



# 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.