## Athletes Character Code

<table>
<thead>
<tr>
<th>Moral Values</th>
<th>Actions in Life</th>
<th>Actions in Sport</th>
</tr>
</thead>
</table>
| **Be Respectful**            | Be respectful of other people  
                              | Be respectful of others’ property   
                              | Be respectful of the environment  
                              | Be respectful of yourself            | Be respectful of the game and to its rules and traditions  
                              | Be respectful of your opponents  
                              | Be respectful of the officials  
                              | Be respectful in victory and defeat |
| **Be Responsible**            | Fulfill your obligations  
                              | Be dependable  
                              | Be in control of yourself  
                              | Be persistent            | Prepare yourself to do your best  
                              | Be punctual for practices and games  
                              | Be self-disciplined  
                              | Be cooperative with your teammates |
| **Be Caring**                | Be compassionate and have empathy  
                              | Be forgiving  
                              | Be generous and kind  
                              | Avoid being selfish or mean            | Help your teammates play better  
                              | Support teammates in trouble  
                              | Be generous with praise; stingy with criticism  
                              | Play for the team, not yourself |
| **Be Honest**                 | Be truthful and forthright  
                              | Act with integrity  
                              | Be trustworthy  
                              | Be courageous to do the right thing            | Play by the spirit of the rules  
                              | Be loyal to the team  
                              | Play drug free  
                              | Admit to your own mistakes |
| **Be Fair**                  | Follow the Golden Rule  
                              | Be tolerant of others  
                              | Be willing to share  
                              | Avoid taking advantage of others            | Treat other players as you wish to be treated  
                              | Be fair to all players, including those who are different  
                              | Give other players an opportunity  
                              | Play to win within the rules |
| **Be a Good Citizen**        | Obey the laws and rules  
                              | Be educated and stay informed  
                              | Contribute to the community  
                              | Protect others            | Be a good role model  
                              | Strive for excellence  
                              | Give back to the sport  
                              | Encourage teammates to be good citizens |