

**USA Rugby**  
**PLAYERS' CODE OF CONDUCT**

1. Players are the most important people in our sport and are role models for all involved in the game. USA Rugby's aim is to encourage all players to act in the best interests of the game and USA Rugby at all times and to maintain the highest standards of conduct. Fair play and respect for all concerned are fundamentally important.
  
2. As a USA Rugby Elite Squad player:
  - a. I will remember that as an elite rugby player that I am an ambassador for my sport and my country and I will set a positive example for others, particularly young players and supporters. This includes my physical appearance and demeanor in public, in training, in coaching, when competing and especially in defeat.
  - b. I will demonstrate high regard for the best interest of the game when publicly expressing an opinion on the game or any particular aspect of a match or incident.
  - c. I will use appropriate language when representing my sport in public places. I will not tolerate inappropriate language in others in such settings.
  - d. I will operate in the spirit of fair play and the Laws of the Game in pursuit of victory. I will know and abide by the Laws of the Game and competition rules.
  - e. I will accept the decisions of Match Officials and will show respect for Match Officials at all times.
  - f. I will abide by the instructions of my coaches and team officials in keeping with the spirit of this code.
  - g. I will demonstrate respect towards opposition players, team officials and supporters at all times.
  - h. I will develop my sporting abilities in terms of skill, technique, tactics and fitness. I will strive for a level of fitness and competitive readiness that will permit my performance to be at the maximum of my abilities.
  - i. I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance.
  - j. I will safeguard the physical fitness of my teammates and opponents, avoiding unnecessary violent play and assisting injured players where necessary.
  - k. I will resist any temptation to take banned substances or used banned techniques.
  - l. I will manage my injuries, and rehabilitation from my injuries, with honesty and openness with my coaches and medical staff at all levels.
  - m. I will resist any influence which might, or might be seen to, bring into question my commitment to the team winning.
  - n. I will make myself available to represent USA Rugby in competition and to attend all agreed training and squad sessions.