

U.S. Figure Skating Basic Skills Program

FAIR PLAY

Have fun...Skate well...Play fair

In sports there seems to be a need for “fair play” and good sportsmanship to be taught and displayed. The following “fair play” codes have been developed with the hope that “fair play” can be learned and practiced at ice rinks all over the United States.

1. Skate for fun. Skate for yourself. Set goals for your own improvement.
2. Honest effort is as important as victory. Winning is doing your best.
3. Play by the rules. Do the right thing.
4. Cooperate with your instructor, other skaters and the rink management; they make it possible for you to skate.
5. Be nice to everyone no matter the outcome of the competition.
Congratulate everyone for a good performance.
6. Control yourself. Negative or bad comments and behavior detracts from the sport and makes you look bad.
7. Treat all skaters as you would like to be treated.
8. Set a good example for younger, less experienced skaters. They look up to you.
9. Remember that the goals of any sport are to have fun, build skills and improve mental and physical conditioning and discipline.
10. Maintain a positive attitude and outlook. Help others to see their strengths.

HAVE FUN!