

# **UNIVERSITY OF LEICESTER AMERICAN FOOTBALL CLUB**

## **CODE OF PRACTICE**

### **INFORMATION TO NEW MEMBERS**

The club will provide to new members confirmation of their membership, a copy of the club's fixture list, a beginner's guide to American Football and details of the club's pre-season training schedule.

### **AFFILIATIONS**

The club plays in the, British Universities American Football League (BUAFL), in the Midlands Division of the Northern Conference. The league regulations state that members must be students, but there is no discrimination on the basis of sex or age, therefore the sport is open to any member of Leicester University.

### **TRAINING**

The team will train twice a week during the season and three times a week prior to the season. All players are expected to attend training sessions which will cover all aspects of the game. After warm-ups to prevent injury, the team will train as individual units on technical aspects of the game in order to improve the skills of each player in their respective position. Then the team will practise together to improve co-ordination between the different positions.

### **EQUIPMENT**

The club can provide protective equipment that a player is required to wear by BUAFL. This includes:

- Helmet
- Shoulder Pads
- Soft lower body padding

If any kit issued by the club is found to be faulty, or thought to be unsafe, it must be reported to a member of the committee immediately so that the appropriate action can be taken.

Necessary kit which the player is expected to buy includes:

- Non-transparent gum shield
- Game shirt (available through the club)
- Game pants (available through the club)
- Football/rugby boots
- All other training and playing attire.

There are optional pieces of equipment, such as gloves, arm/elbow pads, rib protectors and shin guards. Players are expected to buy these for themselves if they wish to wear them. This can be done through the club.

### **STARTING OUT**

All new players will be thoroughly introduced to both the game and the other members of the team. The first training session will introduce new members to the coaching staff who are not affiliated to either University, but who have to be registered with the league.

The coaching staff will explain the format for the weeks ahead. This will consist of exercises to assess speed, strength and aggression so as to determine possible positions. Training will then begin gradually, easing new members into the sport with the understanding that it is a new experience.

### **GAMEDAY**

All games will normally be played on a Sunday afternoon starting at about 1 p.m. and lasting for two to three hours.

Transport to away matches will be provided by the club. Transport for home matches is the responsibility of each player. The home team provides food after the match.

### **MATCH OFFICIALS**

All match officials, whether qualified or not, will be treated with respect and courtesy by all club members. Only captains may speak with officials during matches.

Players will abide by the decisions made by match officials during play.

Clarification of any decision should be requested through the team captain.

Any player, who abuses a match official, either verbally or physically, will be subject to the disciplinary processes of the club, and the regional authority for the sport.

### **INSURANCE**

Every member of the team must have personal injury insurance. University of Leicester students can purchase this at Fresher's fair, from the Sports Association office or by purchasing a student Sports card.

### **DISCIPLINE**

Any member who incurs a fine from BUAFLE through their own fault will be responsible for the full payment of that fine.

Any member whose actions or behaviour during club activities put others at risk, or bring the club into disrepute, will receive a written or verbal warning from the club captain. Any further incidents may mean suspension or expulsion from the club.