



WOMEN'S 4X4 SPORTSWOMAN CONDUCT

1. Ensure **safety** of others – clip your nails, remove all face, neck, wrist & hand jewellery including watches.
2. **Show up** to play – it's your exercise time.
3. Come **prepared** – bring league t-shirt, water bottle & snack for after the game.
4. Demonstrate **gratitude** – thank the referees, score table and g.a.b staff for providing a safe space for women to play.
5. Be a **positive communicator** – give praise to other women who performed a good move or shot on you instead of intimidation or trash talk.
6. Give **empathy** – if someone is knocked down by accident, immediately pick them up & ask if they are ok?
7. **Respect the referee call** – accept the call with a smile even if you disagree. Speak with a calm tone at half-time or end-of-game to a ref.
8. Bring a **positive attitude always** – leave personal issues & frustrations at the parking lot.
9. **Shake hands** with everyone at the end of the game no matter the score.
10. **Be light** with your energy – leave the intensity outside.

KNOW THAT YOUR REGISTRATION FEE, FORFEIT FEE & FINAL GAME SPECTATOR FEE SUPPORTS OUR YOUTH BY HELPING FAMILIES IN NEED. WE THANK YOU!