Respect for each other, Respect for the game.

Adult Club code of conduct

On and off the pitch, I will:

• Always play the game fairly and in the right spirit.

• Be aware of the impact of bad language; keep spectators and members of the public - including children - in mind.

• Avoid criticising match officials. Accept that they make honest decisions and confronting them will not change it.

• Never verbally abuse a match official, player or spectator based on their appearance, race, religion, gender or sexuality. Doing so could lead to dismissal from the field, suspension and possible police action.

• Never physically assault a match official, player or spectator. Doing so could lead to dismissal from the field, suspension and possible police action.

• Always win, lose or draw with dignity, and be prepared to shake hands with match officials, opposition players and manager at full-time.

I understand:

‘If I do not follow the Code, I may expect to:

• Be cautioned, sin binned or sent off by the match officials, depending on the nature of the offence.

• Be asked to apologise to whoever I have offended or abused.

• Be disciplined by my club, including being substituted, dropped, given a formal warning or suspended from training or matches depending on the nature of the offence.

• Be disciplined by the County Football Association, including being fined or suspended for a number of matches depending on the nature of the offence.

• Be handed a permanent exclusion by the FA or County Football Association, if the offence is deemed serious enough.’