



Thomas Jefferson RAMS Athletics

The Ten Commandments of Sportsmanship

- 1. “Golden Rule” - Do unto others as you would have others do unto you.**
- 2. Enjoy yourself and promote enjoyment for others.**
- 3. Be responsible for your actions.**
- 4. Have an open mind to others’ weaknesses and have a forgiving attitude.**
- 5. Have pride in one’s performance and one’s school.**
- 6. Be a friend, not an enemy, and promote a positive environment.**
- 7. Encourage others to do or be their best.**
- 8. Sportsmanship should be contagious.**
- 9. Remember, it’s a privilege to participate.**
- 10. Practice sportsmanship in all situations, at all costs.**