No matter what your favorite sport is (football, biking, or even chess) it is important to show good sportsmanship. In fact, sportsmanship isn’t just for sports- it applies to any competition or game.

- Know the Rules- listen to your coach, or read a book about the game before you start playing so that you can learn the rules and be a good player.
- Winning and Loosing- It’s fun to win, but you are a winner or a loser based on your attitude. When you win, thank your opponent for the good game, or compliment them on something they did well. When you lose, do the same thing. Shake hands or high five the other team.
- Playing Fair- Nobody wants to play with a cheater. Be honest and don’t cheat. When you make a mistake or a foul, admit it. Never use trash talk to intimidate the other player.
- Hurt Player- Never celebrate or cheer if another player gets hurt (even if it’s to your advantage). Show your support by clapping when he or she gets up, and after the game, tell him or her you’re sorry they got hurt and you hope they heal soon.

Coaches’ Corner

What do you do if someone from your tem is being a bad sport?
- Try talking to him or her with a couple of other players on the team.
- As a last resort, talk to the coach about it. A poor sport makes the whole team look bad.

What do you do if the bad sport is on the other team?
- If possible, ignore him or her.
- If things get really bad, call a time out and have your team captain talk to the referee about it.
- If a fight breaks out, walk away and let the adults handle it.

The Pierre de Coubertin medal is awarded to Olympic athletes who demonstrate extraordinary sportsmanship.
**High Five!**

**Five Behaviors of a Good Sport**
1. Applauds during the introduction of players, coaches, and officials.
2. Shakes hands of other players after a game—win or lose!
3. Accepts the decision of officials
4. Cheers in a positive way
5. Encourages others to be good sports.

**Five Behaviors of a Bad Sport**
1. Yells during free throws
2. Boos officials, players, coaches, or cheerleaders
3. Refuses to shake hands of other team after the game.
4. Blames officials, coaches, or players for loosing.
5. Uses profanity or throws objects at the other team or fans of the other team.

**Scoring Big**

What would you do if someone breaks a rule of you think the referee made a bad call?

What does this saying mean “It’s not whether you win or lose, it’s how you play the game.”?

Why does it matter if you are nice to the other team?

How can you use what you’ve learned to be a better player or fan?

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**Finishing School**

Practice sportsmanship by conducting a tic-tac-toe tournament in your group. Don’t forget to shake hands and say “good game!”