

NUS ATHLETE'S CODE OF HONOUR

The NUS Athlete's Code of Honour is underpinned
by three fundamental principles:

(a) **exemplary sportsmanship** (b) **sporting excellence** and (c) **discipline**

The Code identifies qualities and attributes to be embraced and upheld by NUS athletes
in competitions or sporting-related events and activities.

EXEMPLARY SPORTSMANSHIP

1. Sportsmanship

- To uphold the spirit of fair play, pursuing victory with honour and treating opponents with respect and courtesy.
- To embrace victory with humility and defeat with grace.
- To respect teammates, opponents, coaches, team managers, supporters, officials and the rules of the game.

2. Pride

- To uphold the NUS name at all times by displaying exemplary behaviors.
- To be an ambassador for sports and a source of encouragement, support and inspiration for peers.
- To demonstrate the teamNUS spirit and don the teamNUS attire with pride at all times.

3. Integrity

- To uphold the moral principles of an athlete and to always do the right thing.
- To win fairly through own capabilities without relying on banned substances that enhance performance.

SPORTING EXCELLENCE

1. Winner's Mentality

- To be focused, self-motivated, and committed to the sport
- To believe in own strengths and to give one's utmost in every competition.
- To develop competitive edge by having the hunger for victory and excellence.

2. Tenacity

- To persist, show determination and exhibit fighting spirit that will spur the team.
- To learn from defeats and become a stronger athlete.

DISCIPLINE

1. Fitness

- To attend and be punctual for trainings and competitions.
- To be a responsible team player by sustaining own level of fitness.
- To be physically and mentally ready for all competitions.

2. Conduct

- To always adhere to the safety regulations of the sport.
- To abide by the rules of all competitions and respect the officials who govern them.

~END~

Undertaking

As a teamNUS Varsity athlete, I hereby pledge to uphold the
NUS Athlete's Code of Honour at all times.