

Code of Conduct

The Portland Rugby Club follows a Code of Conduct

To be a member of this team is to be part of a family.

All players at all times are expected to honor and abide by the following:

1. Respect, recognize and appreciate the efforts of coaches, officers, match officials and other players at all times.
2. Be attentive and work hard in practice, training, matches, team events, volunteering and fundraising.
3. Payment of dues in a timely manner. Repayment plans must be approved by club treasurers.
4. Have good sportsmanship, win with dignity and lose with grace.
5. Show up to practices and games on time whenever possible, and in all instances sober. Any suspicion of impairment will be cause for dismissal from that practice/game and further actions as decided by the officers.
6. Follow and accept the rules of rugby and do not question the referee's decisions or judgment.
7. Ensure any injury is reported and addressed with coaches and officers before training or matches.
8. Do not enter into any type of verbal or physical abuse or bullying of any kind, either on the pitch or off the pitch. Do your best to communicate or de-escalate issues in a safe manner.
9. Inform a coach, officer, board member, or official of any unacceptable treatment and misconduct by other players or members.
10. Do not bring the game of rugby into disrepute or disciplinary action may follow.
11. Play rugby for enjoyment and because you want to.

I am an ambassador for the game of rugby and my team. I will set a positive example for others, particularly young players and supporters. This includes my physical appearance and demeanor in public, training and competition. I understand that failure to abide by the Code of Conduct could result in my dismissal from the team and further repercussions by a disciplinary panel set by the club board.

Player's Printed Name: _____

Player's Signature: _____ **Date:** _____