

Armrestling Utrecht Code of Conduct

At Armrestling Utrecht, we want to create a sporting, safe and welcoming environment where everyone can enjoy training and improve their skills.

Therefore, we expect all members to:

1. Treat Others with Respect

- Treat other members, coaches, referees and opponents with respect, even when you disagree with each other.
- Insulting, belittling, intimidating or deliberately provoking others is not permitted.
- Be a good sport, both when winning and when losing.

2. Train Safely

- Armrestle in a controlled and safe manner.
- Listen when someone indicates that something is painful or feels unsafe.
- Always follow the instructions of coaches.
- Unnecessarily aggressive or dangerous behaviour will not be tolerated.
- Give others the space to train and learn at their own level.

3. Compete in a Respectful Manner

- Accept a loss and respect your opponent and the referees, even when you disagree with a decision.
- Do not engage in unnecessary arguments or conflicts about results, matches or rankings.
- Competition and a strong competitive spirit are welcome, but only at designated events, not during regular training sessions. These events include, among other things, challenges that are part of the ranking system (open challenges), other supermatches and tournaments. In all cases, competitiveness must never come at the expense of camaraderie.

4. Behaviour Outside the Club

This code of conduct also applies to behaviour on social media and other public platforms when you present yourself as a recognisable member or representative of Armrestling Utrecht.

This includes, for example, when you:

- Mention or tag Armrestling Utrecht;

- Present yourself as a member of Armwrestling Utrecht;
- Use the club logo, club shirt or other recognisable club branding;
- State verbally that you train at Armwrestling Utrecht;
- Post recordings of events that are (partly) organised by Armwrestling Utrecht.

In these situations as well, we expect you to behave respectfully and sportingly and not damage the reputation of the club.

5. Consequences

Failure to comply with this code of conduct may have consequences for your participation in the club. Depending on the severity and frequency of the behaviour, this may include:

- Receiving a warning;
- Being temporarily or permanently prohibited from participating in training sessions, club activities or the ranking system, and being removed from the ranking;
- Being prohibited from representing Armwrestling Utrecht at national or international competitions;
- In serious or repeated cases, losing your membership of the club entirely.

In cases of serious or unsafe behaviour, the club may intervene immediately.

Be passionate. Be competitive. But above all: respect the people you share this sport with.