

RESPECT Program

Information for Players

NWSF has a Respect program. The reason is, quite simply, to increase the enjoyment of the game for all involved –players, parents, coaches and match officials. Below are some simple guidelines and suggestions to get things started.

Laws of the game:

- The laws are there to create a framework for the game that is safe and fair to all involved
- Respect the laws and the match officials when they implement them
- Win by playing by the rules, not by cheating

Opponents:

- Your opponents are just like you, there to have fun and to develop their skills. Play fierce but friendly!
- A tough opponent is a gift! They will force you to play at your highest level and beyond.
- Show concern. Be a good Samaritan. If a player is down, help them up when play stops.

Officials:

- Officials are also there because they enjoy the game
- They will do their best to keep you safe and enforce the rules
- They are people too. They may make a mistake as do all of us on the field. There is never an excuse for treating them with disrespect. Support them *especially* when they are wrong.
- Abusing a referee will never change a decision. It may lead to you being sanctioned. It does lead to match officials giving up and not returning.

Teammates

- Your teammates are doing their best too.
- If they make a mistake, help them to shrug it off and re-focus. Abusing them will not produce positive outcomes. **Encourage** –don't criticise.
- Set an example. If one of your team mates loses control or criticises the referee, try and assist them in regaining their composure. If you are the team captain, maybe call for them to be substituted till they cool down. Don't stand by and let them be abusive to others on the field.

Self:

- We are often our own harshest critics. Don't set winning as your only goal, set achievable targets for each game and season. There is nothing wrong with aiming for high standards as long as you accept you may not achieve them this season.
- Be a positive example even when the opposition are doing all the wrong things. After the game, shake their hands and be courteous. Bad behaviour only reinforces bad behaviour. Be better than that.
- Learn a self-control routine. Most good athletes have some technique to refocus and calm down. Tap your head, slap your thigh, take three deep breaths – whatever works for you as a trigger to reset.

Enjoy the game. Be positive to all around you. Be the person that others look forward to playing again.