



Singapore Rugby Union Athlete Code of Conduct

Introduction

This Athlete Code of Conduct establishes the standards of behavior and responsibility for every individual representing the Singapore Rugby Union. Adherence to these guidelines ensures a positive, respectful, and high-performance environment for all participants.

1. Core Values

Athletes are expected to embody the following principles:

- Excellence: Pursue peak performance in training, competition, and personal growth.
- Discipline: Commit fully to scheduled activities and maintain self-control.
- Integrity: Act honestly and transparently in all interactions.
- Respect: Treat coaches, teammates, opponents, officials, and facilities with courtesy.
- Team Spirit: Support collective goals and celebrate both individual and team achievements.

2. Professionalism and Respect

Athletes must conduct themselves with professionalism on and off the pitch:

- Use respectful language and tone at all times.
- Arrive punctually, wearing approved kit and equipment as directed.
- Follow the chain of communication: coach → team manager → Singapore Rugby Union office.
- Honor commitments to sponsors, partners, and community events.

3. Commitment and Attendance

Reliable attendance and wholehearted engagement are mandatory:

- Attend all mandatory training sessions, matches, and team meetings.
- Notify coaches at least 48 hours in advance of any planned absence.
- Provide relevant medical or academic documentation when requesting leave.
- Engage fully in rehabilitation or alternative sessions if injured.

4. Behavior and Sportsmanship

Fair play and a positive attitude are essential to the Union's reputation:

- Compete with determination but refrain from unsportsmanlike conduct (e.g., dissent, taunting).
- Acknowledge opponents and match officials at the conclusion of every game.
- Support fellow players by celebrating successes and offering encouragement.

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- Resolve conflicts respectfully, involving coaching staff only when necessary.

5. Health, Safety, and Anti-Doping

Protecting personal well-being and the integrity of the sport is paramount:

- Comply with all medical evaluations, injury reporting, and safety protocols.
- Abstain from alcohol, tobacco, illicit drugs, and performance-enhancing substances.
- Familiarize yourself with the Singapore Anti-Doping Organisation (SAD) prohibited list.
- Report unsafe conditions, equipment faults, or any form of harassment immediately.

6. Social Media and Public Image

Athletes represent the Union in all digital and public spaces:

- Post content that reflects positively on the Singapore Rugby Union.
- Avoid offensive, discriminatory, or defamatory remarks.
- Credit the Union only for official events or approved partnerships.
- Seek written approval before media interviews or commercial endorsements.

7. Confidentiality and Privacy

Respect for personal and organizational information builds trust:

- Keep team strategies, training plans, and internal discussions confidential.
- Do not distribute teammates' personal data (e.g., contact details, medical records).
- Adhere to the Union's data-protection policies when handling media or documents.

8. Personal Development and Well-Being

A balanced approach creates well-rounded athletes:

- For student-athletes, maintain agreed academic standards and share term reports.
- Participate in educational workshops on nutrition, time management, or career planning.
- Engage in community outreach initiatives endorsed by the Singapore Rugby Union.

9. Compliance and Consequences

Failure to comply with this Code may result in:

- Verbal or written warnings.
- Required remedial sessions (e.g., sportsmanship workshops).
- Temporary suspension from training or competition.
- Termination of selection or contract with the Singapore Rugby Union.

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