

# NO MORE Round



## Sport Toolkit

**Link up. Stand together. Say NO MORE.**

**Use the Power of Sport to End Domestic and Family Violence.**



**CatholicCare NT**

# Welcome

Thank you for taking a stand and supporting NO MORE by hosting your own NO MORE Round. This round is a simple, powerful way for your club to promote respect, equality, and the prevention of domestic and family violence in your sporting community.

By taking part, your sport joins a growing movement of sporting organisations and communities using the power of sport to say NO MORE to violence.



## About NO MORE

NO MORE is a campaign of CatholicCare NT, founded in 2006 by Gurindji man and ABC commentator **Dr Charlie King AM**, after listening to Aboriginal Elders call for men to take responsibility to end violence. NO MORE works with sporting organisations, workplaces, councils, communities and all those wanting to make change —challenging harmful attitudes and creating safer families and communities.



Linking arms has become a powerful symbol of unity and accountability. NO MORE is a movement where we **"Engage to Empower"** —supporting individuals and organisations to take A STAND against domestic and family violence.

## Why Sport



### Sport Has Influence

Players, coaches and clubs are leaders and role models. When sport speaks, people listen.



### Break the Silence

Violence thrives in silence. When sport speaks up, it shifts attitudes across entire communities.



### Everyone Has a Role

From urban leagues to remote communities, every club —no matter its size —can make a meaningful difference.

# Why Host a NO MORE Round?

The NO MORE Round is a dedicated game or round where your club, players, officials and community come together to say NO MORE to domestic and family violence. Since 2014, sporting organisations across Australia have reached hundreds of thousands of people —creating real, lasting impact in their communities.



## Lead by Example

Show your community that your club stands for respect, safety and equality, and that violence has no place in your sport or community.

## Start Important Conversations

Build a team culture where everyone feels safe and supported, and create conversations about leadership and being an upstander.

## Become a Safe Space

Make your club a visible safe space where players, families and supporters can access information and know that help is available.

## Amplify the Impact

Join a movement alongside professional leagues. Share your round on social media to inspire others and raise your club's profile as a force for good.

# Domestic Violence Action Plans (DVAPs)

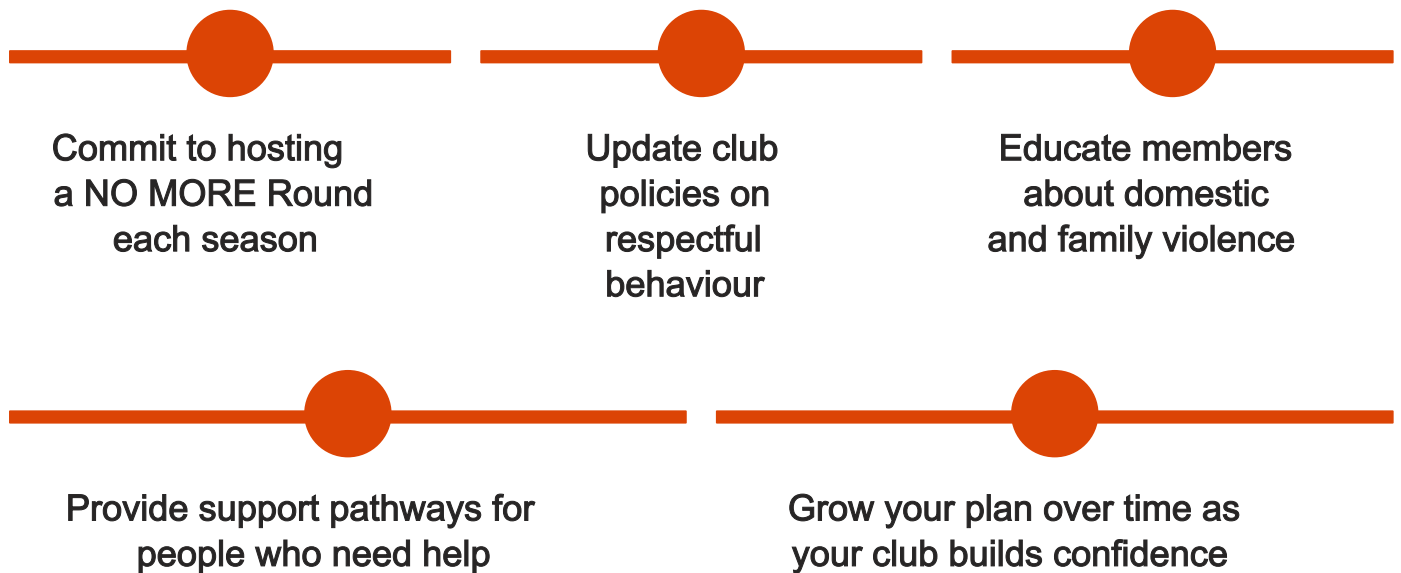


A DVAP is a list of agreed actions to promote safety, respect and equality. Your club's DVAP can be as straightforward as committing to host a NO MORE Round each season, or extend to actions like updating policies, educating members and providing support to people.

If your sport or community already has a DVAP, you can add "Host a NO MORE Round" as one of the actions in that plan – or use your existing plan to guide when and how you hold your round.

If your community does not yet have a DVAP, choosing to host a NO MORE Round can be your first DVAP action. By folding your NO MORE Round into a simple DVAP (even if it only has this one action to begin with), you're showing that your club is serious about ongoing, community-led change, not just a one-off event.

## Your DVAP Can Be Simple



See What Others Include in Their DVAP »

[www.nomore.org.au/dvaps-action](http://www.nomore.org.au/dvaps-action)



# How to Host Your NO MORE Round

Hosting a NO MORE Round is straightforward. Follow these three steps —the NO MORE team supports you every step of the way.

## STEP 1: Pick Your Date and Register

- Choose any game or round that works for your calendar. Consider aligning it with key dates like International Women's Day, International Men's Day, the 16 Days of Activism against Gendered Violence, during THE STAND and/or early in your season to have the biggest impact.
- Register your event by emailing [nomore@catholicarent.org.au](mailto:nomore@catholicarent.org.au)
- We'll send you everything you need: scripts, social media content and digital assets

## Step 2: Prepare (2 –4 Weeks Before)

Promote your NO MORE Round and brief your people. Announce via email, newsletter, social media and team chats using # NoMoreRound. Prepare your MC with game day scripts and assign a contact person for questions.



### Linking Arms Moment

All players and officials link arms before the game in a powerful show of solidarity.



### Leader's Address

A leader from your organisation speaks about what the day means to your club and community.



### NO MORE Representative

Invite a NO MORE representative to speak to teams before the game or in training sessions.



## Step 3: Game Day

### 1 Display NO MORE Banners

Display banners around your venue. Players and officials wear orange — wristbands, tape, socks.

### 2 Linking Arms Moment

Both teams and officials line up, link arms facing the crowd, and stand together in solidarity.

### 3 Use the PA/MC Scripts

Use provided scripts at pre-game, half-time and post-game to keep the message front and centre.

### 4 Present the Spirit of the Game Medal

Honour a player, umpire, scorer or volunteer who models respect and leadership.

### 5 Share on Social Media

Post photos and tag [@nomore.org.au](https://www.instagram.com/nomore.org.au) using # NoMoreRound and # NoMoreViolence.

# What You'll Receive When You Register

When you register your NO MORE Round, the NO MORE team provides a comprehensive toolkit to make your event as impactful as possible —from digital assets to physical resources and ongoing personal support.

## Digital Toolkit

- Ready-to-use PA/MC scripts for pre-game, half-time and post-game
- Social media tiles and sample posts
- Key messages about domestic and family violence
- Support service information
- Editable templates for posters and certificates

## Resources

- NO MORE signs and banners (loan for the event —talk to us about permanent signage options)
  - Spirit of the Game medals
  - Physical presence of NO MORE staff
  - Merchandise —talk to us about what may be available
- (Subject to availability)*

## Ongoing Support

The NO MORE team is here to help every step of the way. Contact us for:

- Advice and planning guidance
- Additional resources tailored to your community
- Media support to amplify your round



# Key Messages & Game Day Scripts

Use these messages and scripts in your PA announcements, social media and club communications. They are designed to be clear, inclusive and empowering.

## Key Messages

"NO MORE is about **working together** to end domestic and family violence."

"Sport has the power to create **positive change** both on and off the field."

"Everyone deserves to feel **safe and respected** at home and in our communities."

"Help is available 24/7: Call **1800RESPECT (1800 737 732)** or visit [1800respect.org.au](https://www.1800respect.org.au)"

## PA/MC Scripts

### Pre-Game

"Welcome to today's NO MORE Round. This special event is part of our commitment to ending domestic and family violence. Through sport, we can promote respect, safety and equality. We encourage everyone here today to stand together and say NO MORE to violence."

### Half-Time

"As part of our NO MORE Round, we remind everyone that violence has no place in our community, on the field or off. Together, through sport, we can create a safer future. Let's continue to play with respect and support one another."

### Post-Game

"Thank you for being part of our NO MORE Round today. Remember, by standing together, we can make a difference. Let's continue the conversation and say NO MORE to domestic and family violence."

### Spirit of the Game Medal

"As part of our NO MORE Round, we are proud to present the Spirit of the Game Medal to [Recipient Name] for their outstanding sportsmanship and commitment to respect and fairness."



# Fundraising

## Fundraising

The primary purpose of NO MORE Rounds is awareness, education and empowering people. However, NO MORE is a charity and our work depends on community support. If your organisation is in a position to do so, add a simple fundraiser to your round.

### Simple Fundraising Ideas

- Donation tin at the gate or canteen
- Gold-coin entry or small donation on the door
- Raffle with donated prizes
- Canteen percentage donated to NO MORE
- Share [nomore.org.au/donate](https://nomore.org.au/donate) on social media



## Social Media Tips

Sharing your NO MORE Round amplifies your club's impact. Always tag [@nomore.org.au](https://nomore.org.au) and use # NoMoreRound and # NoMore Violence.

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### Before Your Round

This [DATE], we're hosting a NO MORE Round to stand against domestic and family violence. Join us as we use the power of sport to create change. # NoMoreRound  
# NoMore Violence

2

### On Game Day

Today, we link arms and say NO MORE to domestic and family violence. Together, we can create safer communities. # NoMoreRound

[Include photo of linking arms moment]

3

### After Your Round

Thank you to everyone who joined our NO MORE Round today. Together, we're making a difference. # NoMoreRound # NoMore Violence [Include photos of Spirit of the Game recipients, banners, pledge banner]

# Support Services



If you or anyone you know is experiencing domestic or family violence, help is available right now. Share these services at your NO MORE Round —on banners, in MC scripts, on social media and in club communications.

 **Call 000**

**If you or someone else is in immediate danger**

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## 1800RESPECT

24/7 national counselling service

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

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## Kids Helpline

1800 55 18 00

[kidshelpline.com.au](http://kidshelpline.com.au)

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## Rainbow Helpline

LGBTQ+ communities  
including friends and  
family

1800 497 212

[fullstop.org.au](http://fullstop.org.au)

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## 13YARN

Aboriginal and Torres  
Strait Islander support

13 92 76

[13yarn.org.au](http://13yarn.org.au)

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## CatholicCare NT

Individual, family and  
community support

1800 899 855

[catholicarent.org.au](http://catholicarent.org.au)

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## Men's Referral Service

For those using violence

1300 766 491

[ntv.org.au](http://ntv.org.au)

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## MensLine Australia

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

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# NO MORE Round

## Simple Checklist



### LOCK IT IN

#### 4-6 WEEKS OUT

- Choose your date
- Register with NO MORE
- Assign a club lead
- Organise medal + resources

### GET PEOPLE READY

#### 2-3 WEEKS OUT

- Announce your round (email + socials)
- Brief coaches, officials, MC
- Confirm NO MORE availability
- Plan linking arms + speaker

### FINALISE DETAILS

#### 1 WEEK OUT

- Confirm roles (MC, photos, medal)
- Prep signage + orange gear
- Share reminder posts

### MAKE IT VISIBLE

#### GAME DAY

- Linking arms moment
- Leader's message
- Use PA scripts
- Present Spirit of the Game medal
- Take photos + post

### KEEP IT GOING

#### POST EVENT

- Share photos + thank community
- Reflect as a club
- Update DVAP if needed
- Schedule next year's round

### Questions?

Contact the NO MORE team on 1800 899 855 or [nomore@catholiccarent.org.au](mailto:nomore@catholiccarent.org.au)

