

# True Sport Principles

## Go For It

Rise to the challenge – always strive for excellence.  
Discover how good you can be.

## Play Fair

Play honestly – obey both the letter and spirit of the rules. Winning is only meaningful when competition 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 of sport. Keep a positive attitude both on and off the field of play.

## Stay Healthy

Place physical and mental health above all other considerations – avoid unsafe activities. Respect your body and keep in shape.

## Include Everyone

Share sport with others. Ensure everyone has a place to play.

## Give Back

Find ways to show your appreciation for the community that supports your sport and helps make it possible.