

TRUE SPORT PRINCIPLES

KEEP IT FUN

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

GO FOR IT

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

PLAY FAIR

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

INCLUDE EVERYONE

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

RESPECT OTHERS

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

GIVE BACK

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

STAY HEALTHY

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.