



Players can help promote positive sporting environments by:

## **Being a good sport**

- Play with respect, integrity and fairness
- Be modest in victory and gracious in defeat
- If you win, don't rub it in
- If you lose, don't make excuses
- Control your temper
- Don't use bad language or make derogatory remarks.

## **Respect your opponent**

- Treat your opponent the way you would like to be treated
- Thank the opposition at the end of the game

## **Respect officials**

- Accept and respect the official's decision
- Thank the official at the end of the game
- If you have an issue, raise it in a professional way with your coach or captain after the game.