



**Easy
Read**

The grassroots code for adult football



**LOVE FOOTBALL.
PROTECT THE GAME.**



**ENGLAND
FOOTBALL**



Easy Read

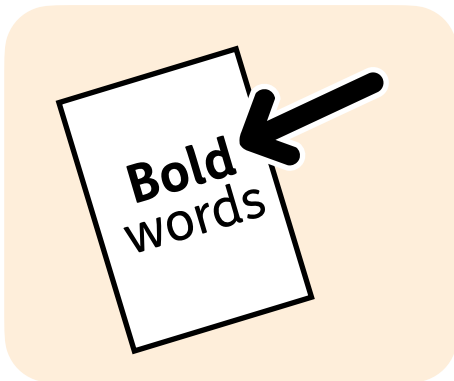


This is an Easy Read version of some information.

It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

What is in this booklet

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About this booklet



We are The Football Association, called The FA for short.



We are in charge of football in England.



This booklet explains our **grassroots code**, which is the rules all adults in football should follow.



You should sign at the end of the booklet to say you agree to follow these rules.

Enjoy the game



Everyone plays football to enjoy themselves, whether they win, lose or draw.

To help everyone enjoy football I should:



- Try to think positively for all my matches and training.



- Think before I do or say anything, and know that not everyone will understand or like my jokes.



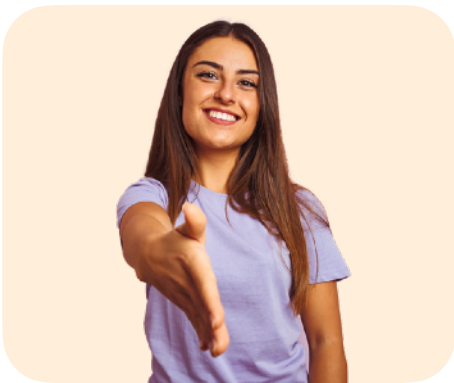
- Remember that we all want to win, but nobody should hurt someone else on purpose.

Give respect

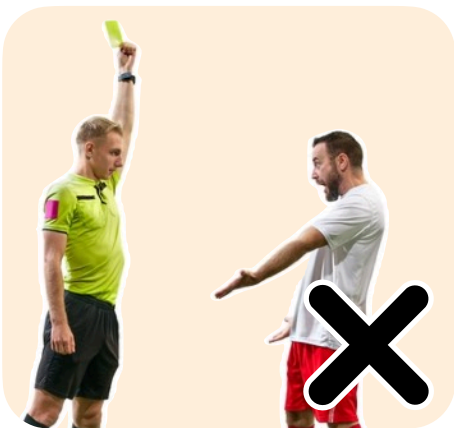


We always treat others as we want to be treated.

To give respect at football I must:



- Always be kind and polite to other people.



- Not argue with coaches, **referees** or other **officials**, and accept their decisions.

Referees and **officials** are the people in charge of football matches.



- Follow the rules of football.

To give respect at football I must also:



- Show fair play by shaking hands with players on the other team, whether we win, lose or draw.



- Stay in my team area when I am not playing.



- Tidy up after myself and look after the places where we train and play.

Be inclusive



Being inclusive means making sure everyone is included, because football is a game for everyone.



To be inclusive at football I must:

- Treat everyone fairly, and make sure other people do the same.



- Report anything that makes me worried to the right person.



- Remember that if I do not treat people fairly, I might have to pay a fine.

If I have treated people unfairly and broken the law, my club might need to tell the police.

To be inclusive at football I must:



- Never treat anyone badly because of who they are.



- Understand that people might think differently about football.



- Include everyone no matter where they come from or what they are like.

Work together



We are a team, on and off the pitch.

To help us work together as a team I should:



- Remember we all played a part in the result of a match.



- Play fairly, and not cheat, dive, complain or waste time.

To help us work together as a team I should also:



- Play as well as I can to help my team.



- Support my team-mates and not criticise them, even when they make mistakes.



- If I am captain, know that I must be a good example for others.

Play safe



We all need to do our part to keep young people and adults **at risk** safe.

At risk means someone might need help and support to stay safe and well.

To keep everyone safe in football I will:



- Remember that 16-17 year olds are not adults.



- Know the rules about how to act and behave online and face to face.

To keep everyone safe in football
I will also:



- Know who the first aiders are.
They know where the **defibrillator** is.



A **defibrillator** is a piece of equipment that can help if someone has a heart attack.



- Let the **Club Welfare Officer** know if I see anything that does not look or feel safe.



The **Club Welfare Officer** is the person in charge of keeping people safe.



People like coaches have responsibilities for keeping players safe.



This means they might be in a **position of trust** or a **relationship of trust**.



A **position of trust** means that young people should be able to trust that adult to behave in the right way.



A **relationship of trust** means that an adult at risk should be able to trust that adult to behave in the right way.

People in a position of trust or a relationship of trust must:



- Put the safety, health and happiness of young people and adults at risk first.



- Be friendly but professional.

People in a position of trust or relationship of trust should only touch another person if it is to:



- Help them learn a new skill.



- Give them first aid.

People in a position of trust or relationship of trust should also only touch another person if it is to:



- Stop them getting hurt.



- Celebrate a win or comfort them if they are upset.

People in a position of trust or relationship of trust must:



- Ask before they touch anyone and explain why they need to touch them.



- Make sure another adult is there.

People in a position of trust or relationship of trust must also:



- Remember that different cultures might have different rules about touching.

Not following the rules

If I do not follow the rules, I understand that my club or another organisation that runs football might:



- Give me a warning.



- Ask me to meet with some of the leaders of the club.



- Ask me to do an FA learning course.

If I do not follow the rules, they might also:



- Ask me to leave a match, and not come to matches in the future.



- Kick me out of the club.



- Make me or my club pay a fine.



- Suspend my club - this means the club will not be allowed to play matches for a while.

Referees and officials



All referees and officials should be able to do their job without being threatened or made to feel unsafe.



I understand that if I threaten or hurt a referee or official, I might be banned from football for a long time.

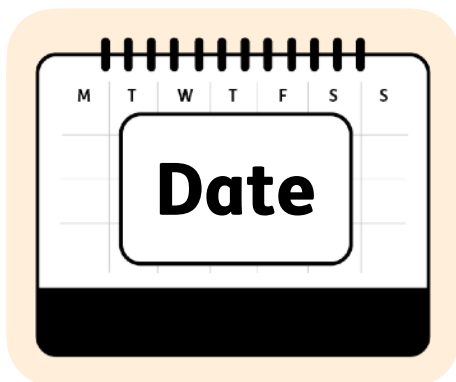


If I have broken the law, I might be taken to court.

Your signature



Please sign in this box to say that you agree to follow all the rules in this booklet:



Please write the date you signed in this box:

Find out more



You can look at our website here:
TheFA.com

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