



## **PAMBANSANG RAGBI LIGA NG PILIPINAS**

### **PLAYER CODE OF CONDUCT – ALL LEVELS**

#### **Code of Conduct – Player**

- Be a good sport. Respect all good play whether from your team or the opposition and shake hands with, and thank, the opposition players and officials after the game – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the Referee's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and letter of the competition rules and live up to the highest ideals of ethics and sportsmanship; avoid gamesmanship and respect the traditions of the game.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other players, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health; don't use any illegal or unhealthy substances.
- Recognise that many Officials, Coaches and Referees are Volunteers who give up their time to provide their services. Treat them with the utmost respect.

