

- Play for the "fun of it", not just to please your parents or coach.
- Understand and play by the rules.
- Never argue with the official's decisions. Let your captain or coach ask any necessary questions.
- Control your temper. Maintain your dignity in all circumstances.
- Work equally hard for yourself and your team your team's performance will benefit and so will your own
- Be a good sport. Cheer all good plays, whether your team's or your opponents.
- Treat all players, as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of any player.
- Remember that the goals of the game are to have fun, improve your skills and feel good. Doing your best is more important than winning.
- Cooperate with your coach, teammates and opponents, for without them you don't have a game.