

Club Code of Conduct

As a member of Navan Cougars Basketball Club you have rights and responsibilities. The following code of conduct will help identify these for you. If you are not sure ask your parent/guardian or our Club Children's Officers to explain them. This is your Code, whatever your ability or wherever you take part in Basketball. You should follow the code and encourage others to do so too.

Breaches of the Codes of Conduct

- All complaints regarding the behaviour of members should be submitted in writing to the Secretary.
- Any breaches or suspected breaches of the Club's Codes of Conduct should be brought to the attention of the Executive Committee.
- Any breaches of the club rules will result in a hearing in front of the Executive Committee.
- The Executive Committee will meet to hear complaints within 7 days of a complaint being lodged.
- The outcome of a disciplinary hearing will be notified in writing to the person that lodged the complaint and the member against whom the complaint is made within 3 days of the hearing.
- There will be the right of appeal to the Executive Committee following any disciplinary action. The Executive committee consider the appeal within 7 days of the Secretary receiving the appeal.
- The Executive Committee will decide on appropriate action to be taken. Depending on the severity of the breach of the Code of Conduct the Executive Committee has the right to decide which Disciplinary measure they will proceed to carry out.
- Matters relating to Child Welfare should be reported directly to the Club Children's Officers. The Executive Committee with the Club Children's Officers will investigate any reported breaches of the Codes and determine what action if any is required.
- The Executive Committee may impose such penalties on those committing a breach of the Codes as it decides is appropriate in the circumstances, including temporary suspension from the team or termination of playing or coaching roles and/or membership of the Club.
- The Club reserves the right to escalate the investigation of serious cases to third parties, including BI and/or the Gardaí.

Disciplinary measures for All Club Members (officials or Players) are as follows.

1. Verbal warning (witnessed by another Member) and reported to the secretary and a written record kept.



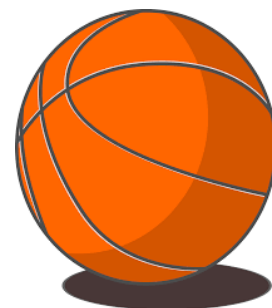
2. Written warning. – An e-mail and/or letter sent by the secretary after the disciplinary meeting.
3. Suspension from match/matches or club activities (length of suspension decided by the Executive Committee)
4. Instant Dismissal from the Club (with immediate affect). An e-mail and/or letter sent by the secretary after the Disciplinary meeting?.

Player /Team Selection

- All teams from under 12 age group and upwards will be competing in a very competitive league and teams need to be competitive in the league. Players committing to play for the club will be required to play home and away matches.
- Some teams may have in excess of 20 players. This will mean players may not be selected to play in certain matches.
- Player selection is the responsibility of the team coach in consultation with the team manager.
- Players who don't travel to away matches may not be selected to play in home matches. 12 players is the maximum on the bench for any match. Players must earn their position on the team bench.
- The committee will decide if a team/teams will enter the league or even continue running for the season. Reasons for this decision will be based on whether we have a team coach, manager, enough team members, player's experience, and match attendance home or away. The Executive committee will decide all league entries before the league starts.
- **NOTE:** We as a club have to make sure our teams meet all our fixture obligations with the NEBB league. Players who do not/won't travel to away matches may cause the team to forfeit matches which will result in penalties for the club by the NEBB Board or even team withdrawal from the league by the NEBB.

Club Officials

- The Committee, Coaches, Managers, Volunteers and match officials from the club are voluntary parents/members of the club who give up their time to help the club. Parents of all club members can help in the running of the club. This can be as a committee member or help manage/coach a team.
- Parents and players must respect the officials from the club and decisions they may have to make.



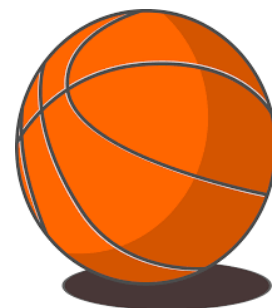
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Conduct for Coaches/Managers

- Coaches and Managers must adhere to the clubs constitution at all times.
- Coaches and Managers must be Garda vetted and hold a valid safeguarding certificate.
- Create a safe and enjoyable environment in which to train and play.

- Make a personal commitment to keep yourself informed on sound coaching principles and methods – and on the principles of growth and development of young people.
- All coaches MUST obtain the minimum levels of BI required qualification Introductory or level 1 coaching licence. Coaches are responsible for the upkeep of their licence, without the licence they will be removed from their coaching position with immediate effect.
- Lead by example.
- Young people need a coach/manager whom they can respect.
- Teach your players that the rules of the game.
- Develop player and team respect of your opponents, the judgement of referees and opposing coaches.
- Be generous in your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match.
- Insist on fair play and disciplined play.
- Do not tolerate fouls, fighting, bad language or behaviour which puts the clubs name into disrepute with other clubs or the area board (NEBB). Be prepared to take off any offending players regardless of their strengths or achievements in the game or the team.
- Ensure that all your players know that **bullying, whether verbal or physical**, will not be tolerated.
- Never criticize the referee or assistant referee during or after a match. Always thank the match officials – and, if they have made a decision which requires clarification, discuss the matter at an appropriate time after the match. **Unprofessional behaviour towards officials will not be tolerated.**

- Remember that young players play for fun and enjoyment and that skill, learning and playing for fun has priority over highly structured competition. Winning is not the only or even the main objective.
- Set realistic goals for the team and individual players.
- Do not over burden younger players with too much information. Do not push young players into adult-like competitions.
- Please be reasonable with your demands on the players time, energy and enthusiasm remember that they may have other interests and demands on their time.

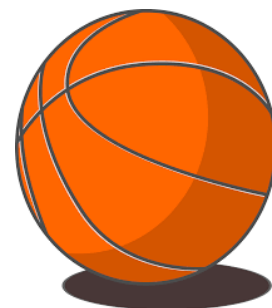


- Encourage young players to develop basic skills and sportsmanship. Avoid over specialization in positional play during their formative years.
- Use common sense determining when/if an injured player is ready to play again. Ensure that you have “in case of emergency” contact details for all players’ parents /guardians.
- Ensure the proper equipment and facilities are available at all times. On match days you are responsible for the setting up and putting away of match equipment. Liaise with the teams playing before or after you to share the work if possible.
- Support the Club in the collection of the annual subs and where possible support the Club’s fundraising activities.

Code of Conduct for Players

Players must maintain a high level of respect for the Club and for all those involved in the game, including:

- Coaches/Managers and fellow players
- The opposition's coaches/managers and players.
- Abide by the Laws of the Game at all times.
- At the end of the match no matter the result, accept the result in a sporting manner and shake hands with the opposition, referees and other match officials.
- Never dispute a decision of a match official.
- **Bullying of any kind, verbal or physical is not acceptable and will not be tolerated**
- Fighting, bad language or behaviour which brings the club's name into disrepute with other clubs or the area board (NEBB) will not be tolerated and will be subject to disciplinary procedures.
- Offending players regardless of their strengths or achievements in the game or on the team will be taken out of the game. Depending on the severity of the offence players may be disciplined.
- Never criticize the referee or assistant referee during or after a match. Always thank the match officials – and, if they have made a decision which requires clarification, discuss the matter at an appropriate time after the match with your coach.
- Unprofessional behaviour towards officials will not be tolerated.
- Always have commitment to Navan Cougars BC and take pride in your performance. Do your best and enjoy playing and training with the Club and your fellow players.
- Arrive on time for coaching and match days.
- Take good care of your gear and wear the correct Navan Cougars BC kit on match days.



Code of Conduct for Parents

- Young people are involved in sport for their enjoyment – help your child enjoy the game. Teach young children that honest endeavour is as important as winning so that the result of each game is accepted without disappointment.
- Do not place emphasis on winning at all costs. Do not force an unwilling child to participate in the playing of sport, if the child is to play, he/she will do so in good time through your encouragement.

- Encourage your child to play by the rules of the game and to show respect to all those involved in the game (their coaches and fellow players, the opposition coaches and players and the referee/match officials).
- Ensure that your child arrives on time for training and games – and wears the correct kit on match days and when representing the Club.
- Help young people to work towards skill improvement – practise at home.
- We ask that parents/guardians follow a “One Voice” policy **and that voice is the coaches.** This is to ensure that the children listen to their coaches and are also given the freedom to make their own decisions. Too many voices giving conflicting messages from the sidelines will only confuse the children and reduce both the fun and learning.
- Set a good example by applauding good play on both sides. Never ridicule, humiliate or shout at young players for making a mistake or losing a match.
- As a spectator, do not question the referee’s judgement or honesty. Do not use bad language or harass referees, coaches or players. Do not engage in shouting across the pitch or down the side line at the opposition parents, managers/coaches. Support all efforts to remove verbal and physical abuse from sport.
- Recognise the value and importance of volunteer referees and coaches. They give their time and resources to provide recreational activities for young people. Say thank you after the game!
- Do not go onto the playing court unless you are asked to by a coach/manager. Please obey the “Don’t Cross the Line” rule.
- No unnecessary contact with other children unless you are asked by a coach/manager.
- Offer assistance to the coach/manager with the setting up and taking down of equipment, before and after a game.
- Pay your child’s subs on time and where possible support the Club’s fundraising events.
- **Remember: LET Coaches Coach, Players Play, Parents Spectate & Encourage.**