

# **SPORTSMANSHIP - WHAT DOES IT LOOK LIKE?**

*Adapted from [championsofcharacter.org](http://championsofcharacter.org)*

## **Choose a role**

You can be a player, an official, a coach or a fan, but you can't play more than one role. If you're a fan, you can't pretend to be an official – that means you can't make a call or disagree with an official. If you're a player, it's not your job to coach — so let the coach do his or her job. Fans can't be a coach and coaches can't be fans. What's your role?

## **Player**

As a player, your role is to do your best at every practice and competition – both as an athlete and as an enthusiastic and supportive team member.

Good sportsmanship for athletes means you must:

- Treat opponents with respect. Shake hands before and after the game, and avoid verbal or physical action that is disrespectful. NEVER run up the score. Do what you can to prevent the perception of running up the score.
- Respect officials and accept their decisions.
- Follow the rules of the game.
- Remember that you represent your school, your family, and your community. Avoid any behavior that would embarrass or shame these groups.
- Cooperate with coaches, teammates, and officials.
- Avoid foul language or trash talk.
- If an opponent falls, help them up.
- Win with class and lose with grace.

## **Coach**

As a coach, your role is to enthusiastically guide your team and set an example for players and fans.

Good sportsmanship for coaches means you must:

- Treat opposing coaches, players, and fans with respect. Shake hands with coaches before and after the game. NEVER run up the score. Do what you can to prevent the perception of running up the score.
- Respect officials and accept their decisions. Shake hands with officials before and after the game. You never give credit to an official for winning a game, so don't blame them when you lose a game.
- Follow the rules of the game.
- Maintain a positive attitude and expect the same from your team.
- Act as a role model of good sportsmanship for players and fans. You set the tone for your players and fans by your behavior. If you argue with every call, your players and fans will do the same.
- Avoid demeaning or negative language. That includes the way you talk to your own players.
- Demand good sportsmanship at all times (from yourself, your players, and your fans).
- Win with class and lose with grace and expect the same from your players.

## **Fan**

As a fan, your role is to provide positive, enthusiastic support for your team and to respect your opponent.

Good sportsmanship for fans means you must:

- Treat coaches and players from both teams with respect.
- Acknowledge outstanding efforts from both teams.
- Respect officials and accept their decisions.
- Avoid demeaning, negative, or foul language.
- Maintain enthusiasm, composure, and a positive attitude in victory and in defeat.
- Act as a role model of good sportsmanship for other fans.

**REMEMBER - IT'S JUST A GAME.**