

sport rage

A prevention kit
for coaches



play your part. **stamp out**
ugly sporting behaviour

www.dsr.nsw.gov.au/sportrage





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Preventing sport rage: tips for **coaches**

About sport rage

Sport rage can come in many forms – an unruly parent abusing a referee, a player punching another player, or a spectator shouting racial taunts.

These moments of madness can result in serious injuries, disciplinary action and even lifetime bans.

Dealing with sport rage is now a major challenge for clubs. Not only does sport rage reflect badly on the clubs involved, it can deter participation at all levels.

It is important that everyone involved in sport unites to combat sport rage.

While sport rage is often the result of many factors, coaches can help reduce incidents by being good role models and creating positive sporting environments. Coaches should consider the following four points:

Encourage fair play

- Show respect for players from both teams, spectators and officials
- Teach players to respect their opponents
- Don't allow the rules to be bent or broken – they are mutual agreements
- Don't show favouritism and ensure fair game time for all players
- Visit www.playbytherules.net.au to learn more about fair play

Respect officials

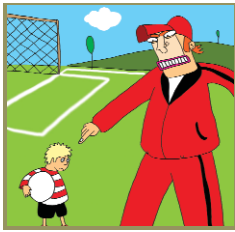
- Always set a positive example to players
- Encourage all players to thank officials after the game
- Accept and respect the official's decision
- Deal with poor officiating issues after the game in a professional and appropriate manner, through the appropriate channels

Uphold the code of conduct

- Support and uphold the code of conduct for coaches
- Be a positive role model
- Don't drink alcohol at matches, or arrive intoxicated

Good coaching technique

- Be conscientious, punctual and well organised
- Provide positive, constructive feedback
- Be able to motivate players
- Always be willing to learn more about the sport
- Make it fun for the players.



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Preventing sport rage: tips for **coaches of junior sport**

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Kids' comments

"I play sport because I enjoy it and it's fun."

"I don't mind if I don't win every time I play – in every game someone has to lose."

"When people won't shake hands at the end of the game – that's bad sports behaviour."

"We don't have a scoreboard, but we do have the best meat pies."

Taken from sport rage seminar and *Kids Sport - A Very Real Guide for Grown Ups* by Denis Baker

While sport rage is often the result of many factors, coaches can help reduce incidents by being good role models and creating positive sporting environments.

Coaches should consider the following five points:

What children want from sport

Sport provides many valuable learning experiences for children, but for the most part they do it for the enjoyment.

Ask a child and you'll discover the scoreboard is not that important. In fact, one of the most enjoyable aspects of sport for children is being with their friends and being part of a team.

Encouraging fair play

As the coach you have the perfect chance to reinforce the principles of fair play – respect, integrity and fairness – during training and on game days.

To show your commitment to fair play, why not give an award to the player who best demonstrates fair play and good sporting behaviour each week?

Communicating with parents

Because of their love for their children and their interest in seeing them succeed, parents can sometimes push too hard and limit their child's chance to enjoy sport.

Open communication between you and each parent is extremely important. One of the best ways to get parents on side is by meeting with them at the beginning of the season to discuss your aims and expectations and how they can contribute. Also make sure the *Sport rage: prevention kit for parents* is distributed.

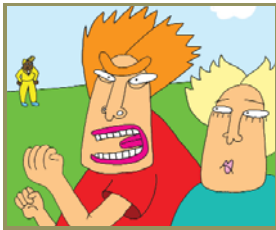
Respect for officials

Officials are there to help make the game fair and more enjoyable for everyone. But they are human and may occasionally make mistakes. It is important that you understand this – and that you explain it to your team.

Importantly, don't forget that your behaviour toward officials will affect the attitudes of your players and their parents.

Upholding the code of conduct

It is important you understand, support and uphold the coach's code of conduct. Your club is entitled to enforce this code. For example, while it may not be a criminal offence for a coach to verbally taunt an opposition team, such behaviour may well breach the code of conduct and disciplinary action may be taken.



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Dealing with sport rage

Despite everyone's best intentions, sport rage incidents sometimes occur. While it is mainly the responsibility of ground officials and club committee members to deal with incidents, it is important that everyone understands and supports the process. Here are some of the steps that can be taken, depending on the seriousness of the incident.

■ **Reporting inappropriate behaviour** – *Responsibility of everyone*

Behaviour that contravenes the codes of conduct should be reported to the ground official. Any person who is unsure who the ground official is should report the incident to a club committee member.

■ **Approaching the offender** –

Responsibility of the ground official / club committee member

Only the ground official or club committee member should approach the offender.

■ **Issuing warnings** – *Responsibility of the club committee member / ground official*

The first time a person breaches a code of conduct, they might be issued with a warning. The person may not be aware that their behaviour is unacceptable and should be notified of club rules.

■ **Taking disciplinary action** – *Responsibility of the club committee*

If the conduct is repeated or of a serious nature, the club committee should consider taking disciplinary action in accordance with its rules. This might result in counselling, suspension or expulsion.

■ **Removing people from the field of play or venue** –

Responsibility of the ground official / club committee

The referee/umpire should communicate directly and immediately with the ground official to remove a person from the field. If the club is in a position to control ground entry, it will be able to evict persons from the ground. Where attendance is not controlled, clubs can request offenders leave the venue, or otherwise can discipline the person for breach of the code of conduct.

■ **Suspending play** – *Responsibility of the referee / umpire*

The referee/umpire may suspend play and refuse to restart until appropriate action has been taken. They may request that a person is removed from the sideline and, in serious cases, abandon the game altogether.

■ **Involving the police** – *Responsibility of the ground official / club committee*

If you feel the behaviour of an individual constitutes a criminal act the police should be notified immediately by the ground official. While it is lawful for a club to detain a person who has committed a criminal offence until the police arrive, it is recommended that this is done only as a last resort. Club officials are able to exercise reasonable force in detaining a person who has committed a criminal offence until the police arrive, but this should not be disproportionate to the conduct of the offender.

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Quiz: which coach are you?

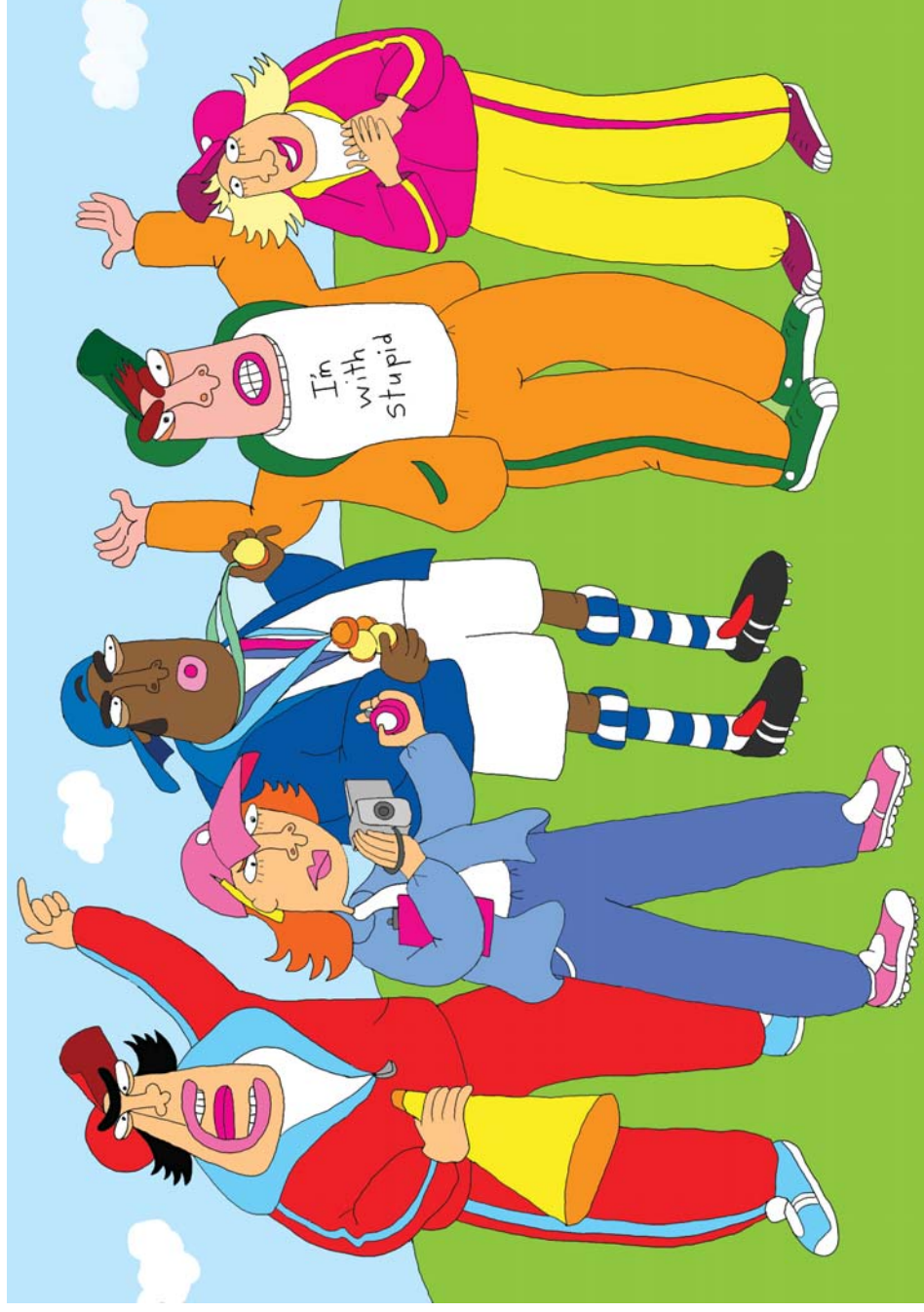
Is your coaching style
providing a safe, happy
sporting environment?
Or could your actions
be creating tension and
sport rage?

Take this quiz – which
coach are you?

The Screacher

The Screacher constantly
yells and will see all the
negative things in the game.

The Screacher must learn that
their verbal attacks on players
and officials is offensive and
creates a tense environment.



The Demoraliser

The Demoraliser makes the
players feel as if they can't
get anything right with
comments like "What are you
doing you idiot?" or "That's
not what we practised".
Children who feel crushed
by **The Demoraliser's**
comments will not want to
play again.

The Five Star Coach (You?)

The Five Star Coach
focuses on the effort and
not the outcome. **The Five
Star Coach** respects the
officials who are providing
their players with the
opportunity to play and
remembers to thank them
each week.

The Analyst

The Analyst sees the players as little professionals. The
approach of the **Analyst** is more appropriate at elite
sport level and they should remember that junior sport
should be fun for the players.

The Wannabe Player

The Wannabe Player remembers their own skill levels
(usually higher than they actually were) and assumes
that all players should have the same skills. The
Wannabe Player should focus on the different aspects
that each player brings to the team.



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r u a sportrager?



r u a sideline rager?



r u a dummy spitter?

