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## **XLFC Weight-loss Football.**

# **Player Code of Conduct [Updated: 01.06.2024]**

## **Introduction.**

Welcome to XLFC Weight-loss Football. We are dedicated to supporting overweight men on their journey to improve fitness and health through football. Our clubs are built on principles of respect, inclusivity, and sportsmanship.

This Code of Conduct outlines the standards expected of all members to ensure a positive and supportive environment both on and off the pitch.

## **General Conduct.**

- **Respect and Inclusivity:** Treat all members, opponents, officials, and spectators with respect, regardless of race, religion, gender, sexual orientation, or ability.
- **Sportsmanship:** Uphold the spirit of the game by playing fairly and promoting a positive, team-oriented atmosphere.
- **Commitment:** Attend training sessions and matches regularly, and inform coaches or team managers in advance if you are unable to attend.
- **Health and Safety:** Prioritise your health and safety, as well as that of others. Report any injuries or health concerns to the coaching staff immediately.
- **Fair Play:** Actively promote fair play at all times.

## **Conduct on the pitch.**

- **Punctuality:** Arrive on time for training sessions, matches, and any club meetings.
- **Effort and Attitude:** Give your best effort in all activities, maintain a positive attitude, and encourage teammates.
- **Fair Play:** Abide by the rules of the game, respect referees' decisions, and avoid aggressive or dangerous play.
- **Equipment:** Wear appropriate football gear, including shin pads, and ensure your equipment is in good condition.
- **Post Match:** Win or lose with dignity. Shake hands with the opposing team and the referee at the end of each game.

## Conduct off the pitch.

- **Representation:** Remember that you represent XLFC at all times. Conduct yourself in a manner that reflects positively on XLFC and your fellow teammates.
- **Behaviour:** Avoid any form of behavior that could bring XLFC or one of its clubs into disrepute, including abusive language, physical altercations, and inappropriate conduct on social media.
- **Support:** Encourage and support fellow XLFC members in their weight loss and fitness journey. Celebrate each other's achievements and offer help when needed.

## Coaches, Team Managers and Club Officials.

- **Respect:** Show respect to others involved in training or in games including match officials, opposition players, coaches, managers, officials and spectators.
- **Laws:** Adhere to the laws and spirit of the game, being respectful of coaches and match official's decisions.
- **Behaviour:** Never engage in, or tolerate, offensive or abusive language or behaviour.
- **Result:** Be gracious in victory and defeat.

## Social Media Conduct.

- **Respect:** Use social media to promote XLFC positively. Do not post any content that could be considered offensive, discriminatory, or harmful to any XLFC club or its members.
- **Confidentiality:** Do not share any private or sensitive information about an XLFC club or its members without consent.
- **Positivity:** Share encouraging and motivational content that aligns with the XLFC's mission of health and fitness.

## Anti-Discrimination and Inclusion.

- **Zero Tolerance:** XLFC operates a zero-tolerance policy towards any form of discrimination, harassment, or bullying.
- **Inclusivity:** Ensure that everyone feels welcome and valued within all XLFC clubs. Work together to create an inclusive environment for all members.
- **Equality:** Follow our Equality Code in relation to our Kick It Out chartered club declaration.

## Health and Fitness Commitment.

- **Goals:** Set personal fitness and weight loss goals in consultation with XLFC coaching and support staff.
- **Participation:** Actively participate in fitness activities and follow guidance provided by coaches and support staff.
- **Healthy Lifestyle:** Adopt and maintain a healthy lifestyle, including proper nutrition and regular exercise, as part of your commitment to the XLFC ethos.
- **Mental Health:** Actively seek assistance through XLFC partnerships whenever necessary.

## Drug and Alcohol Policy (see appendix v1 for full policy).

- **Zero Tolerance:** XLFC has a zero-tolerance policy regarding the use of illegal drugs and the abuse of alcohol
- **Awareness:** All members must be aware of and understand this policy. Ignorance is not an excuse for violations.
- **Responsibility:** Each member is responsible for their own actions and for upholding the standards set forth in this Code of Conduct.

## Disciplinary Procedures.

- **Reporting:** Any breaches of this Code of Conduct should be reported initially to the specific XLFC locations' club committee members.
- **Investigation:** All reported breaches will be investigated fairly and promptly.

- **Consequences:** Disciplinary actions may include warnings, suspension, or expulsion from XLFC, depending on the severity of the breach.

## Conclusion.

By adhering to this Code of Conduct, you contribute to the positive, supportive, and respectful environment that makes XLFC Weight-loss Football a great place to achieve your fitness goals through a shared love of “the beautiful game”. Thank you for your commitment and cooperation. We look forward to seeing you on the pitch soon!

**Contact Information:** For further information or to report a concern, please contact XLFC directly via email: [info@xlfc.uk](mailto:info@xlfc.uk)

Sincerely,



**Chris Broadhurst**

**Chief Executive Officer - XLFC Weight-loss Football [XLFC Ltd.]**

**Approved by the XLFC Ltd. Board of Directors: 01.06.2024**



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