



REBEL YOUTH FOOTBALL INC.

Code of Conduct for Coaches

Purpose of the Code

A Code of Conduct for Coaches provides guidelines for the professional behavior of a coach. The main purposes of the code are to secure a certain standard of coaching and to protect the welfare of individuals, groups, and animals with whom coaches work, as well as giving the coach reference points as how to react in difficult situations. The Code of Conduct also promotes fair and responsible behavior by the coach towards the athletes he/she oversees. The coach's function is that of a role model especially considering children and youths; therefore, coaches are challenged to constantly behave and act in manners appropriate. The obligation of a coach is not only to promote, advance, and support the athletic career of an individual, but also to raise the individual to be good persons and contributing members of society with stable notions of values, good behavior & manner while never placing the value of winning, above the value of instilling the highest ideals of character.

Illegal, unlawful, and harmful behavior toward the athletes on the part of the coach will not be tolerated by the clubs, associations, federations, leagues, etc., and will be persecuted with the appropriate means.

Main Principles & Focus of the Codes

The main principles that are covered in the codes are: Competence, Trustworthiness, Respect, Fairness, Caring, Integrity, and Responsibility.

Table 1. The Principles of a Code of Conduct and the focus of the principles are presented.

Principles/ Values	Focus
Competence	Coach Education
Trustworthiness	Keep rules of confidentiality; inspire trust in athletes
Respect	Athletes, decisions, rules, promises, commitments, privacy
Fairness	Fair-play; same opportunities for each athlete; no use of illegal substances and methods
Caring	For athletes and everyone; well-being of physical and emotional state of athletes
Integrity	Stay true to own values and actions; act as a role model
Responsibility	For development of the athlete; for own development as a coach; to assist in improving the growth of football in our program by retaining players each year, ensuring all equipment is returned and motivating athletes to fundraise to keep costs down.

Principles of the Code

Competence: Coaches only use methods and techniques that they are confident in teaching and that they possess the qualifications for. The coach avoids using methods that are a risk to health and safety of the athletes. A coach seeks continuous personal improvement. The coach keeps up with the latest developments in coaching and teaching. The coach only uses training methods that will benefit the athletes. The coach will comply with RYF rules and learning material given by USA Football, the Positive Coaches Alliance, and the RYFA Manager of Coach Development. Coaches are responsible for getting their USA Football certifications and teaching the methods outlined with USA Football.

Trustworthiness: The coach must inspire trust with his/her athletes. The coach keeps to the rules of confidentiality and discusses matters concerning the athlete with others only if he/she has discussed with the athlete beforehand which information he/she has permitted to share with a third party. The coach involves athletes in decisions that concern them and their future.

Respect: A coach shows respect towards athletes, others, self, the sport, officials, the organization and property, and the league they are participating in. Respect towards others means to show tolerance and to treat everyone equally regardless of their gender identity, age, race, language, socioeconomic status, ethnic origin, disability, religious preference, or any other protected characteristic, and to respect their rights and dignity. A coach respects the decisions made by others, i.e. officials, opponents, governing body, etc. The coach treats each athlete as an individual with their own rights and needs. The coach respects promise's and commitments made and keeps to them, both written and verbal. The coach respects the fact that the athlete is entitled to seek opinions and help from a third party. The coach respects the privacy of the athlete. The coach avoids any form of harassment towards the athlete.

Fairness: The coach is fair to the athletes. The coach provides each athlete with the same opportunities and training times. A coach shows no favoritism to one athlete over the other. A coach teaches athletes to be fair (fair-play) to their teammates and opponents. The coach must refrain from using any unfair and illegal training methods (including performance enhancing drugs).

Caring: A coach provides feedback to the athlete(s) and avoids too much negative feedback. A coach cares for the well-being of the athlete(s) but avoids any kind of intimate contact with the athletes. The coach ensures that the training and competition requirements meet the abilities of the individual athlete in fitness and age. The coach instructs the athlete to a healthy life style and explains the lifelong benefits of sports while also encouraging them to excel in school. The coach leads the athlete towards becoming a mature individual who can take care of him/herself, make good decisions, and show responsibilities for their own behavior and performance in all life situations. The coach must consider the wishes and opinions of the athletes. The coach must carefully consider how to deal with the media and always keep in mind what is best for the athlete. The coach cares for the well-being of the athletes and animals he/she oversees.

Integrity: A coach should be a person of integrity, keeping to their personal values in word and action always. A coach does not take any bribes and discourages any notion of the athlete towards taking bribes or displaying non-sportsmanship like behavior. A coach must keep a high moral standard and must follow it always. The coach acts as a role-model to his/her players and must follow all Rebel Youth Football and SEYFA policies and guidelines.

Responsibility: The coach must give the athletes the opportunities to develop their skills, confidence, and self-esteem. The coach ensures that the training-program is adjusted to the needs and capabilities of each athlete. The coach promotes the values of team spirit and fair-play and that winning is only one part of athleticism, but that fun and enjoyment are more important. The coach has the responsibility to keep up with the latest developments in training and coaching techniques distributed by RYF's Manager of Coach Development, USA Football, and the Positive Coaches Alliance. The coach also has the responsibility to act as a role model and to promote a healthy lifestyle for the athletes to follow. The coach acts as an example that the athletes can copy and follow. The coach also must stay in communication with all parents or legal guardians about training schedules, possible trips, rules and regulations, as well as with doctors, physiotherapists and other people involved in the athletic development of the athlete. Coaches should not over-train the athlete and keep the athlete's well-being a top priority, as well as keeping them interested in the sport and in school. Each individual athlete should be trained in a way that they reach their full potential. Coaches promote sportsmanship on and off the field. Coaches must refrain from the use of performance enhancing drugs, smoking, and alcohol with athletes. Coaches do not start sexual relationships with their athletes and discourage attempts from the athletes to initiate sexual relationships with them. The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest. The coach shall promote fundraising to their teams to which helps keep costs down and upgrades that may be needed each season. The coach will also be responsible for retrieving football equipment at the end of the season on the equipment drop-off dates and follow the rules & procedures set in place with Rebel Youth Football throughout the season.

Failure to follow Rebel Youth Football's Coaches Code of Conduct or the rules set forth in Rebel Youth Program may lead to suspension or removal as a coach decided by the Rebel Youth Football Board of Directors.

By signing here, I, understand and hereby pledge that I will follow this code of conduct.

Coach's Name (Please Print): _____ Date: _____

Coach's Signature: _____