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.