

# LIVERPOOL SEFTON HOCKEY CLUB

## Code of Conduct

The following Code of Conduct has been written to uphold the aims and ethos of Liverpool Sefton 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, the North and Lancashire Hockey Leagues, the Rules of Hockey, and the England Hockey Code of Discipline.

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

There are additional responsibilities placed on individuals and these are detailed below:

### **Interaction with Umpires**

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

**Abuse of an umpire whether verbal or physical will not be tolerated. Anyone receiving more than two yellow cards for verbal abuse or dissent will be called before the LSHC Disciplinary Committee**

Never argue with an umpire. **Your captain is the only player who is allowed to approach the umpire in the case of a key decision being disputed.** Do not pursue discussions in the changing rooms. Positive discussion between the players and the umpires is actively encouraged during the post match refreshments.

### **Pregame:**

On match days please arrive at the place stipulated at the correct time; text 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 that you can be contacted.

Do not knock balls up on the side of the pitch when another game is in progress. No one is allowed to go onto the pitch at any of the club's home pitches until the previous game has finished and it would be prudent to adopt the same approach at away venues as well. Warm up properly before the game and warm down after the game; it prevents injury and contributes to your team's success.

### **Kit:**

All players, when representing the Club shall wear the officially designated kit.

### **During the Game**

The Captain/Coach is responsible for the conduct of his/her team and spectators for the duration of the game. Do not put him/her under pressure by poor behaviour.

A squad can consist of 16 players, hence rolling substitutions should be expected. Whilst off the pitch wear a different colour top from your playing strip. Only warm up on your side of the team/bench area, not in front of any opposition bench or that half of the pitch. Coaches/managers should stay in the designated area close to the halfway line and not cross over into the other half. Substituted players are expected to act with dignity and to contribute to the team's efforts by supporting their team-mates. If you need a rest to recover from injury or for any other reason, ask to be substituted; it may help the team and your own performance.

During the Captain's/Coach's team talks have the courtesy to listen to what is being said. S/he only has a few minutes to put her/his points across so please do not interrupt or start rival conversations. Do not criticise or remonstrate with your team-mates – every player has off days; it could be you next week, therefore encourage and support.

## **Discipline**

The club wants to achieve an exemplary record, and it should go without saying that those who undermine our efforts in this area are risking their future with the club.

We will not tolerate players regularly getting carded or sent off. It gets the club a bad name and contrary to what some might believe, it does not help us to win matches.

### **We expect umpires to be treated with respect before, during and after the game.**

If for any reason a player is sent off with a green or yellow card, they should leave the pitch quickly and under control. Although the game may have restarted, the timing of the card does not start until the player has reached the area designated by the umpire. You are required to stay in this 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. The club's Disciplinary Committee will review what additional action should be taken.

Abuse of any kind will not be tolerated by the club. Cases of abuse on the grounds of gender, disability, race and ethnicity, religion or beliefs and sexual orientation by any club member will be investigated by the club's Disciplinary Committee. Unprovoked aggression, intimidation and written or verbal abuse are not acceptable at this club.

If any member feels that they have been abused in any of the above ways by another club member or a player or official from another club or organisation, then they must contact a member of the Hockey Committee as soon as possible.

## **Spectators:**

Parents, ex-players, friends and others are always welcome to attend matches. It is a requirement of the Leagues that **ALL spectators stay at the opposite side of the ground from the team area if there is no barrier.**

Show respect for your team's opponents and the umpires as without them there would be no game. Respect the umpires' decisions and positively support your own team and remember that 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

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

Weekly match fees should be paid to the team captain or nominees without them having to come looking for the money. You can catch them either before the game, or after in the changing room or club house. **It is your responsibility to seek them out and pay, not for them to chase you; it should not be considered a 'game' to avoid payment.**

**Members are expected to return to the arranged venue for refreshments;** encourage the opposition to come back also. This is the best time to seek clarification with umpires as mentioned earlier. Try speaking to members of the other team; you make good friends that way.

## **Training**

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

Regularly attend and work hard during training sessions. NB "a player who fails to train is training to fail". If you can't attend training let your captain or coach know.

## **Communication**

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 do not rant at them in a crowded bar or on the touchline. Contact them or see them at training or talk to them in a quiet area of the bar.

## **General**

If you think there is a lot of responsibility spread around a small number of people, you're right! If anyone would like to volunteer for any job within the club, your offer would be gratefully received.

**Please make new members feel welcome by introducing yourself to them and involving them in conversations.**

And finally, people play hockey for a variety of reasons and have different views, aims and ambitions – please respect these. Enjoy yourself - that is why we play. We want to win - but we also want to win fairly.

## **Discipline Code**

- 1. Abuse of an umpire or official** whether verbal, physical or in writing will not be tolerated. Anyone receiving more than two yellow cards for written or verbal abuse or dissent will be called before the Disciplinary Committee.
- 2. The penalty for a red card** will be at least the cost of the club's administrative fees, as well the actions taken as detailed in the disciplinary procedures. The club's disciplinary committee will review what additional action should be taken.
- 3. Abuse** of any kind will not be tolerated by the club. Cases of abuse on the grounds of gender, disability, race and ethnicity, religion or beliefs and sexual orientation by any club member will be investigated by the club's disciplinary committee. Unprovoked aggression, intimidation and written or verbal abuse are not acceptable at this club.
- 4. On Field Offences and MMOs**

### **Yellow Card**

There are three categories of yellow card:

YT	minor technical offences
YA	abuse and dissent
YV	violence

The penalties for receiving yellow cards are as follows:

- 2 yellow cards for verbal abuse or dissent = £10 fine payable to LSHC
- 3 yellow cards = £15 fine payable to LSHC
- 4 yellow cards = 1 match suspension plus £20 fine payable to LSHC
- 2 further yellow cards = 1 further match suspension plus £35 fine payable to LSHC
- 2 further yellow cards = 1 further match suspension plus £50 fine payable to LSHC

### **Red Card**

Any player receiving a red card will be immediately banned from playing and any other involvement with club hockey for a period of 16 days. The Disciplinary Committee will call the player to a meeting and will impose additional sanctions consisting of a further ban and a fine.

**All fines to be paid within two weeks of the date of the offence.**