



# Our rules & values

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## Introduction

In any sport or industry, rules/best practice/minimum standards are in place to help get the very best from individuals and teams. It promotes discipline, respect, and a desire to achieve great things.

At Phoenix Girls FD our values are very important to the smooth running of the club and to help our young footballers become the best they can be.

## Our values

**Respect:** Everyone associated with Phoenix Girls FD must be respectful to one another. This includes players, coaches, parents, committee members, and football officials.

**Transparency:** Everything we do is visible to everyone associated with Phoenix Girls FD, no question will go unanswered, nothing will be hidden. This is how trust and respect is earned.

**Effort:** Coaches can't teach effort. Players that want to improve must give 100% effort.

**Attitude:** Coaches can't teach attitude. Players should be positive and determined, it is this mindset that will help build a happy and competitive team and club.



## **Squad size**

The football leagues we play in have a maximum substitute rule. We will limit this to a maximum of 5 substitutes per match to allow as much game time as possible for every player.

Players demonstrating the core values of Phoenix Girls FD will determine which players are selected for competitive football matches. This includes training as well as football matches.

## **Coaches**

Our football coaches are volunteers. They have the same responsibilities as parents do outside of football. It is not their responsibility to parent the children at Phoenix Girls FD.

## **Incidents requiring action**

It is crucial that parents/guardians support coaches in upholding the values of Phoenix Girls FD - building and developing a team is impossible otherwise.

Where a behavioural incident has occurred, a coach will explain to both child and parent/guardian what happened and what was done/will be done to address the issue.

Parents/guardians must allow coaches to coach. Players are expected to embrace the Phoenix Girls FD values, training methods, and style of play - Parents are asked to encourage this with their child.

Repeated incidents by a player or parent/guardian that distract players from learning and coaches from coaching, will result in the player being removed from the club.



## Contacting a Coach

Players must not contact a coach directly. If they have a question, use the parent/guardian & player WhatsApp Groups currently in place.

Should a parent need to speak with a coach, they should do so face-to-face before or after a training session, or by telephone at a reasonable time. Messages are accepted when asking questions regarding training and matches. Any other matter should be discussed verbally.

## Player Lifts to Training and Matches

Where a child needs a lift to training or a football match, the parent/guardian of the respective child must add the request in the Parent WhatsApp group. If nobody responds, every effort must be made by the parent to get their child to training and matches.

Coaches are not obliged to give lifts to children, and it should not be an expectation by parents/guardians.

## Important rules to follow

For complete clarity on the expectations set out above, parents/guardians are asked to read through the below rules with their daughter to ensure that they are all fully aligned.

1. Arrive for football training wearing the appropriate clothing for playing football. This must include shinpads and football boots. Do not wear jewellery. Tie your hair back and bring a water bottle. We recommend players prepare the night before.
2. Arrive to matches in the full match kit provided.
  - You must wear shinpads and football boots. Do not wear jewellery. Tie your hair back and bring a water bottle.
  - Football kits will last TWO SEASONS. Any kit outgrown, damaged or lost must be replaced by the players' parents/guardians at their own cost.



- 3.** Players must thoroughly read the team line-up message sent in the Team WhatsApp group, usually sent the day before the match at the latest. The coaches shouldn't have to explain what position a player is playing, she should speak with their parent/guardian for guidance.
- 4.** Arriving late for training will be noted. Players must apologise to the coach and make a concerted effort in the training.
- 5.** Arriving late for a match whilst the warm-up and team chat is happening, will result in the respective player immediately being made a substitute, unless circumstances are out of the player's control. The player should apologise to the coach, ask what they have missed, and warm up. The coach will inform the player when she can enter the game.
- 6.** Players **MUST** attend training if they want to play competitive matches. Attendance to training will be noted. Players that attend more training sessions than others will naturally be selected for the next match over players that attend less training sessions, irrespective of reasons for missing the training. This is a reward to the players training more, and not punishment to those training less.
- 7.** Effort is essential to the team's enjoyment, development, and success. Any player not trying their personal best in training or during a match, may result in them not starting the next match, or missing the next match entirely.
- 8.** Squad announcements for matches are only provisional. This means that any rules broken between the squad being announced and the time of the match will mean players may start as a substitute.
- 9.** Transparency and honesty are very important. If a player has any concerns, is worried about something, unsure about anything or has a question, they mustn't be afraid to speak with their coach.
- 10.** Incidents that occur between players that the coach does not witness must be brought to the attention of a coach. All players involved will be spoken to together, and a resolution agreed. If the incident escalates, parents/guardians of the respective players must speak to one another.
- 11.** Respect is one of our core values at Phoenix Girls FD. Everyone should be kind and supportive to one another. This applies to players, coaches, and parents, as well as the match officials at matches.
- 12.** Any incidents of disrespect will result in 5-minute time-outs during training. Upon returning to training an apology must be made to the player and/or coach that the incident related to.
- 13.** Incidents of disrespect during a match will result in the player being substituted for 5 minutes. Upon returning to the match, an apology must be made to the player/coach/referee that the incident was related to. Examples of disrespect, but are not limited to, include:
  - Swearing at a player, coach, referee, or parent.



- Name calling. If a player from another team calls a Phoenix player a name they are encouraged to ignore it and talk with the ball at their feet – there's no better answer than that. If the name calling is abusive, then the coach and referee must be informed - football has a zero tolerance to abuse of any kind.
  - Talking whilst the coach / another player is addressing the team.
  - A player using their phone (this should be handed to the coach at the beginning of training, or to a parent upon arriving for a match).
  - Not shaking hands with players, coaches, and the referee after a match.
  - Walking away from the team after a training session or match before the coach has addressed everyone.
- 14.** Continued and repetitive incidents will result in the respective player not being selected for the next match. If no improvements are made in the following weeks, the player and parent will be asked to leave the club.
- 15.** Yellow cards and red cards issued by officials are payable by the players parent/guardian to the Club via bank transfer, or cash to the team coach or club using the player's PG reference number. Ask your coach what the fines issued by the FA currently are.

If a player or parent/guardian has any questions regarding the information provided in this document, please liaise with your coach in the first instance.

