

## Player Code of Conduct

### All affiliated players agree to:

- Treat everyone equally and sensitively regardless of age, disability, gender, race, ethnic origin, cultural background, sexual orientation, religious beliefs or political affiliation;
- Treat your team-mates and opponents, coaches, club officials and match officials with respect and consideration always - treat them as you would like to be treated;
- Not use foul, sexist, racist language or offensive gestures at any time;
- Know and abide by the rules and spirit of the game;
- Avoid violence and rough play and help injured opponents;
- Accept the decisions of the match officials without question or complaint (let your captain or coach ask the necessary questions) and avoid words or actions which may mislead a Match Official;
- Abide by the instructions of the coach and club officials, provided they do not contradict the spirit of this Code of Ethics and Conduct or the rules of basketball;
- Not attempt to improve individual performance with the use of banned substances / techniques;
- Condemn the use of recreation and performance enhancing drugs and abide by all anti-doping requirements;
- Give maximum effort and strive for the best possible performance through the whole game, even if it is considered already over;
- Learn to accept victory and defeat with humility and dignity and without excessive emotional displays;
- Work equally hard for yourself and your team - your team's performance will benefit and so will your own.
- Be a good sport, applaud all good performance, whether by your team or by the opponent;
- At the end of play applaud and thank your opponents and the match officials.
- Abide by the Basketball Wales Social Media policy

