kit:

The club colours are Green and White quartered shirts, blue shorts/skirts and red socks with a change strip of white shirts, blue shorts/skirts and white socks. Both sets of kit should be brought to

all games. The club can be fined for any kit discrepancies in league games. All players must have numbered shirts with no duplicates. Each player should have a unique shirt number in the Yorkshire League.

During the Game:

The captain/coach is responsible for the conduct of their team and spectators for the duration of the game. Do not put him/her under pressure with poor behaviour.

A team can consist of 16 players, hence rolling substitutions should be expected. Whilst off the pitch players should wear different colour clothing to differentiate themselves from club members actively participating in hockey on the pitch. Only warm up on your side of the team/bench/pitch area. Coaches/managers should stay in the designated area close to the half way line and not cross over into the other half. Substituted players are expected to act with dignity and to contribute to the teams efforts by supporting their team mates. If you need a rest to recover from injury or for any other reason please ask to be substituted, it may help the team and your own performance.

During the captain's/coach's team talks please have the courtesy to listen to what is being said. He/she only has a few minutes to put his/her points across. Please do not interrupt or start rival conversations. Don't criticise or remonstrate with your team mates, every player has off days, it could be you next week. Encourage and support.

This should continue whilst on the pitch. Do not swear. Do not be negative. Any player who repeatedly criticises their team mates will not be considered for further selection for matches.

Keep hold of your stick, throwing it away in rage will not help you to tackle the opposition nor will it help your team build the next attack. It is also extremely dangerous.

Discipline:

This club wants to achieve an exemplary record with regard to discipline. Those who undermine efforts in this area are risking their future with the club.

We will not tolerate players getting yellow or red cards. This creates a bad name for the club and a poor image for its members, many of whom are expected to be professional medical persons. Yellow and red cards do not help win matches.

UMPIRES SHOULD BE TREATED WITH RESPECT BEFORE, DURING AND AFTER ANY HOCKEY GAME

If for any reason a player is sent off with a yellow card they should leave the pitch quickly and under control, so that the game can be restarted without undue delay. You are required to stay in the designated area and sit quietly. Take time to reflect on your actions. Take your punishment and learn from it.

The penalty for a red card will be at least the cost of the club's administrative fees as well as the actions taken as detailed in the disciplinary procedures (as detailed in the Yorkshire Hockey Association Handbook). Our club's disciplinary committee will review what additional action should be taken. Excessive numbers of cards mean our reputation will be tarnished. Unfortunately an

individual's continued membership is not as valuable as the club's reputation if that member insists on repeatedly receiving yellow and red cards.

Unprovoked aggression, intimidation and verbal abuse will not be accepted by the Leeds Medics and Dentists Hockey Club.

RACIST ABUSE WILL NOT BE TOLERATED AND WILL RESULT IN IMMEDIATE EXPULSION FROM THE CLUB.

Spectators:

Parents, ex-players, friends and others are welcome to attend matches. Spectators should show respect for your teams opponents and the umpires. Without them there would be no game. They should respect the umpire's decisions and positively support your own team and remember nobody makes a mistake on purpose, positive encouraging comments can be motivational.

Post-Game:

Warm down and stay together as a team regardless of the result. It helps with any following matches if you do this off the playing area.

Do not approach the umpires and opponents on the pitch immediately after the game in an aggressive or abusive manner.

At the end of the game always thank the umpires and shake hands with your opposition.

Weekly subs should be paid to the team captain or nominees without him/her having to come looking for those who have not paid. It is not amusing to try and avoid payment. Repeated offenders simply will not be asked to play.

Try to return to the club house for refreshment, and encourage the opposition to do so too.

Training

Serious contenders for places in any team are expected to attend training regularly. We go to training to get fit, develop team spirit and to practice set pieces. It follows that, if you are not at training regularly you cannot be as fit as you need to be and cannot be part of a team.

Regularly attend and work hard during training sessions. A player who fails to train is training to fail. If you cant attend training let your captain know.

Communication and Team Selection

If you do not attend training, please ring your captain/coach to find out which team you are in at the weekend. It is far less hassle for many to make one phone call than for one to make many. Keep captains informed of your availability.

If you have a point to make to your captain, coach or a committee member about team selection or other matters that is your right, but please don't rant at him/her in a crowded bar or on the touchline. Ring him/her or talk to them in club. Careless talk costs lives.

If you have not been selected for a game but hear about the arrangements through another member do not turn up expecting to play. The captains arrange the team, and the members playing carefully, and it is rude to assume they will make amends just because you have turned up. It really does mess them around.

General

If you would like to volunteer for a position in the club please do so. Any help is gratefully appreciated. The following positions are available:

Captain (x2)

Social Secretary (x4)

Treasurer

Fixtures Secretary

Discipline Officer

Sponsorship Secretary

Each of these positions are elected at the Annual General Meeting which takes place in May.

Please encourage your fellow club members to read this document.