1. **I abide by the rules of the game.**  
   Part of good sportsmanship is knowing the rules of the game and playing by them. If you decide to play a given sport, it is your responsibility to learn not only how to play, but how to play according to the rules provided by the coach or instructor. The more a player knows the rules the more that player can enjoy the sport.
2. **I try to avoid arguments.**  
   Part of good sportsmanship is anger management. Arguing with teammates, opponents or officials does not show sportsmanship. A good sport knows that anger can get in the way of a good performance. A good sport knows how to walk away from an argument and to stay focused on the game at hand.
3. **I share in the responsibilities of the team.**  
   Good sportsmanship means that the player on a team is a *team player*. In other words, the player understands that his or her behavior reflects on the team in general. Team players do not let their actions or behavior get in the way of the team’s success.
4. **I give everyone a chance to play according to the rules.**  
   In youth sports the more talented players, if they are good sports, will look out for and encourage the less talented players on the team, cooperating with coaches and instructors to let everybody play.
5. **I always play fair.**  
   Honesty and integrity should be an important part of sports. A player with good sportsmanship does not want a victory which comes as a result of cheating or bending the rules.
6. **I follow the directions of the coach.**  
   A player with good sportsmanship listens to and follows the directions of the coach or instructor setting a good example for others on the team.
7. **I respect the other team's effort.**  
   Whether the other team plays better, or whether they play worse, the player with good sportsmanship does not put the other team down. Respect for your opponent is central to good sportsmanship. If an opponent out-performs a player that player accepts it, learns from it, offers no excuses and moves on. If a player out-performs an opponent, that player enjoys the victory, but does not gloat, does not belittle, and does not minimize the opponent's effort.
8. **I offer encouragement to teammates.**  
   A sign of good sportsmanship is a player who praises teammates when they do well and who encourages them when they make mistakes. Criticizing teammates distracts from the focus of working together and gives the advantage to the opponent.
9. **I accept the judgment calls of the game officials.**  
   Making mistakes is part of competing. Arguing with an official over a judgment call simply wastes energy. The player with good sportsmanship knows that errors may be made, but the player also knows that a game is made up of all the plays and calls from the beginning to the end of the game, not just the call in dispute. The player with good sportsmanship may be upset, but that player also has learned to focus his/her energies back on the game and on doing the best he/she can do for the rest of the game.
10. **I end the game smoothly.**  
    When the game is over, pouting, boasting or blaming have no place in the life of the players with good sportsmanship. Players with good sportsmanship focus on the joy of participating, not the outcome of the game. They may be upset or disappointed, but they know that their efforts to end the competition smoothly, will help ensure that the games will continue in the future.

***Sportsmanship is the ability to* win without gloating, lose without complaining, and treat your opponent with respect.**

***Sportsmanship Tips:***

1. If you make a mistake, don't pout or make excuses. Learn from it, and be

ready to continue to play.

1. If a teammate makes a mistake, offer encouragement, not criticism.
2. If you win, don't rub it in.
3. If you lose, don't make excuses.

I have read and understand the information included in the Penn Wood Sportsmanship Contract. I agree to show good sportsmanship before, during, and after all intramural activities. I also understand that if I do not show good sportsmanship I may be removed from an activity.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ideas for this contract were adapted from “Teaching Kids to be Good Sports”, written by Dr. Darrell J. Burnett.

<http://www.pelinks4u.org/articles/darden/sportsmanship.htm>