**Obligations towards the game - A player should:**

* ****Make every effort to develop their own sporting abilities, in terms of skill, technique, tactics and stamina.
* Give maximum effort and strive for the best possible performance during a game, even if his team is in a position where the desired result has already been achieved.
* Set a positive example for others, particular younger players, and supporters.
* Avoid all forms of gamesmanship and time wasting.
* Always have a high regard to the best interests of the game, including where publicly expressing an opinion on the game and any aspect of it, including others involved in the game.
* Not use inappropriate language.

**Obligations towards the team - A player should:**

* Make every effort consistent with Fair Play and the Laws of the Game to help his own team win.
* Resist any influence which might, or be seen to, bring into question his commitment to the team winning.

**Respect for the Laws of the Game and competition rules - A player should:**

* Know and abide by the Laws, rules and spirit of the game and the competition rules.
* Accept success and failure, victory, and defeat, equally.
* Resist any temptation to take banned substances or use banned techniques.

**Respect towards Opponents - A player should:**

* Treat opponents with due respect always, irrespective of the result of the game.
* Safeguard the physical fitness of opponents, avoid violence and rough play, and help injured opponents.

**Respect towards Match Officials - A player should:**

* Accept the decision of the Match Official without protest.
* Avoid words or actions which may mislead a Match Official.
* Show due respect towards Match Officials.

**Respect towards Team Officials - A player should:**

* Abide by the instructions of their Coach and Team Officials, provided they do not contradict the spirit of this Code.
* Show due respect towards the Team Officials of the opposition.

**Obligations towards the Supporters - A player should:**

* Show due respect to the interests of the supporters.

**Frank Sweeney**, Club Secretary