



## **The Fundamentals of Good Sportsmanship**

The COSF Department of Recreation will be emphasizing the importance of GOOD SPORTSMANSHIP. The one thing we have realized is that many people have not had GOOD SPORTSMANSHIP explained to them. It is earnestly hoped that the following will help everyone to understand their responsibilities at an athletic contest.

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE GAME CONTEST/EVENT.
2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.
3. RECOGNIZE AND APPRECIATE SKILLS PERFORMANCES OF ALL ATHLETES AND/OR COMMUNITIES REGARDLESS OF AFFILIATION.
4. EXHIBIT RESPECT FOR THE OFFICIALS.
5. OPENLY DISPLAY RESPECT FOR THE OPPONENT AT ALL TIMES.
6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted.

### **Guidelines for Behavior - "What is Expected of YOU!"**

1. Exemplify the highest moral character, behavior and leadership, adhering to strong standards of ethics and integrity.
  2. Respect the integrity and personality of the individual athlete.
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3. Abide by and teach the rules of the game in letter and in spirit.
4. Set a good example for coaches, players and spectators to follow.
  - a. Refrain from arguments in front of players and spectators.
  - b. Make no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about.
    - c. Do not throw any object in disgust.
    - d. Coaches - shake hands with the officials and the opposing coaches before and after the contest in full view of the public.
5. Display modesty in victory and graciousness in defeat in public.
6. Be no party to the use of profanity or obscene language, or improper actions. Accept and understand the seriousness of your responsibility and the privilege of representing the department and the community.
7. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow coaches, and athletes. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
8. Teach good sportsmanship and reward teams/teammates who are good sports.
9. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport? Never direct remarks at opponents in a taunting manner.
10. Wish opponents good luck before the game and congratulate them in a sincere manner; just as you would like to be greeted following either victory or defeat.
11. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treat them with respect, even if you disagree with their judgment, and your reputation will only benefit. Leave a positive impression of you and your team in the eyes of the officials and all people at the event.
12. Understand the seriousness and responsibility of your role and the privilege of representing the department and the community in which you live.
13. Establish standards of desirable behavior and attempt to transfer that to your spectators.
14. Select positive comments which praise your team without antagonizing the opponents.
15. Encourage a positive crowd alternative when booing or an inappropriate behavior begins.
16. Give encouragement to injured players and recognition to outstanding performances for both teams.
17. Remember: recreational athletics are learning experiences for participants and mistakes are sometimes made. Praise athletes in their attempt to improve themselves both as young athletes and as people.
18. Spectators need to understand that admission to an event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious. You also are a direct reflection on your community/program.

19. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games and afterwards on or near the site of the event.
20. In all you do, promote ideals and fundamentals of good sportsmanship.
21. Speak out about acts of sportsmanlike behavior and do not give undue publicity to unsportsmanlike conduct.
22. Refrain from making negative comments toward participants, coaches, or officials.
23. Report facts without demonstrating partiality to either team.

### **Guidelines for Unacceptable Behavior**

1. For all COSF games/contests, any negative cheering/hollering may result in a warning and/or removal from the site, whether it is for or against your team. Use of artificial noisemakers or megaphones in the bleachers, seats, and standing areas around the perimeter of the competition in all IS NOT ALLOWED. The Tournament Director is empowered with the authority to make the final decision.
2. Use of tobacco in any form on the competition area or on the bench by participants, coaches, or officials, regardless of local rules, IS NOT ALLOWED.
3. Yelling, stomping feet, or waving arms during opponent's free-throw attempt.
4. Disrespectful or derogatory yells, chants, songs, or gestures.
5. Booing or heckling an official's decision.
6. Criticizing officials in any way or displays of temper in response to an official's call.
7. Yells or taunts which antagonize opponents.
8. Refusing to shake hands or give recognition for good performance.
9. Blaming loss of game on officials, coaches, or participants.
10. Laughing or name-calling to distract an opponent.
11. Use of profanity or displays of anger that draw attention away from the game.
12. Pulling team off the court.

### **Penalties for Unacceptable Behavior**

Any coach, player, or spectator acting in an unsportsmanlike manner or in any way that could prove detrimental to any player, official, coach, or another spectator will be subject to disciplinary action by the COSF Police Department, the COSF Department of Recreation and the COSF Basketball Committee:

1. Technical foul due to language unbecoming to the league/event  
(Must remain seated for remainder of game)
2. Technical foul due to touching or striking a coach or official  
(Suspension: remainder of the season)
3. Technical foul due to unsportsmanlike conduct at an athletic event/program

(Must remain seated for remainder of game)

4. Two (2) technical fouls in one game or damage to recreation property  
(Ejection: plus next game suspension/coach parent must leave building)

Any player or coach ejected from a game will be suspended for one game, in addition to the game from which ejected.

1. A forfeited (not played) game shall not be counted as a sit-out game for an ejected player/coach.

2. Thrown out of a game/contest/event (suspension remainder of present game/contest/event, suspension next game, and must leave the park immediately)