



Albany Girls Basketball Association

Players Code of Good Sportsmanship

I hereby pledge to provide positive support and encouragement to all teammates in youth sports by following the Code of Good Sportsmanship.

I will abide by the rules of the game.

Part of good sportsmanship is knowing the rules of the game and playing by them. If a player decides to play a given sport, it is the responsibility of that player to learn not only how to play, but to play according to the rules which have been established and standardized to allow competitive games to be played in an orderly fashion. The more a player knows the rules the more that player can enjoy the sport.

I will try to avoid arguments.

Part of good sportsmanship is managing your anger. Arguing with the officials, coaches or opponents is often simply a misguided effort at "letting off steam" in the heat of competition. A good sport knows that anger can get in the way of good performance. A good sport knows how to walk away from an argument and to stay focused on the game at hand.

I will share the responsibilities of the team.

Part of good sportsmanship implies that the player on a team is a team player. In other words, the player understands that her behavior reflects on the team in general. Moreover, a team player does not condone unsportsmanlike conduct from teammates and reminds players that they all share in the responsibility of promoting good sportsmanship.

I will give everyone a chance to play by the rules of the game.

Part of good sportsmanship implies that the more talented player, will look for and encourage the less talented player on the team by cooperating with the coach to develop their skills and their knowledge of the game.

I will always play fair.

Part of good sportsmanship is honesty and integrity. It is very crucial that the player plays fair. Winning as a result of cheating ("dirty" fouls, ineligible players, etc.) is a hollow victory and does not benefit the team or the individual.

I will follow the directions of the coach.

Part of good sportsmanship is listening to and following the directions of the coach, and realizing that each player's decisions affect the rest of the team. If a player has disagreements with the coach, the player along with their parents discuss the disagreements privately, away from the other teammates.

I will respect the efforts of the other teams.

Part of good sportsmanship is being able to accept the other teams abilities, whether they play better or worse. Respect for the other team is critical 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 belittle or minimize the efforts of the opponent.

I will offer positive encouragement to my teammates.

Part of good sportsmanship is a player who praises teammates when they do well and who comforts and encourages them when they make mistakes. Criticizing teammates during a game distracts them from the focus of working together and gives the advantage to the opponent who develops a sense of confidence when seeing signs of weakness or lack of unity.

I will accept the judgment calls of the game officials.

Part of good sportsmanship is knowing that people are human and mistakes happen. Arguing with the official simply wastes time and energy. The player with good sportsmanship knows that errors may be made and they may be upset about the call, but that player also has learned to focus their energies back on the game and on doing the best they can for the rest of the game.

I will end the game smoothly.

Part of good sportsmanship is a player who emphasizes the joy of participating, regardless of the outcome. The player knows that their efforts to end the competition smoothly, without antagonizing the opponent, will help ensure that the games will continue in the future.

Sportsmanship is the ability to:

- Win without gloating (don't rub it in)
- Lose without complaining (don't make excuses)
- Treat your opponent, and the officials, with respect

Sportsmanship Tips:

- If you make a mistake don't pout or make excuses. Learn from it, and be ready to continue to play.
- If a teammate makes a mistake, encourage, don't criticize.