



## **Gladiator Guidelines**

### *Colchester Gladiators American Football Club*

1. Colchester Gladiators AFC expects the highest standards of sportsmanship and behaviour, both on and off the field of play, in keeping with the dignity, spirit and traditions of the game.
2. Ensure that the Club has accurate and up to date contact information for you. It is your responsibility to inform the Club if this information changes. Pay attention to all Club communications and act upon them.
3. Attend meetings and practice! Be punctual and know your responsibilities. Do what you say you will and do it in good time. Others may be relying on you!
4. Racial remarks and/or taunting will not be tolerated.
5. The use of recreational drugs or steroids will not be tolerated. Excessive use of tobacco or alcohol should be avoided.
6. Work hard to develop strength, speed, agility and cardiovascular endurance.
7. Utilise your knowledge of nutrition in your diet, control your weight and get enough rest.
8. Take time to personally know all members of the Club. Knowing the name of a teammate or colleague is very important!
9. Respect our coaching staff! Do everything you can to promote our Club and your team-mates. Never criticise a teammate or coach in front of others. Make any criticism early, constructive and man-to-man.
10. Show respect for referees and other game day officials. We cannot control their decisions, therefore do not become frustrated by them.
11. In the spirit of CGAFC Membership, members are:

- Required to treat all Club property with due respect and use equipment in an appropriate manner,
  - Required to attend any work parties as requested by the MC and/or Groundsman,
  - Requested to attend any social or fundraising event organized by the MC in the best social and financial interests of the Club,
  - Pay subscriptions in full and on time.
12. Members will be required to wear any items of clothing supplied by or specified by sponsors as part of any contractual agreement.
13. Colchester Gladiators AFC, its elected officers, players and associate members, will be subject to the rules and regulations of BAFA and/or the BAFL as published annually. A copy of any rulebook or code of conduct can be obtained from the appropriate secretary of either organization or online.