

HRFC Junior Section Match Day Policies

Welcome to Hillfoots RFC. We hope that you have an enjoyable match or festival. We would be grateful if you would read the following notes and distribute them to all your players & their families.

Punctuality

We would like to start & finish the activity on time. Please arrive at least 15 minutes before the scheduled start time to allow:-

- Warm up
- Team selection
- Confirmation of numbers & teams for fixture planning

Personal clothing & equipment

Players are responsible for their own clothing & equipment. Please bring along the following items (and take them home again):-

- Boots with studs
- Team shirt
- Water & food
- Protective clothing for wet & cold weather
- Additional warm clothing

Stay with your Team

Please inform your Coach if you need to leave your team area (toilet break, change clothing, watch other teams, go home early) & get his/her agreement.

Encourage & support all players & officials

We are all here to enjoy ourselves & have fun. Please ensure that no one makes negative comments or remarks to the referee, other officials or players.

Remember the ROOTS acronym

Respect For the laws of the game

For fair play

For the VALUES of the game (Honesty, Sportsmanship, Integrity)

Officials The team Captains shake each others' & the referee's hands before & after a game

Coaches to shake each others' & referee's hands before & after a game

Thank the event organisers at the end of a match or festival

Opponents Cheer yourselves & your opponents at the end of a game
Talk positively about the game, your opponents & the outcome
Thank your opponents for their effort and for a good game

Team mates Get into a team huddle before & after the game & be positive
Everyone (players & coaches) to input into a post game de-brief

Self Be on time, be prepared
Be proud of yourself, your Club & the game of rugby