

LEICESTERSHIRE & RUTLAND INCLUSIVE FOOTBALL LEAGUE



League Ethos:



The Leicestershire and Rutland Inclusive Football League is committed to delivering football for all in a safe and friendly environment.

As a FA Charter Standard and RESPECT League, we are committed to upholding and demonstrating good sportsmanship by providing a positive support for all, players, coaches, parents and officials at every game and event.

Please read this booklet to understand the spirit of the game, the league's Code of Conduct and what we expect at each fixture throughout the season.



We follow the spirit of the game values:



Honesty

With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.



Teamwork

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.



Respect

Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.



Determination

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!



Passion

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.



Self-belief

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

Inclusive Cup



At each fixture, the inclusive cup will be awarded

For each category:

- Juniors
- Youth
- Adult Male – Green
- Adult Male – Red
- Adult Male – Purple
- Adult Females

This will be awarded to the team that shows the true Values of the Spirit

- Honesty
- Teamwork
- Respect
- Determination
- Passion
- Self-belief

Each winner will receive a certificate that they can keep and the team with the most wins at the end of each season will have the trophy engraved and they can show off that trophy for the remainder of that season (it is returned annually)

Kit Requirements:

What is the best thing to bring

- Playing Kit – shirt, shorts/joggers and socks (an under layer would be ideal for the winter months)
- Boots –
 - Grass : Football boots
 - 3G : Football boots with moulded studs (NO metal studs)
 - Sand Based Astro Turf : Astro's ONLY
 - Indoor: Trainers or Futsal's ONLY
- **Shin pads covered by long football socks**
- Goalkeepers must wear gloves

- No jewellery – rings/bracelets/necklaces
- No sunglasses
- No jackets around the waist



League Code of Conduct Explanation

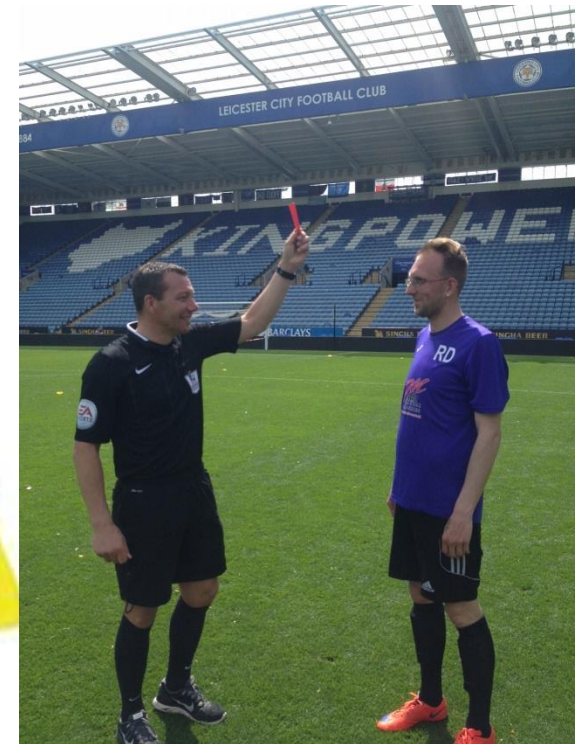


The following pages covers the League's Code of Conduct, for players , parents and coaches

This needs to be:

- **Read**
- **Registration form signed to say it has been read**
- **Returned to club reps**

The league ethos and Code of Conduct, which must be followed at all times.



Players code of conduct (all ages):

Play your part and support The FA's Code of Respect:

When playing football, I will:

- Always play my best for the benefit of the team, even if we are losing or the other team is stronger
- Play fairly and be friendly – I will not cheat, complain or waste time
- Play by the rules and respect the Referee
- Never be rude to my team mates, the other team, the referee, spectators or my coach/team manager
- Shake hands with the other team - win or lose
- Listen carefully to what my coach tells me
- Understand that a coach has to do what's best for the team
- Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club
- Encourage my team mates
- Respect the facilities at each of the venues

I understand that if I do not follow the Code, I may:

- Be asked to apologise to whoever I've upset
- Receive a formal warning
- Be dropped, substituted or suspended from training or Not be selected for the team

I understand that if I do not follow this code, action will be taken.



Parents code of conduct:

This league is supporting The FA's Respect Programme to ensure football can be enjoyed by everyone in a safe and positive environment.

Please play your part and observe The FA's Respect Code of Conduct for spectators and parents/carers at all times

- Have fun; it's what we're all here for!
- Celebrate effort and good play from both sides
- Always respect the Referee and coaches and encourage players to do the same
- Stay behind the touchline and within the Designated Spectators' Area (where provided)
- When players make mistakes, offer them encouragement to try again next time
- Never engage in, or tolerate offensive, insulting or abusive language or behaviour

I understand that if I do not follow the Code, I may be:

- Issued with a verbal warning or asked to leave
- Required to meet with the club committee, league or CFA Welfare Officer
- Obligated to undertake an FA education course
- Requested not to attend future games, be suspended or have my membership removed
- Required to leave the club along with any dependents and/or issued a fine

I understand that breaches of the code may result in action being taken by my county FA and/or The FA



Coaches code of conduct:

Play your part and support The FA's Code of Respect:

On and off the field, I will:

- Always show respect to everyone involved in the game
- Stick to the rules and celebrate the spirit of the game
- Encourage fair play and high standards of behaviour
- Always respect the Referee and encourage players to do the same
- Never enter the field of play without the referee's permission
- Never engage in, or tolerate offensive, insulting or abusive behaviour
- Be aware of the potential impact of bad language on others
- Be gracious in victory and defeat
- Respect the facilities home and away

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything
- Never tolerate any form of bullying
- Ensure all activities are suited for the players' ability and age
- Work with others (e.g. officials, doctors, welfare officers, physiotherapists) for each player's best interests

I understand that if I do not follow the Code, I may be:

- Required to meet with the club or league Welfare officer or your CFA Designated Safeguarding Officer (DSO).
- Suspended by the club from attending matches
- Suspended or fined by the County FA
- Required to leave, lose my position and/or have my license withdrawn

I understand that breaches of the code may result in action being taken by my county FA and/or The FA





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Respect

