



PLAYERS

- Give your best at all times
- Participate for your own enjoyment and benefit
- Play by the Rules
- Do not argue with the Match Official. If you disagree, have your captain or coach approach the Match Official during a break in play or after the Match is concluded
- Control your temper. Verbal abuse of officials, or other players, deliberately distracting or provoking another person is not acceptable or permitted in any sport
- Be a good sport and be prepared to acknowledge good play whether it is for your team or the opposition
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player
- Co-operate with your coach, teammates and opponents. Without them, there would be no competition
- Remove all jewellery prior to training and Match play, as it is a hazard to you and those around you
- Do not accept or use any banned or unauthorised drugs including the consumption of alcohol at any time



MATCH DAY PROCEDURE

A healthy & well balanced breakfast

Players must present with their **boots and shin pads** at every home and away Match

There will be **ZERO tolerance** for inappropriate language at any time
The GV Suns has a strict
No Swearing Policy

Be well hydrated
(400-600mls water 1-3hrs prior to the game)

No energy drinks, Red Bull, caffeine, soft drinks or alcohol are to be consumed

Players must arrive *one hour* before their match time

Only players are permitted on to the playing areas

Running late?
please let your team manager know

Players must arrive on *game day* dressed in GV Suns Official Match Day polo and track pants

➔ Players must respect the property of GV Suns, and the property of any opposing team

Only players and club officials are permitted in the changing rooms

Players must **respect** all parents/coaches/staff/volunteers at all times