

# I RESPECT THE STANDARD

## THE GRASSROOTS CODE FOR ADULT FOOTBALL

### ENJOY THE GAME

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

**To help make football more enjoyable for all I should:**

- Try and bring a positive mindset to all my matches and training sessions.
- Think before I act or speak and recognise not everyone will get or like my '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 I must:**

- Always use respectful and positive language and actions.
- Not argue with the referee, coach, and 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 my team area when I am not on the pitch.
- Tidy up after myself 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 I must:**

- Show zero tolerance for discrimination of any kind.
- Report anything that concerns me 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.
- 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 I 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 if I'm the Captain, I need to try hard to set a positive example for others to follow.



LOVE FOOTBALL.  
PROTECT THE GAME.





**We all have a role in safeguarding young people and vulnerable adults.**

**To keep everyone safe I will:**

- Recognise 16- and 17-year-olds at my club are young people.
- Accept it is my responsibility to know if my role in football places me in a position of trust.
- Speak to my Club or League Designated Safeguarding Officer if I am unsure whether I am 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 I 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 my role requires physical contact with a young person, I 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.
  - Ensure physical touch is culturally sensitive to the young person.



**I understand that my Club, League, County FA or The FA may take action, that could include:**

- Giving me a verbal warning.
- Asking me to meet with my Club Committee, the league or our CFA Designated Safeguarding Officer.
- Asking that I complete an FA education course.
- Asking that I leave the match venue.
- Requesting that I do not attend future games.
- Suspending me or removing my Club membership.
- Fining me.
- Fining and/or suspending my 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.

**SIGNED:**

**DATE:**



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