

# **Codes of conduct**

## **COACHES AND PARENTS CODE OF CONDUCT**

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- Promote enjoyment at all times for everybody participating in the game – ensure that the time players spend with you is a positive experience.
- Set a good example of conduct that young people will follow – actions speak louder than words.
- Show appreciation for other volunteer coaches, parents and supporters of both the players and the game.
- Show respect at all times for umpires' decisions and educate players to do so accordingly.
- Have consideration for the views of others and remember that the players are involved in cricket for their enjoyment, not for the satisfaction of others.
- Place emphasis on teamwork, and the players' efforts and overall performance, and never ridicule any player for mistakes or for losing a match.
- Ensure that every player participates in the game equally, and give the same time, attention and opportunities to everyone.
- Ensure that all equipment and facilities are to an appropriate standard consistent to the level and grade of cricket being played.

## **PLAYERS CODE OF CONDUCT**

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- Always play by the rules and within the "Spirit of Cricket".
- Display sportsmanship towards the opposition and respect for the umpires.
- Treat everybody involved in the game as you would like to be treated yourself.
- Always show respect for other players' rights and self-worth regardless of their gender, ability, religion or ethnicity.
- Play to your potential and always work together with your teammates.
- Enjoy the competition and the fulfillment of achievement and success.

## **UMPIRES CODE OF CONDUCT**

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- Ensure the health, safety and welfare of all participants in the game at all times.
- Officiate according to the governing rules and regulations according to the grade of cricket being played.
- Make consistent decisions and be courteous towards all players, coaches, parents and teachers.
- Place emphasis on the spirit of the game and stress the importance of sportsmanship.
- Set an example of behaviour and conduct that others will look up to – actions speak louder than words.
- Denounce unsporting behaviour and encourage all participants to perform to the best of their ability.
- Always display equality and fairness towards both teams.
- Compliment and encourage all participants.

## COMPETITION CONTACTS

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Junior Cricket Coordinator -

Nathan Jackson

Email: [njackson@aucklandcricket.co.nz](mailto:njackson@aucklandcricket.co.nz)

Mobile: 022 366 1134

Rules Arbiter

Nathan Jackson 022 366 1134

## DRAWS AND RESULTS

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All draws and results can be viewed online at the Auckland Cricket website [www.aucklandcricket.co.nz](http://www.aucklandcricket.co.nz) by clicking on the 'Fixtures and Results' tab on the home page.

## RULES ARBITER

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The Rules Arbiter will promptly, by mobile phone availability, provide decisions on Playing Conditions or Spirit of Cricket issues arising during the course of play to try and avoid any subsequent debate or dispute. In the event that the Rules Arbiter is unavailable on mobile phone, contact the Community Cricket Manager.

He will receive and rule on written issues arising during the season and will rule on points penalties (if any) should this be relevant to a rules breach. The Arbiter's decision is final, binding and non-negotiable. All participating clubs and schools agree to be bound by these guidelines and decisions of the Arbiter.

## CANCELLATIONS

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The Auckland Cricket website [www.aucklandcricket.co.nz](http://www.aucklandcricket.co.nz) should be the first port of call for all cancellation information. Cancellation notices for all morning Cricket Express Junior Leagues will be posted on the website by 7.00am.

The cancellations page can be found on the home page of the Auckland Cricket website.

Cancellation notices for Year 8 and Year 7 Premier will be posted on the website by 10.00am.

## AUCKLAND CRICKET DISCLAIMER

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Auckland Cricket along with its clubs, strives to manage all cricket activities in the most prudent manner possible and gives due care and attention to the safe running of competitions under its control. However, due to the inherent risk of accident or injury in any sporting activity, it is the responsibility of each participant to be aware that there are assumed risks involved in participation. Participants are reminded that their participation is entirely voluntary. Auckland Cricket and its clubs assume no responsibility for injuries received during participation in Auckland Cricket competitions. Personal injury sustained while playing in Auckland Cricket competitions is covered by ACC and any insurance claims should be directed to them.

## ACA COACHING PHILOSOPHY

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Every coach should have a coaching philosophy. A coach's philosophy provides an underlying basis on what and how to coach and should be flexible enough to cater to the needs of all players within the team. The following ACA Coaching Philosophy provides a framework or a set of guidelines on which coaches can develop their own individual philosophies. As coaches, we are there for each of our players. Decisions are made in the best interests of the players first and foremost. We strive to create an environment that:

- Is challenging and fun.
- Is safe and encourages a sense of belonging.
- Encourages excellence in performance.
- Fosters participation, skill development, fair play and teamwork.
- Develops well-rounded individuals who are confident, creative, accountable, set personal goals and are good decision makers and team players.
- Promotes a love for an active lifestyle.

This means that the coach is not judged on the result of the game. The real test is if the players are smiling, looking forward to coming back next week, learning, improving and playing hard and competitively but fairly. Our predominant approach to coaching is one of empowerment rather than a prescriptive style. The coach should set up situations which encourage players to solve problems and share the ownership of the team by allowing players to have a role in decision making. The result of such an approach will be players who feel valued and respected, are creative and innovative and are less coach dependent. Coaching is about developing better people, no matter what age or ability, not just better cricketers.

## SUNSMART

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- **SLIP** into a shirt – and slip into some shade, especially between 11am and 4pm when the ultraviolet rays are most fierce.
- **SLOP** on some sunscreen before going outdoors.
- **SLAP** on a hat with a brim or a cap with flaps. More people get burnt on the face and neck than any other part of the body, so a good hat is important.
- **WRAP** on a pair of sunglasses.

Promote the SunSmart idea at all times on the Cricket field. Parents, Coaches, Teachers and Umpires should set an example and emphasize the Slip, Slop, Slap, and Wrap message.

## FIRST AID

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The health, wellbeing and safety of players should be considered a priority at all times. Injury prevention is the first element of first aid, where common injuries to look out for are sprains, fractures, and bruising.

Overuse injuries are common to fast bowlers, even with young cricketers, and are mostly associated to back injuries. Parents, Teachers, Coaches and Umpires should have a basic knowledge of first aid to assist when injuries do occur.

- All players should warm up before the match.
- All players should wear the appropriate safety equipment during both practice and during the match.
- Have a First Aid kit available at all times.
- Encourage proper technique to prevent injuries occurring.
- Apply the R.I.C.E method to the affected area immediately after it occurs.
- Seek additional medical assistance if required.

The **R.I.C.E** Method:

**REST** Stop all physical activity.

**ICE** Apply an ice pack or an equivalent frozen bag to the injured area for around 15-20 minutes to prevent further inflammation and swelling.

**COMPRESSION** Apply pressure to the affected area using a bandage or similar item to prevent blood and fluid from building up.

**ELEVATION** Raise the injured area to a level above the heart, allowing gravity to reduce swelling by draining excess blood and fluid from the injury.

## **WHITE CROSS CLINICS**

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Auckland & Whangarei

Ascot 24 Hours, Ascot Hospital,

90 Greenlane Rd East, Remuera P: 09 520 9555

Henderson, 131 Lincoln Rd, P: 09 836 3336

Lunn Ave Medical, 110 Lunn Ave, P: 09 570 8899

Glenfield, 436-440 Glenfield Rd, P: 09 444 4244

Otahuhu, 15-23 Station Rd P: 276 3000

Ponsonby, 202 Ponsonby Rd P: 09 376 5555

St Lukes, 52 St Lukes Rd P: 09 815 3111

New Lynn, 2140 Great North Rd P: 09 828 8912