



***Welsh Pétanque Association***  
***NATIONAL CONTRACT OF REPRESENTATION***  
***wpa/017/23***

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*August 2023*

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*Owner: President*

# NATIONAL CONTRACT OF REPRESENTATION



## Document Amendments

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*Certified as a true copy of the National Contract of Representation of the Welsh Pétanque Association as adopted by the Executive on 31<sup>st</sup> August 2023.*



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## 1. Introduction.

*The following Contract provides all players representing their country with the standards of behaviour that are required to ensure that Wales and the Welsh Pétanque Association (WPA) are highly regarded by the competing nations and the organisers of competitions and the associated activities.*

*This Code is to be taken seriously but is not intended to prevent you from having an exciting and entertaining competition. You are there to produce the best possible results for Wales, and the WPA, which should in itself provide you with real interest and stimulation.*

*All players and officials are representing your country, which is a major honour; consequently, you are in the spotlight.*

*Your good performance and conduct will be taken as a role model by less experienced players.*

*However, the potential to harm the game is considerable if you do not demonstrate the skill, sportsmanship and conduct that is expected and which presumably helped you achieve your place in the Team.*

*You are a recognised member of the Welsh team from the moment the group meets until it disperses after the competition.*

*Professional conduct is expected to be maintained at all times.*

*Implementing this Policy within the WPA is the responsibility of the President.*

## 2. Attendance.

*Should you fail to attend the event, you may be liable to reimburse the WPA for all monies they may have laid out in booking travel, accommodation, Team kit, and any other reasonable expenses deemed appropriate.*

## 3. Time Keeping.

*It is your responsibility to ensure that you report on time on any occasion when such a time has been given to you.*

*Any time notified should be considered as the latest time of reporting.*

*Lateness is not acceptable as it results in the whole Team being delayed.*

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*Should you not attend the event for any reason, you may be liable to reimburse the WPA for all monies they may have laid out in booking travel, accommodation, Team kit, and any other reasonable expenses deemed appropriate.*

## **4. Discipline.**

*The WPA will nominate an individual with the authority to have the final say in all matters relating to the Team's conduct.*

*The nominated individual may be:*

- *Member of the Executive*
- *Head of Delegation*
- *Team Manager*
- *National Coach or Named Coach*

*They consequently have the power to exclude players from all or part of the competition if the Contract of Representation is not observed or to take other disciplinary action that may be appropriate at the time or later if evidence of alleged misconduct is discovered.*

## **5. Behaviour.**

*You are expected to show respect and consideration to your team members, officials and supporters, the Competition Organisers, all other players, and all spectators.*

*You are expected to observe all the sport's rules and the competition or tournament, including proper attendance at any opening or closing ceremonies.*

*You are not, by any action or comment, to do anything that could bring the WPA into disrepute.*

*Any inappropriate behaviour may result in your exclusion from representing the WPA in the future.*

## **6. Alcohol.**

*Alcohol does not assist long-term performance and should be restricted to reasonable drinking when accompanied by food.*

*In all representative competitions, the consumption of alcohol during the event by the Welsh team is forbidden during play.*

*Strict alcohol limits are set for the World and European Championships and enforced by random testing during the event (see Supplementary Note 1).*

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## 7. Health.

### 7.1 General.

*Outdoor competitions are physically demanding, requiring a certain level of cardiovascular fitness. You must assess your ability to handle physical stress and ensure you can participate safely during the competition.*

*If you have any concerns, you must obtain clearance from your doctor, ensuring no specific medical contraindications to participating in the competition.*

*If you have pre-existing medical conditions like heart disease, diabetes, arthritis, or respiratory issues. Ensure that these conditions are well-managed and accounted for during the competition.*

*It would be best to consider your ability to play in difficult weather conditions, such as extreme heat or wet, and its potential health effects.*

*Remember that you may not have sufficient rest periods between games to recover fully.*

*For further information, see Supplementary Note 2*

### 7.2 Drugs.

*The taking of any illegal drugs whatsoever is banned.*

*For players who have taken any medication three months before the event, including non-prescription medicines, details must be notified to the WPA Medical Advisor in advance, and the prescribing doctor must provide written evidence.*

*You can download a complete list of currently prohibited drugs from the following website. Your nominated manager will also have a copy.*

*<https://www.wada-ama.org/en/resources/world-anti-doping-program/prohibited-list>*

## 8. Sleep.

*Players must ensure that a good night's sleep is obtained before each day's play to maintain the concentration and mental awareness required by our sport over a long duration,*

## 9. Team Strip.

*Players will be provided with Team Strip to be worn at all stages of the competition and at prescribed events associated with the competition. Unless informed otherwise by the WPA Executive, these are loan items only and must be returned at the end of*

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*the competition. All items not returned will be charged to the individual concerned at the full cost.*

## **10. Training Sessions.**

*By accepting an invitation to play for Wales, whether by qualification or selection, you have agreed to attend any practice and training sessions laid down by the Executive Committee or the nominated Manager. This includes all formal practice sessions at the competition venue.*

*In addition, you are expected to practice to deliver the skills for which you have been selected. This means taking every possible opportunity to practice, not just relying on the official practice sessions.*

## **11. Contract.**

*By entering the qualification process to represent Wales, you are deemed to have given the undertaking to have read, understood and abide by the contents of this Contract of Representation and agree to conform to all directions given to me by the delegated manager.*

### **WPA Executive Committee**

**Date:** 31<sup>st</sup> August 2023

**Review Date:** April 2024



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## ***12. Appendices***

*Appendix 1 – Supplementary Note 1: Alcohol*

*Appendix 2 – Supplementary Note 2: Health*





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## Appendix 1 – Supplementary Note 1: Alcohol

*This note provides further information on the WPA Code of Conduct for Players competing to represent Wales or playing for Wales in International Competitions and in any designated National Competitions to which the Code applies.*

*Drinking alcohol is a breach of this Code whilst a player is playing or where the player as the 4<sup>th</sup> or reserve player is waiting to play; likewise, the drinking of alcohol by a player in any area designated by the organisers as one where alcohol is not permitted and is a breach whether or not the player or their Team is playing at the time.*

*Testing for breath alcohol. The WPA may conduct either random tests using a breathalyser or, if deemed appropriate or necessary, where the organisers or the Umpire have reasonable grounds for believing a player has consumed alcohol in breach of 1 above or has or may have consumed alcohol which does or may exceed the WPA's safe alcohol limit (which is the same standard as that recognised by law for "drink driving" safety in England and Wales).*

*Refusal to submit to testing or failure to provide an adequate exhaled air sample shall be considered a positive control.*

*Rates of positivity: To continue the competition, the player should not have a rate greater than or equal to 0.25mg of alcohol per litre of air expired.*

*In the case of a positive control, a confirmation test will be carried out between 20 and 30 minutes immediately after the first test.*

*If the result of this test of confirmation is lower than the permitted threshold, the player will be able to resume the competition.*

*If the individual concerned presents a second positive test, they will be disqualified from the competition without appeal.*

*Further consequences of a positive control may include the imposition of additional penalties. These can consist of one or more of the following depending on the circumstances:*

- *Ineligibility: The player is barred from events for a specified time.*
- *Provisional Suspension is a temporary bar pending a final decision at a hearing.*
- *A financial Consequence is the imposition of a monetary sanction.*
- *Public Disclosure or Public Reporting, putting the final decision in the public domain – but only after any appeal has been dealt with which upholds the finding of a violation.*

*All World and European Championships organised by the FIPJP and CEP, respectively, require alcohol testing to be undertaken at all stages during the competitions. Alcohol testing undertaken by the CEP falls under their protocol for the Alcohol (Breath) Test.*

*This document can be accessed using the following link.*

*[https://www.cep-petanque.com/documents/Alcohol\\_test\\_protocol.pdf](https://www.cep-petanque.com/documents/Alcohol_test_protocol.pdf)*

*WPA Executive  
July 2023*



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## Appendix 2 – Supplementary Note 2: Health

The following Supplementary Note advises all members, especially those 70 and over.

When considering your participation in competitions, it is essential to prioritise your safety and well-being. While playing pétanque can benefit you, consider the following health requirements and precautions:

1. Medical Evaluation: Before participating in any competitions, you should consider undergoing a comprehensive medical evaluation by your doctor. This evaluation should assess your overall health, cardiovascular fitness, bone density, flexibility, and any medical conditions that may affect your ability to engage in physical activities.
2. Doctor's Clearance: Consider obtaining a letter from your doctor ensuring you have no specific medical contraindications to participating in the competition for which you have qualified.
3. Pre-existing Medical Conditions: Consider your pre-existing medical conditions, such as heart disease, diabetes, arthritis, or respiratory issues. Ensure that these conditions are well-managed and accounted for during the competition.
4. Cardiovascular Health: Outdoor competitions can be physically demanding, requiring a certain level of cardiovascular fitness. You must assess and confirm your ability to handle physical stress and ensure you can participate safely during the competition.
5. Muscular Strength and Balance: Evaluate your muscular strength and balance to reduce the risk of falls and injuries during the competition.
6. Medication Management: If you take medications, you must ensure your schedule is managed correctly during the competition.
7. Proper Warm-up and Cool-down: Before play, you should engage in appropriate warm-up exercises before the competition to prepare your body for physical activity. Additionally, ensure you practice proper cooling down and stretching techniques afterwards.
8. Hydration: Ensure you stay adequately hydrated throughout the competition.
9. Weather Considerations: Consider your ability to play in difficult weather conditions, such as extreme heat or wet, and its potential health effects.

Suppose the WPA Executive has concerns regarding a player's health due to medical events after qualifying for a competition. In that case, the player's doctor will be required to provide evidence that the player is fit enough to play.

Remember, you are responsible for consulting with the WPA Executive about any changes in your health that can affect your ability to play.

WPA Executive  
July 2023