Whether you win or lose, make it a better game.

Treat your team, other players and Match Officials with respect so that everyone has a more enjoyable time, on and off the pitch.

Adult Players

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

On and off the field, I will:

• Stick to the rules and celebrate the spirit of the game
• Always show respect to everyone involved in the game
• Never engage in public criticism of the Match Officials and abide by their final decisions
• Win or lose with dignity. Shake hands at the end of every game
• Be aware of the potential impact of bad language on others
• Never engage in abusive language, bullying or intimidating behaviour

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 required to attend a FA education course
• Be dropped, substituted or suspended from training
• Not be selected for the team
• Be asked to leave the club and/or issued a fine