

**Author:**  
**Kathryn J. Cox, Ph.D.**  
**Ohio Extension 4-H Specialist, Youth  
Development**



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# *Sportsmanship For Participants In Youth Programs and Events*

## ***Sportsmanship:***

*Conduct becoming to an individual involving  
fair and honest competition, courteous  
relations and graceful acceptance of results.*

## Sportsmanship Expectations For Youth Participants

The development of sportsmanship is an important part of growing up. To become contributing, competent, caring, capable adults, youth must develop sportsmanship.

It is important to be a fair and generous competitor, good loser, and graceful winner. Participants in youth programs and events are expected to demonstrate each of the elements of good sportsmanship before, during, and after participation.

### 1. *Conduct:*

Demonstrate and maintain high standards of personal behavior and conduct which become you as an individual and as a representative of your family, your community, and your youth program or group.

### 2. *Fairness:*

Learn and follow the rules. Do not cheat. Be objective, honest, and just in evaluating yourself and others.

### 3. *Honesty:*

Be truthful, fair and straightforward in everything you say and do. Show integrity. Do not lie or deceive. Do your own work. Do not understate or overstate your abilities, skills, or accomplishments.

### 4. *Competition:*

Accept that the nature of competition is trying to get what others also want, involves rivalry between contestants to earn rewards, and results in both winners and losers.

### 5. *Courtesy:*

Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful in your attitude and your behavior regardless of whether you do well or not, or whether you win or lose.

Do not argue with the judges or officials. When you have concerns, questions, or suggestions, be polite in expressing them.

Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your advisors, coaches, parents, and others. Give others the benefit of the doubt. Treat people, animals, and things kindly.

Hide bad feelings, do not whine or grouch about anything, and keep your emotions under control.

### 6. *Graceful Acceptance Of Results:*

Accept judges' and officials' suggestions and the results with a positive attitude.

If you do not win, or if you receive a lower evaluation than you expect, do not gripe, complain, pout, make excuses, or say you didn't feel well.

Congratulate those who do win and who performed better than you did. Recognize, appreciate, and try to learn from the accomplishments and admirable traits of others. Recognize, learn from, and try to improve your own shortcomings. Do not protest or make accusations unless you have proof and are willing to personally face the person(s) you are accusing.

If you are selected as a winner or receive a higher evaluation than you expect, graciously thank the people who congratulate you. Be happy but do not gloat, brag, act conceited, or downplay your accomplishments.

Finally, regardless of the outcome thank your parents, advisors, program organizers, sponsors, judges, and others who helped you.