

# Athlete's Code of Ethics



1. Compete for the 'fun of it', not just to please your parents or coach.
2. Compete by the rules.
3. Never argue with Officials.
4. Be a good sport. Cheer all good competition by your opponents.
5. Treat all competitors as you yourself would like to be treated.
6. Remember that the goal of athletics is to have fun, improve your skills and to feel good.
7. Co-operate with your coach, officials and opponents, for without them, you don't have a competition.
8. Don't interfere with, bully or take unfair advantage of any competitor.