

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.



**RINGETTE
CANADA**