



## Junior club rules

- As well as playing to win – play for fun and enjoyment.
- Always abide by the rules.
- Never argue with an umpire. If you have a query, ask your captain or coach to approach the umpire at half time or after the game in a calm and courteous manner to get clarification.
- Never use abusive language towards another player, umpire or spectator.
- Effort and teamwork is more important than winning! With effort, teamwork and practice, the individual's and team's netball skills will improve.
- Be a good sport. Acknowledge good play from both teams.
- Appreciate and accept that you are a member of the squad and that you might not start every game, or play every game in the position you want. What is best for tea comes first!
- Treat your opponents as you would like to be treated yourself. Don't show bad temper or use rough play. Respect your opponents. Without them you have no game.
- Respect yourself, your team-mates, your coach/manager and your parents. Be polite and respectful to any adult or official.
- Everyone wins and loses sometimes. Be a fair winner and a good loser.
- At the end of the game give hand shakes and three cheers. The captain must thank the umpires.
- Be neat and tidy in your appearance – scruffy netball players play scruffy netball.
- Be conscientious with your training, diet, lifestyle and timekeeping.
- Warm up properly – a good warm up could prevent injury.
- Don't ignore aches and pains – if you are injured, or think you are tell your coach.

Name.....Sign.....Date.....