



Saint Helena Saints Basketball Club - Players Code of Conduct:

1. Play Fair and Follow the Rules

Basketball is a game of skill, respect, and fun. Understanding and following the rules is essential for the safety and enjoyment of everyone involved. The rules help ensure a fair and competitive environment where every player can thrive. Always play to the best of your ability and respect the spirit of the game. If you make an error, take responsibility, and don't intentionally break the rules to gain an unfair advantage.

2. Respect Referees and Officials

Referees and officials are there to maintain fairness and ensure the game is played safely. They have a challenging job, and mistakes can happen. Always accept their decisions respectfully, even if you disagree. Disrespect or abuse of officials will not be tolerated. If you have concerns, discuss them calmly with your coach after the game.

3. Keep Your Cool – Control Your Temper

Respect for others is key both on and off the court. Verbal abuse, aggressive behaviour, or deliberately trying to provoke others will not be tolerated. Losing your temper can distract you and hurt your team. Keep your emotions in check and remember that sportsmanship and composure are just as important as skill.

4. Teamwork Makes the Dream Work

Your success on the court comes from working together. Strive to be the best version of yourself, but also support your teammates. Training and playing to the best of your abilities benefits not only you but also the team. Whether it's passing the ball, encouraging a teammate, or adjusting your play, be an active part of your team's success.

5. Be a Good Sport, Win or Lose

Good sportsmanship means respecting everyone involved, including your teammates, opponents, coaches, and fans. Celebrate victories graciously, and handle defeats with dignity. Congratulate your opponents for their great plays and always introduce yourself before and after the game. Respect the efforts of your opponents and the work of their coach.

6. Treat Everyone with Respect

Treat every player as you would like to be treated. We come from different backgrounds and have unique strengths and challenges. Respect all teammates, opponents, and staff, regardless of gender, culture, or ability. Encourage positive interactions, and support those around you by offering constructive feedback instead of criticism. We are all here to learn, grow, and enjoy the game.

7. Play for the Love of the Game

Basketball should be fun, challenging, and rewarding. While striving for improvement and doing your best is important, remember that enjoyment is at the heart of playing sports. If you ever feel overwhelmed by pressure or stress, talk to your coach. It's essential that you balance competitiveness with fun to continue growing both as a player and as an individual.

8. Respect All Individuals – Embrace Diversity

Every person involved in the game, whether they are playing, coaching, officiating, or supporting, deserves to be treated with respect. Be mindful of your words and actions. Discrimination, harassment, or any behaviour that makes others feel uncomfortable or unwelcome will not be tolerated. Always seek to create an inclusive environment where everyone feels safe, valued, and respected.

9. Accept Winning and Losing Gracefully

In basketball, as in life, winning and losing are part of the experience. It's natural to feel disappointed after a loss, but it's important to stay composed and support your team, no matter the outcome. Celebrate success with humility, and learn from your defeats. A positive attitude toward both victory and defeat helps build resilience, character, and a strong team spirit.

10. Listen, Learn, and Improve

Your coach is there to help you grow both as a basketball player and as a person. Listen carefully to their advice and apply it during training and games. Coaches are committed to helping you improve your skills, but it's up to you to be open to feedback and continuously strive for growth.

11. Take Care of the Facilities and Equipment

The gym and equipment are shared resources that allow us to play and train. Treat them with respect. Avoid any activities that could damage the equipment or facilities, such as hanging on the hoops. Taking care of these resources ensures that future teams can also enjoy the game.

12. Be a Positive Role Model

As a member of the Saint Helena Saints, you represent our club both on and off the court. Set a good example for others, particularly younger players. Your actions, both positive and negative, reflect on the reputation of the club and the sport. Strive to lead by example, showing respect, teamwork, and good sportsmanship at all times.

13. Breaches of the Code of Conduct

At the Saint Helena Saints Basketball Club, we are committed to maintaining a positive and respectful environment for all players. Breaches of this Code of Conduct will be taken seriously and will be dealt with by the club. Consequences may include, but are not limited to, verbal warnings, suspension from training or matches, or other appropriate disciplinary actions. We encourage open communication and believe in addressing concerns in a fair and transparent manner to maintain the integrity of our club.