

sport rage

A prevention kit
for **players**



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

www.dsr.nsw.gov.au/sportrage





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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.

Preventing sport rage: tips for **players**

While sport rage is often the result of many factors, players can help reduce incidents by creating a positive sporting environment. Players should consider the following four points:

Be a good sport

- Remember the principles of fair play – respect, integrity and fairness
- Display modesty in victory and graciousness in defeat
- If you win, don't rub it in
- If you lose, don't make excuses
- If you make a mistake, learn from it and be ready to play on
- If a team member makes a mistake, offer encouragement not criticism
- Control your temper – don't use bad language or harass others
- Cooperate with your coach, team mates and officials
- Learn the rules of the game and abide by them
- Visit www.playbytherules.net.au to learn more about fair play

Respect your opponent

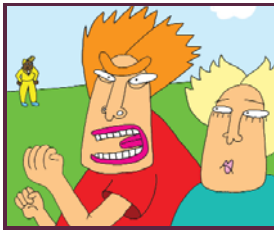
- Treat your opponent the way you would like to be treated
- Give encouragement to injured players and recognition to outstanding performances for both teams
- Don't sledge or make any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature
- Don't bully or take unfair advantage of another player
- Always thank the opposition at the end of the game

Respect officials

- Accept and respect the referee's/umpire's decision
- Always thank the referee/umpire at the end of the game
- If you have an issue with a decision, raise it in a controlled and professional way with the coach or your captain

Uphold the code of conduct

- Support and uphold the code of conduct for players
- Don't drink alcohol at matches or arrive at the field intoxicated.



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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 / 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 member*

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 player are you?

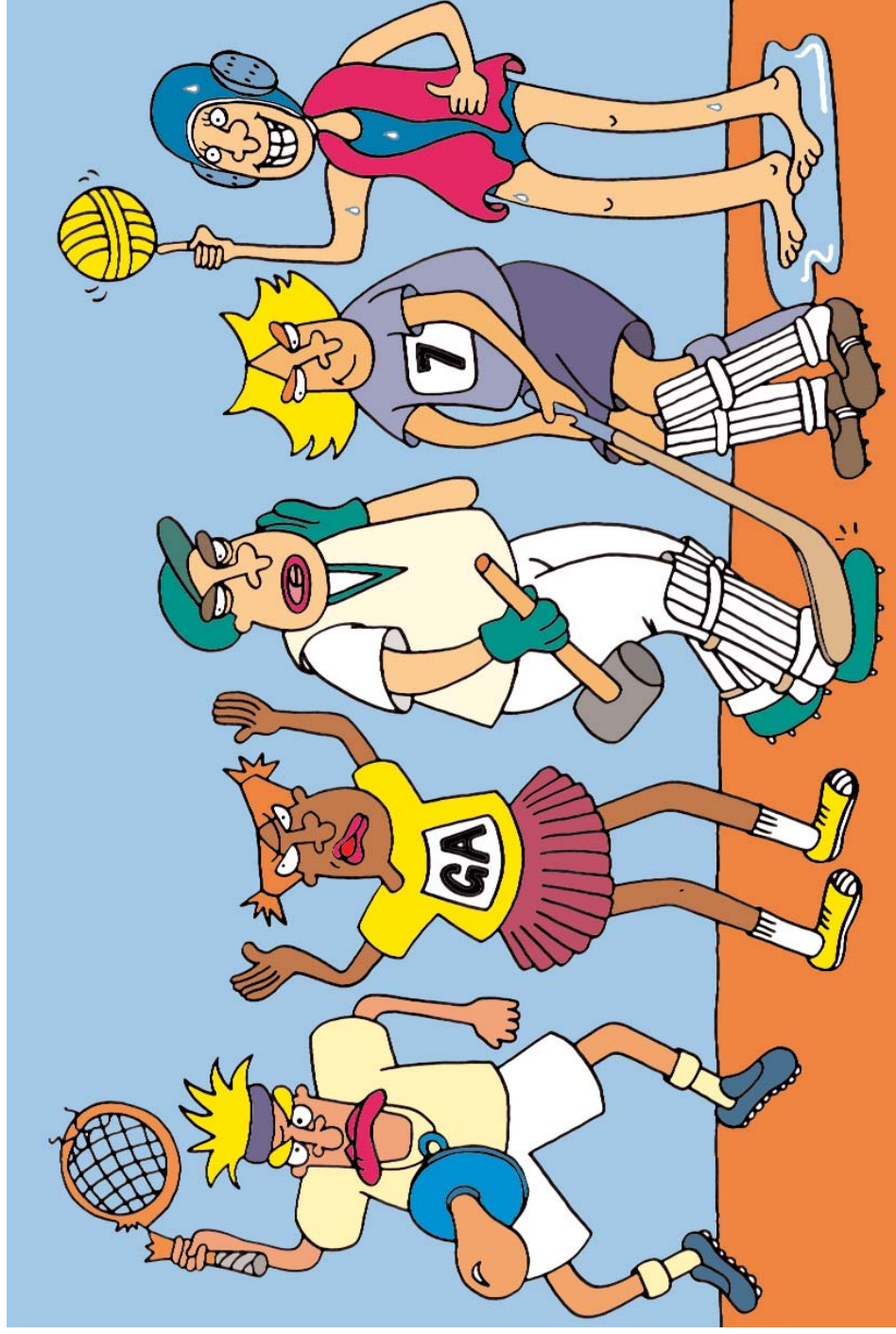
Is your playing style
providing a safe, happy
sporting environment?
Or could your actions
be creating tension and
sport rage?

Take this quiz – which
player are you?

The Dummy Spitter

The Dummy Spitter can't
control their temper on the field.
They abuse officials, opponents
and even team members.

The Dummy Spitter can also
lash out at over-enthusiastic
spectators. They should
remember it's just a game and
to treat others as they would
want to be treated themselves.



The Cheapshot

The Cheapshot is cowardly
and will resort to unprovoked,
behind-the-scenes foul play
towards their opponent.

The Cheapshot is very
skilled at getting away with
it and has a reputation as
a sly player. They should
remember to treat other
players with more respect.

The Five Star Player (You?)

The Five Star Player
focuses on fair play and
respects others. They know
winning is not the only goal.
They respect officials and
admire their opponents.

The Five Star Player enjoys
sport and always plays with
integrity and fairness.

The Quizmaster

The Quizmaster questions all decisions. They always
think they can do a better job, complaining about every
decision that doesn't go their way. **The Quizmaster**
needs to accept decisions no matter what. They should
also realise officials are only human and can make
mistakes and that they deserve respect.

The Sledger

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



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r u a sportrager?



r u a sideline rager?



r u a dummy spitter?

