



Abbeymead Rovers Football Club



**ACCREDITED
CLUB** ★ ★ ★
PART OF ENGLAND FOOTBALL

www.abbeymeadroversfc.co.uk

The Grassroots Code for Adult Football

Play your part – Respect the Standard

Enjoy the Game

We're here to enjoy ourselves, win lose or draw.

To help make Football more enjoyable for all we all should:

- Try and bring a positive mindset to all matches and training sessions.
- Think before you act or speak and recognise that not everyone will 'get' or like our banter.
- Remember that while we all want to win, we have the right to go home without being intentionally harmed or injured.

Give Respect

We always treat others as we'd like to be treated.

To give respect at football we must:

- Always use respectful and positive language and actions.
- Not argue with the Referee, Coach or Officials and accept their decisions.
- Follow the rules of the game.
- Show 'fair play' by shaking hands with our opponents whether we win, lose or draw.
- Stay in the team area when not on the pitch.
- Help tidy up after training or matches and take care of the facilities we use.

Be Inclusive

We embrace our differences, football is a game for everyone.

To be inclusive at football we must:

- Show zero tolerance for discrimination of any kind.

- Report anything of concern via the relevant channel.
- Know that any abuse or discrimination – like racism, sexism or homophobia – can lead to bans, fines and/or police action.
- Treat people based on their character and nothing else.
- Accept that we all bring our own personal perspectives to the game.
- Do not exclude anyone because of background or personal characteristics.
- Remember football is a game for everyone, no matter who they are.

Work Together

We're a team, on and off the pitch. To help us bond as a team we should:

- Remember we are all responsible for the result of a match.
- Play fairly without cheating, diving, complaining or wasting time.
- Play to the best of my ability to help my team.
- Encourage my team-mates and not criticise them, even when they make mistakes.
- Recognise that the Captain needs to try hard to set a positive example for others to follow.

Play Safe

We all have a role in Safeguarding Young People and Vulnerable Adults. To keep everyone safe we must:

- Recognise 16 and 17 year olds at my Club are young people.
- Accept it is our responsibility to know if our role in football places us in a position of trust.
- Speak to the Club or League Designated Safeguarding Officer if unsure whether you are in a position of trust.
- Understand appropriate boundaries must be in place, both online and during face-to-face activity.
- Let a Club Official know if you see anything that looks unsafe.
- Be aware of who the first aiders are, and where the nearest Automatic External Defibrillator is located.
- Keep appropriate boundaries by:
 - Always putting the well being of young people first.
 - Being friendly but professional.
 - Encouraging young people to review their own progress.
 - Raising concerns about a young person to the Club Welfare Officer if they display behaviour not usual to them or which causes concern.
- Follow the 'Physical Contact and Young People: Guidance for Grassroots Football' guidelines. If our role requires physical contact with a Young Person, We will:
 - ask the young person's permission and explain the type of, and reason for the physical contact.
 - Keep physical contact to skill development, first aid, harm prevention or celebration of success or comfort in times of distress.
 - Ensure another responsible adult is present for the duration.
 - Remember physical touch should be culturally sensitive to the young person.

If we DON'T live up to the standard

The Club, League or County FA may take action that could include:

- Issuing a verbal warning.
- Issuing an invitation to a meeting with the Club Executive Committee, the League or the County FA Designated Safeguarding Officer.
- Asking for an FA Education Course to be completed.
- Being asked to leave the match venue.
- Suspension, meaning we cannot take part in games for a period of time.
- Removing our registration, meaning we cannot play for our team again.
- Fining me and/or Club.
- Suspending the Club.

About Referees, Assistant Referees and Match Officials:

The FA believes that all Match Officials should be able to officiate free from the threat of violence or intimidation. Any threatening behaviour or physical contact on a Match Official will result in a lengthy exclusion from football and possibly a criminal prosecution.

Written By Sallie Lavis

DateSept 2025.....

Review DateSept 2026.....