Highland Rugby Club
Code of Conduct

Highland Rugby Club is committed to the welfare of all its members, including children, young people and all adults. All members have the right to a safe, respectful and enjoyable environment whenever they are at or representing the Club.

Everyone involved in rugby, whether as a player, coach, parent, spectator, or volunteer is expected to uphold the Highland Rugby Club Core Values of **Integrity, Inclusion, Commitment, Ambition, Respect** and **Enjoyment**.

The aim at Highland Rugby Club is that we always strive to be our best in everything we do.

We follow the Scottish Rugby Union Code of Conduct which can be read here Disciplinary procedures - Scottish Rugby. The Scottish Rugby Code of Conduct applies to all clubs, teams, players, coaches and match officials and other persons participating in or connected in any way with rugby in Scotland.

In addition, the following Conduct is expected:

Senior Player

Exemplify core values: Uphold teamwork, respect, enjoyment, discipline, and sportsmanship both on and off the field.

Authority of officials: Accept referee and official rulings completely; avoid dissent, back-chat, or aggressive physical reactions.

Disciplinary accountability: Maintain control under pressure; accept formal sanctions or red/yellow card procedures as dictated by governing union guidelines.

Role modelling: Act as a positive influence for younger club members, youth spectators, and visiting sides.

Club representation: Maintain responsible social and behavioural standards when traveling, in the clubhouse, or using club social media

Junior Player

Play by the laws: Learn and respect the laws of the game, accept referee decisions without arguing.

Show respect: Treat teammates, opponents, coaches, and match officials with dignity regardless of background or ability.

Safety and kit: Wear correct mandatory gear like gum shields and approved studs; arrive prepared with suitable clothing and water.

Commitment: Turn up on time for training and matches or notify coaches in advance if late.

Strict prohibitions: No smoking, alcohol, or substance use on club grounds or while representing the team

Club representation: Maintain responsible social and behavioural standards when traveling, in the clubhouse, or using club social media

Mini/Micro Player

Learn the Laws: Learn the laws of the game and always play within the laws

Safety and Kit: Learn to play the game safely and turn up for training wearing and matches wearing suitable kit, prepared and with a positive attitude

Respect: Respect the coaches, the referees, your opponents, teammates and supporters

Be a team player: Rugby is a team game, be a member of the whole team and support each other.

Coaches

Player Welfare and Safety: Prioritize the physical and emotional well-being of every player above winning or performance development. Never permit injured players to train or play. Ensure all training activities match the age, maturity, and ability of the participants.

Respect and Relationships: Build trust and open communication with players, respecting every individual's right to participate. Never use aggressive language,

yell at, or ridicule players for mistakes or losing. Accept referee and official decisions without public criticism or questioning their integrity.

Professional Standards: Maintain valid, up-to-date accreditations and operate strictly within your coaching qualification limits. Lead by example through positive personal behaviour, punctuality, and appropriate conduct. Actively promote core values like fair play and discourage foul play or law violations.

Club representation: Maintain responsible social and behavioural standards when traveling, in the clubhouse, or using club social media.

Parents

Enjoyment: Always remember that the game of rugby is for the enjoyment of the players. Do not give negative criticism, encourage. The game will always improve with encouragement but not with criticism.

Safety: Do not allow your child to play on an injury and do not force your child to take part. Ensure that your child has adequate clothing and equipment to play the game safely.

Respect: Respect all players, coaches and officials. Do not swear at any person present during training or games.

Child Protection: The club has a child protection policy. If you are aware of any concerns, please don't ignore it, report it to the Child Protection Officer.

Club representation: Maintain responsible social and behavioural standards when traveling, in the clubhouse, or using club social media

Supporters

Respect: Accept all referee and match official decisions without dissent, remembering they are often volunteers.

Positive Support: Shout for your team and applaud good performance from both sides.

Zero Abuse: Never use foul language or verbally/physically abuse players, coaches, or fellow spectators.

Boundary Control: Remain behind designated spectator barriers and never enter the playing enclosure.

Fair Play: Condemn violence or cheating in any form and promote the core values of rugby: teamwork, respect, enjoyment, discipline, and sportsmanship

Inclusion: Be open and welcoming to all at the Club, no matter the team they support.

Club representation: Maintain responsible social and behavioural standards when traveling, in the clubhouse, or using club social media

If you have any questions or concerns, please do not hesitate to speak to or email a Trustee.