

# TRUE SPORT

## True Sport Principles

### Go For It

Rise to the challenge – always strive for excellence.  
Be persistent and discover how good you can be.

### Play Fair

Understand, respect, and follow the rules.  
Play with integrity – competition is  
only meaningful when it is fair.

### Respect Others

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

### Keep It Fun

Find the joy in sport and share it with others.  
Remember what you love about sport and why you play.

### Stay Healthy

Always respect and care for your mind and body.  
Advocate for the health and safety of  
yourself and those around you.

### Include Everyone

Recognize and celebrate strength in diversity.  
Invite and welcome others into sport.

### Give Back

Say thanks and show gratitude.  
Encourage your sport group to  
make a difference in the community.

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