

# Sport rage incidents – what players should do

Despite your best intentions, sport rage incidents may still occur. There are two scenarios for players:

## On-field sport rage

Officials are responsible for enforcing the rules of your sport, including managing bad behaviour and sport rage. As a player, you should report incidents to your captain or official.

## Off-field sport rage

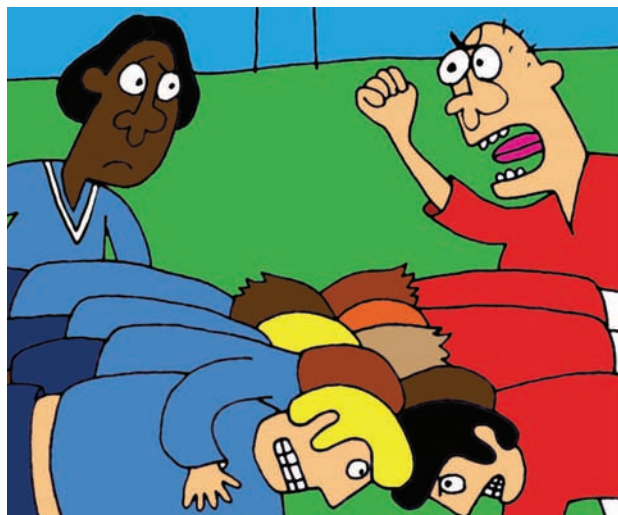
While it is your club committee's responsibility to deal with incidents off the field, as a player you should understand and support the process. When an incident occurs you should:

- ✓ Report it to the ground official or club committee member
- ✓ Stay calm and collected.

It is the responsibility of the ground official or club committee member to approach offenders and take action.

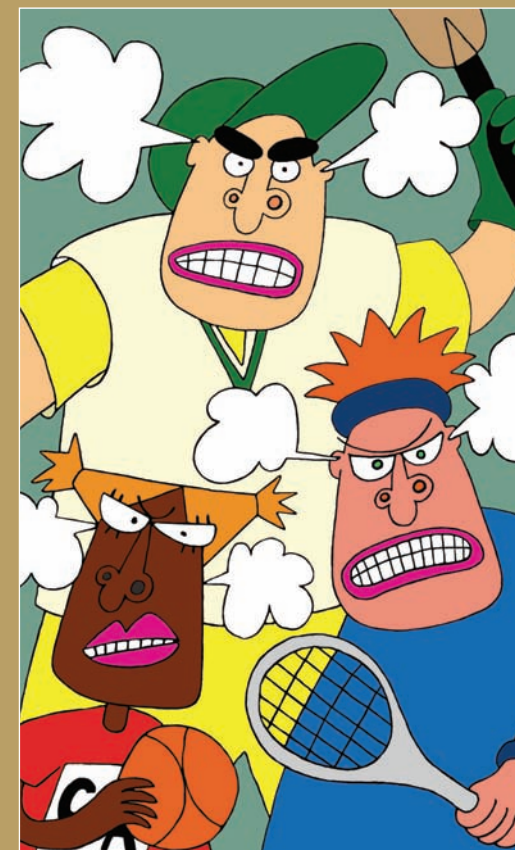
## When confronted with sport rage, on-field or off-field, it's important you don't:

- ✗ Ignore it and allow situations to get out of hand
- ✗ Lose control of your emotions
- ✗ Engage in aggressive behaviour.



# Stamp out Sport rage

## Tips for Players



© NSW Sport and Recreation, 2006 1st edition

The resource is of a general nature only and is not intended to be relied upon, nor as a substitute for professional advice. No responsibility can be accepted by NSW Sport and Recreation for loss occasioned to any person doing anything as a result of the material in this publication.

[www.dsr.nsw.gov.au/sportrage](http://www.dsr.nsw.gov.au/sportrage)



[www.dsr.nsw.gov.au/sportrage](http://www.dsr.nsw.gov.au/sportrage)



# Let's stamp out sport rage

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by players, coaches, officials or spectators of sport.

Simply put, sport rage is bad for children and bad for sport as a whole. At its worst, sport rage reduces a child's enjoyment of sport, risks safety, tarnishes clubs and can lead to drop out.

Sport can do without sport rage. Play your part – stamp out ugly sporting behaviour.

## What players can do

Players can help prevent sport rage by contributing to a positive sporting environment. To do this:

### ✓ Be a good sport

- Play with respect, integrity and fairness
- Be modest in victory and gracious in defeat
- If you win, don't rub it in
- If you lose, don't make excuses
- Control your temper
- Don't use bad language or make derogatory remarks.

### ✓ Respect your opponent

- Treat your opponent the way you would like to be treated
- Thank the opposition at the end of the game.

### ✓ Respect officials

- Accept and respect the official's decision
- Thank the official at the end of the game
- If you have an issue, raise it in a professional way with your coach or captain after the game.

[www.playbytherules.net.au](http://www.playbytherules.net.au) is a great place to learn more about fair play in sport.



## Self test: Which player are you?

Is your playing style providing a safe, enjoyable sporting environment? Or could your actions be creating tension and contributing to sport rage? Which player are you?

### The Dummy Spitter

can't control their temper on the field. They abuse officials, opponents, team members and even spectators. The Dummy Spitter should remember it's just a game and treat others as they would want to be treated themselves.

### The Quizmaster

questions and complains about all officiating decisions that don't go their way. They always think they can do a better job. The Quizmaster needs to accept the decisions no matter what and realise officials are only human.

### The Sledger

continually makes snide remarks to opponents. They may use racial taunts to induce the opposition to retaliate. Sledgers unsettle the game and contribute to a tense atmosphere. They should concentrate on their own game.

### The Cheapshot

is cowardly and will resort to unprovoked behind-the-scenes foul play towards their opponent. The Cheapshot has a reputation as a sly player. They should remember to treat other players with more respect.

### The Five Star Player (you?)

focuses on fair play and being a good sport. They know winning is not the only goal. They respect officials and opponents. The Five Star Player enjoys sport and always plays with integrity and fairness.