

# ProSport Club Regulations

## Internal Rules and Guidelines

Effective Date: May 2025

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## **1 Introduction**

These regulations outline the rules and guidelines for all members of ProSport Club, including players, coaching staff, administrative staff, and management. The purpose of these rules is to ensure a respectful, disciplined, and professional environment that fosters teamwork, growth, and success for the club.

All members are expected to read, understand, and adhere to these regulations. Failure to comply may result in disciplinary actions as outlined in Section 6.

## **2 Membership**

### **2.1 Eligibility**

- Players must be registered with the club and meet the eligibility criteria set by the local football association.
- Staff members (coaches, medical team, administrators) must be appointed by the club management and sign a contract outlining their roles and responsibilities.

### **2.2 Rights and Responsibilities**

- All members have the right to participate in club activities, access training facilities, and receive support from the club.
- Members are responsible for maintaining a positive attitude, respecting club property, and following these regulations.

## **3 Training and Matches**

### **3.1 Training Sessions**

- All players are required to attend training sessions as scheduled by the coaching staff. Punctuality is mandatory—players must arrive at least 15 minutes before the session starts.
- Proper training attire, including club-provided kits, must be worn during all sessions.
- Absences must be reported to the head coach at least 24 hours in advance, except in cases of emergency.

### **3.2 Match Day Rules**

- Players must arrive at the designated meeting point at least 1 hour before the match starts.
- All players must follow the coach's instructions regarding warm-ups, tactics, and substitutions.
- Unsportsmanlike behavior, including arguing with referees or opponents, will result in immediate disciplinary action.

## **4 Code of Conduct**

### **4.1 General Behavior**

- Respect: All members must treat teammates, coaches, staff, opponents, and officials with respect at all times.
- Professionalism: Members must maintain a professional attitude during training, matches, and club events.
- No Discrimination: Any form of discrimination, harassment, or bullying is strictly prohibited and will result in immediate suspension.

### **4.2 Social Media and Public Representation**

- Members must not post content on social media that could harm the reputation of the club or its members.
- Public statements about the club must be approved by the management team.

## **5 Facilities and Equipment**

- Club facilities (training grounds, gym, locker rooms) must be used responsibly. Any damage to property must be reported immediately.
- Equipment provided by the club (kits, balls, etc.) remains the property of the club and must be returned in good condition.
- Players are responsible for bringing their own personal gear, such as boots and shin guards, to training and matches.

## **6 Health and Safety**

- All injuries must be reported to the medical staff immediately. Players must follow the medical team's recommendations for recovery.
- The club will provide first aid during training and matches. For serious injuries, the club will coordinate with local medical services.
- Alcohol, smoking, and illegal substances are strictly prohibited during club activities.

## **7 Disciplinary Actions**

### **7.1 Violations**

Violations of these regulations include, but are not limited to:

- Failure to attend training or matches without prior notice.
- Unsportsmanlike behavior during matches.
- Disrespectful behavior towards teammates, staff, or officials.
- Violation of the code of conduct.

## 7.2 Penalties

- **First Offense:** Verbal warning and discussion with the head coach.
- **Second Offense:** Written warning and possible suspension from one match.
- **Third Offense:** Suspension from the club for a period determined by the management, or termination of membership.

## 8 Fines and Payments

- Fines may be issued for violations such as tardiness, failure to follow dress code, or minor misconduct.
- Fines must be paid within 7 days of issuance. Failure to pay will result in additional penalties.
- Players can request payment confirmation through the club application, subject to approval by the management.

## 9 Contact Information

For any inquiries or issues, members can contact the club management:

- **Email:** [management@prosportclub.ro](mailto:management@prosportclub.ro)
- **Phone:** +40 123 456 789
- **IT Support:** [support-it@prosportclub.ro](mailto:support-it@prosportclub.ro)

## 10 Acknowledgment

By joining ProSport Club, all members agree to abide by these regulations. These rules are subject to change, and members will be notified of updates through the club application or email.