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.
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.

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.