



CODE OF CONDUCT
FUN, FITNESS, FRIENDSHIPS & FAMILY

ATHLETES

- Compete according to the rules and in the spirit of fair play.
- Any approach to an official should be in a courteous manner. Never argue with an Official.
- Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is neither acceptable nor permitted in our sport.
- Be a good sport. Acknowledge all good results and performances.
- Encourage all other athletes in your age-group and Centre.
- Any form of cheating is unacceptable.
- Work equally hard for yourself and your Centre as both will benefit.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach and other athletes. Without them there would be no competition.
- Bad language is not to be used at any time.

PARENTS & SPECTATORS

- Remember children participate in Little Athletic activities for fun.
- Keep to designated spectator areas and do not encroach upon the arena or other competition sites.
- Encourage children to participate in all events if they are interested. However, if a child is not willing do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children an honest effort is as important as victory, so the result of each event is accepted without undue disappointment.
- Encourage athletes always to participate according to the rules.
- Turn defeat to victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.
- Applaud good performances and efforts from each athlete.
- Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
- Respect coaches' and officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise. Remember, coaches and officials give their time and effort for your child's involvement.
- Condemn the use of violence and verbal abuse in any form.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Bad language is not to be used at any time.