



# 2023, SILENT SIDELINES COISTE NA NÓG

## Silent Sidelines:

1. All Coiste na nÓg games will have 'Silent Sidelines'. This means mentors and supporters must not talk to or shout at players, referees or other mentors during play.
2. One mentor who shall be designated as the Bainisteoir may coach their players during breaks in play. A break in play for Silent Sidelines shall be when the play is stopped after a score or wide or for a free, sideline kick/kick or when the referee has stopped play for medical attention to an injured player.
3. Mentors may also talk to players before, at halftime and after each game.
4. Referees will be asked to terminate games if 'Silent Sidelines' are not adhered to.
5. Persons that disregard this will be sanctioned by the Meath C.C.C.
6. With 'Silent Sidelines' the mentors, parents and spectators are asked to keep talking to a bare minimum on the sidelines. One mentor from each team will be given the task to instruct positively (not during the game), whilst everyone else watches on in SILENCE.
7. Supporters can clap and congratulate positive behaviour, but the adults are restricted from coaching their players from the sideline. This allows the players to make decisions for themselves, without having adults shouting 5 or 6 different instructions at them.
8. With the sidelines quiet, players have the chance to concentrate, make their own split-second decisions, and learn from them. Instead of being distracted by the stream of noise that usually exists, the players on the pitch get the opportunity to communicate with one another and make on field decisions. This also gives them time to think and focus on what they are about to do.
9. The main points are as follows:
  - a. Absolutely NO shouting or directing from the sidelines.
  - b. The Bainisteoir can speak to players during breaks in play, halftime and when making substitutions ONLY.
  - c. Clapping & cheering allowed for scores and positive effort from both sides.
  - d. No directing or coaching advice from other adults at any time.
  - e. No questioning of the official in charge of the game in any shape or form by anyone. All patrons must be outside the pitch fencing always. Only the designated persons can be inside the pitch fencing. Everyone else must stand back, observe, and enjoy the game in silence.
  - f. Bainisteoir / Manager - must stand in the designated area and is not permitted to enter field of play under any circumstance.
  - g. Selectors – they must stand in the designated area and may not act as Water/Hurley Carriers.
  - h. Water/Hurley carriers - they may not enter the field of play and must be 18 years old or older.
  - i. Medical person - may only enter field of play to attend to injured player(s).



- j. Club Secretary & Chairperson – along with the Bainisteoir have the responsibility of ensuring the Games Regulations are respected by players and members of team management.

## Aim of Silent Sidelines

1. To eradicate aggressive and abusive behaviour from mentors, players, and spectators.
2. To promote zero tolerance of defamatory comments or foul language, be it racial or discriminatory, towards referees, fellow players, and other supporters.
3. To promote an environment for sportsmanship and fair play in underage sport.
4. To provide education to adults and young people on the importance of RESPECT and just letting the children play.
5. To encourage safe participation for players and spectators.
6. To encourage mentors to observe, take notes and coach only when absolutely required.
7. To allow children's voices to be heard over adults' voices.
8. To not get so emotionally involved with their child's sport.
9. To allow children make mistakes without being ridiculed.
10. To bring FUN back into the game.
- 11. Coiste na nÓg an Mhí is mindful of the GAA Give Respect Get Respect campaign and has drawn up these Regulations for the benefit of all stakeholders – players, referees, team management, officials, media, members and spectators.**