



Player Responsibilities in Age Grade Rugby

What are your responsibilities as a player?



Be properly registered & pay your membership fees on time



Have appropriate insurance in place to help if you get injured



Wear the correct kit for training or playing a match



Be on time & engage with the training plan & match schedule



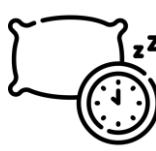
Be a good team player, respect the ethos of rugby



Have a good attitude to training, playing, selection & other people



Eat well



Get plenty of sleep



Keep rugby clean



Adhere to the Code of Conduct for Players, represent your club well



Ask the coaches or other volunteers for clarification or support when needed



Talk to the Club Welfare Officer if you are worried about anything

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Irish Rugby Football Union

10-12 Lansdowne Road | Ballsbridge | Dublin 4 | D04 F720

T +353 01 6473800 | F +353 01 6473801

www.irishrugby.com   



IRFU