



PERPETUAL CALENDAR FOR A FAIR PLAY WORLD

FAIR PLAY IS EVERY DAY



FAIR PLAY IS PRACTICED ON A DAILY BASIS. AND IT'S EVERYONE'S CONCERN!

Kathleen Monseu, Jennifer Thienpont and Thibault De Rijdt, the authors of this perpetual calendar, have been committed for many years to the noble mission pursued by Panathlon Wallonie-Bruxelles: to restore the most beautiful colours to sports. All three of them, present throughout the year in sports fields as well as in schools and society, know that the defence and promotion of the positive values conveyed by sports can take many shapes. This proves that Fair Play, a serious and universal concept, can be attractive, playful, and accessible.

Therefore, whether we are athletes, coaches, referees, supporters, volunteers, leaders, teachers, physical education instructors, school principals, parents, public officials, public institutions... we can all act at our level to make Fair Play the norm in sports practice, in all its forms.

With the help of Panathlonian clubs, European Fair Play Movement and International Fair Play Committee they have formulated the 365 initiatives in this calendar in a way that everyone can take ownership of them, bring them to life, and multiply them. Each day offers 1 concrete example accompanied by an illustration or a QR code to scan, leading to additional information. This work has further confirmed that Fair Play is practiced on all life's fields, across all continents.

One small clarification: for the sake of readability, the authors have favoured the use of masculine forms in referring to the mentioned actors. This is certainly not meant to minimize the role of women in the sports world, as gender equality is more than ever at the heart of the concerns of World Fair Play Day's partner institutions.

Enjoy!



PHILIPPE HOUSIAUX

**President of the Panathlon Wallonie-Bruxelles
and the European Fair Play Movement**




Fair Play should be an everyday thing: The proof is in the pudding.

This “perpetual calendar”, dedicated to the way in which we are never short of ideas when it comes to taking practical action in all areas of sport and life, is an absolute first in the history of the way we like to pass on to others the values that make up the strength and richness of the spirit of sport. And these values of respecting our opponent, the camaraderie that goes beyond the dimension of one person or team playing another, accepting defeat with good grace and being modest in victory can all be found in this universal word: FAIR PLAY.

First and foremost, all of the hard work carried out by the Panathlon Wallonie-Bruxelles (assisted by the Panathlon International, the International Fair

Play Committee and the European Fair Play Movement) in order to bring together initiatives from all over the world that are undoubtedly worthy of featuring both in this work promoting Fair Play and on its Internet platform (<https://worldfairplayday.org>) deserve our full recognition. But in particular, each person and party within the broad and composite world of sport must make it their “duty” to disseminate, nourish and enrich Fair Play so that this collective work is able to develop and come into being at any location where sport is practised and enjoyed, while firmly rejecting the devious conduct that sullies the spirit of sport and – worse still – falsifies and distorts its results.



We are well aware of this, but it is the kind of information that needs to be repeated over and over again: the sportsmen and women of the world are the “great state”, governed by as many rules as there are sports; and these rules apply wherever there is a process created by local, regional, national, continental and global clubs and federations, and above all, where they are united around the same values. As a consequence, this amazing world has some very serious commitments to make in order to ensure that the application of these values “rubs off” on their various societies, families, elected representatives and governments.

Now more than ever, sport can and must accept that it is a vehicle for peace through the application of these voluntary forms of conduct. That is probably the most noble objective of this “perpetual calendar”: to give everyone the tools they need to make our planet a FAIR PLAY world.

So, without delay and wherever Worlds of Sport may exist, let’s spread the Fair Play word and apply these first 365 practical ideas. Fair Play is more than just a mere drop of water in the ocean: it is the life source that we need to feed and nurture a different World.



Philippe Housiaux

President of the Panathlon Wallonie-Bruxelles and
the European Fair Play Movement



JENO KAMUTI

President of the International Fair Play Committee



Dear Friends of Fair Play,

I am delighted that we have been celebrating Fair Play together for many years. For us, the International Fair Play Committee, the organisation which celebrates its 60 years birthday since its foundation, is especially important that not only athletes hear and know about Fair Play, but also the wider society.

Some Fair Play acts, thanks to the media reach many people, at the same time we exactly know that good Fair Play acts are being taken every day all around the world.

CIFP, together with the 3 other organisations would like to make people aware of more exemplary Fair Play acts. One of the ways to promote it is to publish Fair Play acts on each day of the year, received and gathered from all around the world. I hope that our activities can motivate more and more people to think over some situation and make Fair Play acts.

Jeno Kamuti

President of the International Fair Play Committee



PIERRE ZAPPELLI

President of the Panathlon International

Exhibiting Fair Play to the detriment of one's own performance, reporting errors of judgement or stopping to help an opponent are rare and praiseworthy gestures and deserve recognition more than any other.

It is first and foremost through education that one learns how to exercise Fair Play.

Panathlon International is committed to this educational task, enshrined in the Olympic Charter, not only through the action undertaken by the management, but also and especially through the efforts deployed by some 300 Panathlon International Clubs scattered across the four continents, by disseminating the Charters of Fair Play, of the rights of children in sport and of the duties of parents in sport, as well as through events involving athletes and their families.

In addition, together with the organisations promoting the World Fair Play Day (CIFP-EFPM-PCWB), efforts have been made to inspire people to respect the principles of Fair Play: there is no better way than by emphasizing achievements, excellent and admirable gestures. The initiative to create a Calendar goes precisely in this direction: 365 examples of Fair Play initiatives and acts to highlight the positive values of sport.

Long life to World Fair Play Day and projects that can improve sport, our society and new generations!



PANATHLON INTERNATIONAL

LUDIS LUNGIT

Pierre Zappelli

President of the Panathlon International

A close-up photograph of two hands shaking in a firm, confident grip. The hands are positioned centrally, with fingers interlaced. The skin tones are warm and natural. The background is a soft, out-of-focus yellowish-gold gradient. At the top of the image, there is a row of black, U-shaped marks resembling the holes of a spiral notebook binding.

**FAIR PLAY
IS
EVERYDAY**

1

DAY 1

USE AND SHARE THE PERPETUAL CALENDAR FOR A FAIR PLAY WORLD

This calendar serves as a fresh tool for promoting the positive values of sports. It is available online at www.worldfairplayday.org.

Make the most of it so that these examples and admirable actions can multiply at all levels of sports practice.



2

DAY 2

DENOUNCING NEGATIVE INCIDENTS OCCURRING IN STADIUMS

Denouncing negative incidents occurring in stadiums.



BEING FAIR PLAY MEANS opposing such events that negatively impact sports by making them public, sharing them on social media, with the press, and the media.

FOLLOW THEIR EXAMPLE : In 2015, during a trip to Paris, supporters of the London club Chelsea shocked the world by preventing a black passenger from boarding the subway while singing «We're Racist.» Outraged, English supporters of West Ham United chose to denounce this act in a creative way. They filmed a short video reenacting the same situation but applauding a black passenger entering the subway.

▶ READ MORE

3

DAY 3

MOTIVATE AND INSPIRE STUDENTS OF ALL ABILITIES

One of the pleasures of sport is to see yourself grow.

BEING FAIR PLAY MEANS a trainer encouraging the achievements of each player.

HOW ? By respecting their abilities and providing motivation and support without bias. This can have an impact on their psychophysiological factors, such as heart rate, lactate levels, perceived difficulty and pleasure.



► READ MORE



4 DAY 4

DEVELOP INTERGENERATIONAL SPORTS GATHERINGS

Such a gathering is first and foremost a human encounter, and everyone stands to gain from it.



BEING FAIR PLAY MEANS making intergenerational interactions enriching.

FOLLOW THEIR EXAMPLE : In the French town of Étréchy, the walking club organized a stroll in 2023 to bring together the young and the elderly. The agenda included 4 kilometres that united the two generations. To top it off, they shared a delicious snack.

► [READ MORE](#)

5 DAY 5

AS A COACH, TELL PLAYERS TO LET THE OPPONENT SCORE

The greatest players are distinguished by their class and respect.

BEING FAIR PLAY MEANS consenting to re-balance a match in a logical way.

FOLLOW THEIR EXAMPLE : Marcelo Bielsa, who has a reputation for his exploits on the bench and his long press conferences, stood out again in 2019. His team had scored a late goal against Aston Villa, a contender team, and then “El Loco” asked his players to let the other team score. His players’ goal had triggered a scuffle, as Aston Villa complained that the “Peacocks” had kept playing even though one of their players was injured.





6

DAY 6

OFFER SAFE SPORTS FACILITIES

The safety of everyone is also a matter of respect and Fair Play.



BEING FAIR PLAY MEANS being attentive to any existing or potential issues.

FOLLOW THEIR EXAMPLE : A Spanish Safety Manual for sports facilities aims to be a support tool for individuals involved in a sports facility, with the goal of minimizing accidents that may occur there.

▶ READ MORE

7

DAY 7

LEND JERSEYS TO THE OPPOSING TEAM

During away days, some teams might forget their jerseys, which could lead to the match being cancelled.

BEING FAIR PLAY MEANS doing everything possible to ensure that the match takes place.

HOW ? By lending a set of jerseys to the opposing team.



► READ MORE

8

DAY 8

ENFORCE A ZERO-TOLERANCE POLICY TOWARDS ALL MISCONDUCT

Sports federations have a duty to promote and provide a clean and positive sports environment.



BEING FAIR PLAY MEANS positioning your federation as a 100% Fair Play organization.

FOLLOW THEIR EXAMPLE : The Royal Dutch Motorcyclists Association has established a declaration and codes of conduct to be followed in the practice of this discipline. A contact person is available within the federation to guide individuals through procedures when they encounter certain issues, ensuring that nothing is overlooked.

▶ READ MORE





DAY 9

DARE TO PUT YOURSELF IN THE SHOES OF A DIFFERENT ATHLETE

A Fair Play sport cannot exist without inclusion and sharing.

BEING FAIR PLAY MEANS making an effort to better understand others in their differences and daily realities.

FOLLOW THEIR EXAMPLE : The Educational and Catholic Teaching Sports Federation in France published the file «Sharing, Meeting, Solidarity» in 2013.



► [READ MORE](#)

10

DAY 10

BROADCAST THE « LE FAIR-PLAY, C'EST TOUS LES JOURS » CLIP

Fair Play is a state of mind that must be lived every day.



BEING FAIR PLAY MEANS promoting this message by widely distributing and sharing the clip produced as part of World Fair Play Day.

FOLLOW THEIR EXAMPLE : The Italian National Fair Play Committee shares this clip.

▶ READ MORE



11

DAY 11

CELEBRATE TOGETHER BY MIXING WITH THE OTHER TEAMS DURING THE POST-MATCH FESTIVITIES, OFTEN REFERRED TO AS THE «THIRD HALF»

Sports should remain a source of enjoyment and camaraderie for all participants.

BEING FAIR PLAY MEANS sharing those moments regardless of the final outcome, promoting a sense of unity and sportsmanship. Following this practice fosters a positive atmosphere and emphasizes the social and community aspects of sports.

FOLLOW THEIR EXAMPLE : The rugby club in Frasnés-Lez-Anvaing, Belgium, celebrated with both teams after the match to create a memorable and heartwarming experience that showcases the true spirit of sportsmanship.



► READ MORE

12

DAY 12 LEAVING THE STANDS CLEAN AFTER A COMPETITION

The beauty of sports also lies in respecting the facilities and the efforts of the organizers.



BEING FAIR PLAY MEANS leaving the premises clean and tidy when departing.

FOLLOW THEIR EXAMPLE : During the 2018 and 2022 World Cups, supporters of the Japanese national football team started a trend of cleaning the stands before leaving the stadium. This simple gesture was praised worldwide.

13

DAY 13 **GIVE ONE'S MEDAL TO ANOTHER DISAPPOINTED ATHLETE**

Sadness and disappointment can be overwhelming for a young athlete.

BEING FAIR PLAY MEANS deciding giving them your medal and being satisfied with the official results.

FOLLOW THEIR EXAMPLE : In 2022, Welsh rugby player Josh Adams made a wonderful gesture by giving his Man of the Match medal to Ange Capuozzo. The Italian had an exceptional game, culminating in a magnificent final breakthrough that secured victory for his team (21-22).

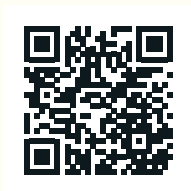


► [READ MORE](#)

14

DAY 14 **RESPOND WITH HUMOR TO A RACIST ACT**

Humor often serves as a good response to negative actions.



BEING FAIR PLAY MEANS diverting a discriminatory act to highlight its absurdity.

FOLLOW THEIR EXAMPLE : Brazilian defender Dani Alves of FC Barcelona ate a banana thrown by a racist fan during a 2014 Spanish League match, responding in a humorous and dignified manner.

► [READ MORE](#)



15

DAY 15 **GIVE YOUR JERSEY TO A SUPPORTER**

A supporter invests a lot of effort to cheer on their favorite athlete/player. This support greatly contributes to the competitor's mental strength.

BEING FAIR PLAY MEANS expressing gratitude to your supporters by willingly giving your jersey to one of them. This gesture will create a wonderful memory for them.

FOLLOW THEIR EXAMPLE : Argentine football player Paredes gave his jersey to a supporter during the warm-up before a match in 2023.



▶ [READ MORE](#)

16

DAY 16

PROMOTE THE INTERNATIONAL DAY OF LIVING TOGETHER IN PEACE ON MAY 16TH

The sporting community must spread a universal message of peace.



BEING FAIR PLAY MEANS more than everyday actions, but also about reaffirming the message every May 16th.

FOLLOW THEIR EXAMPLE : Panathlon International, in 2022, joined hundreds of organisations to show the film «We All» that addressed that theme through 8 positive stories from around the world. The aim was to create a movement to spread this film as widely as possible that day.

► [READ MORE](#)



17

DAY 17

STRETCHING THE OPPONENT IN CASE OF A CRAMP

During intense effort, athletes sometimes suffer from muscular cramps but do not have access to their physiotherapists.

BEING FAIR PLAY MEANS taking the time to help them stretch in order to alleviate their physical suffering.

FOLLOW THEIR EXAMPLE : In 2015, during the Spanish championship, aware that his opponents were out of breath after having played with nine men since the 12th minute, Portugal's Cristiano Ronaldo went to help stretch out an opponent that was lying on the pitch. A customary gesture on soccer pitches, but one that serves to remind us that CR7 remains a man like any other when faced with difficulty.



18

DAY 18 **FORMALLY RECOGNISE THE WORLD FAIR PLAY DAY
MANIFESTO**

This World Day wants to show that Fair Play can be encouraged by both big actions and small acts.



BEING FAIR PLAY MEANS showing one's commitment to this World Day and its values.

FOLLOW THEIR EXAMPLE : Whether you are an individual or a member of an organisation, sports federation, sports club, national Olympic committee, you can also sign this manifesto to express your solidarity. Much like the Belize Olympic Committee.

19

DAY 19

CREATE A CONFIDENCE BUFFER ZONE AT THE TRAINING SITE

**The field should remain a place for training and learning.
There is no room for conflicts and other issues.**

BEING FAIR PLAY MEANS keeping a neutral zone near the field free.

HOW ? By using this buffer zone to debate and discuss topics that go beyond the sports field.



20

DAY 20

ENSURE MEDIA COVERAGE OF THE SPORT PRACTICED BY ATHLETES WITH A PHYSICAL DISABILITY

Athletes with a physical disability represent a large part of participants.



BEING FAIR PLAY MEANS ensuring more attention and recognition for their competitions and outcomes.

FOLLOW THEIR EXAMPLE : By bringing to life the International Day of Sport and Disability every March 23rd. Between the 2012 and 2020 Games, there has been an undeniable increase in viewers following the Paralympic Games. The Rio 2016 Paralympic Games attracted approximately 4.1 billion viewers worldwide. This is up from the 3.8 billion reached at the London 2012 Paralympic Games. Globally, the Tokyo 2020 Paralympic Games attracted 4.25 billion viewers. This shows an important increase.

► [READ MORE](#)



21

DAY 21 HONOUR AND REWARD FAIR PLAY PERSONALITIES

Acts of sportsmanship leave a lasting mark on sports.

BEING FAIR PLAY MEANS shining a spotlight on individuals who are making a difference for a more beautiful sport.

FOLLOW THEIR EXAMPLE : Every year, the International Fair Play Committee awards its Fair Play Awards to the most remarkable Fair Play gestures or behaviours that uphold values.



▶ READ MORE

22

DAY 22

ENSURE MEDIA COVERAGE FOR SPORTS INVOLVING INDIVIDUALS WITH A MENTAL DISABILITY

Because sports should be accessible to everyone.



BEING FAIR PLAY MEANS providing equal visibility to all athletes, without any distinction.

FOLLOW THEIR EXAMPLE : Eurovision Sport has reached an agreement for several members of the European Union to cover the 2023 Special Olympics World Games held in Berlin, Germany from June 17th to June 25th, 2023.

► READ MORE



23

DAY 23

USE FOOTBALL TO IMPROVE WELL-BEING AND INTEGRATION

Football is more than just a game that is watched by millions of people. It is also a sport that can unite people from different backgrounds and cultures.

BEING FAIR PLAY MEANS using football for to help people who have no other resources, because of their hard living situations.

FOLLOW THEIR EXAMPLE : A World of Football is a non-profit organisation that started in 2012. It uses music videos and films to show how football can improve the well-being and inclusion of men, women and children in society.



► READ MORE

24

**DAY 24 BE COURTEOUS AT THE CLUB
AND COMPETITION VENUES**

Sports activities are organized collective endeavors.



BEING FAIR PLAY MEANS applying the rules of community life to ensure that sports are practiced in a positive atmosphere.

HOW : By adhering to basic courtesy and civility rules in society, such as saying «hello» and «goodbye» to everyone you cross paths with, being polite and respectful towards all individuals present who contribute to making sports so beautiful.

25

DAY 25 USE A « FAIR PLAY CLUB » LABEL FOR YOUR CLUB

Many clubs are taking steps to ensure that their activities are conducive to the promotion of Fair Play.

BEING FAIR PLAY MEANS showing everyone that the club is part of a positive overall approach.

FOLLOW THEIR EXAMPLE : In Belgium, the RFC Malmundaria soccer club has inaugurated a «Club Fair Play» plaque as part of its Fair Play initiative.



26

DAY 26

SET UP A FAIR PLAY PHOTOBOOTH AT EVENTS

To provide a fun activity for promoting Fair Play.



BEING FAIR PLAY MEANS creating positive and enjoyable memories for everyone.

FOLLOW THEIR EXAMPLE : During the 2018 Youth Olympic Games in Argentina, the International Fair Play Committee set up a photobooth. The symbolism was clear, as participants were asked to pass the ball in the photos.

27

DAY 27

ALLOW ALL TEAM MEMBERS TO PLAY, REGARDLESS OF THEIR SKILL LEVEL

A team is composed of different individuals, each with their own level and abilities, contributing to the cohesion of the group.

BEING FAIR PLAY MEANS not only favoring the best players on the team.

FOLLOW THEIR EXAMPLE : Pep Guardiola, the Spanish coach of Manchester City, who in 2021 entrusted the goalkeeping duties to his backup goalkeeper, Scott Carson. This was a significant gesture for the 35-year-old goalkeeper, who had seen limited playing time. Carson had the opportunity to play in the English Premier League once again, nearly a decade after his last appearance at that level. This act showed fairness and recognition for a player who may not always be in the spotlight.



28

DAY 28

HIGHLIGHT THE ARTISTIC TALENTS OF A LOCAL CITIZEN AS PART OF A COMMUNICATION CAMPAIGN

Each one of us possesses one or more talents waiting to be recognized.



BEING FAIR PLAY MEANS prioritizing the talents of fellow citizens to initiate a local societal project.

FOLLOW THEIR EXAMPLE : « Fair Play is a Sport » is a slogan coupled with a drawing conceived by Jason Vandepuete, a young boy from Quaregnon, who created it for the graphic arts contest of Panathlon Wallonie-Bruxelles. Since then, Panathlon Wallonie-Bruxelles has adopted this drawing as its true brand image. Hundreds of banners with this drawing have been deployed across the Wallonia-Brussels Federation (Belgium).

29

DAY 29 ENCOURAGE FAIR PLAY IN SCHOOLS

Fair Play must be including in the school curriculum.

BEING FAIR PLAY MEANS integrating it into lessons and more generally, into everyday school life.

HOW ? Use the Fair Play teaching toolkit written by the International Fair Play Committee in collaboration with the World Anti-Doping Agency, the Olympic Foundation for Culture and Heritage, UNESCO, International Council for Physical Education and sports science, and the Agitos Foundation.



► READ MORE

30

DAY 30

DURING CYCLING RACES AWARD A JERSEY FOR THE MOST FAIR PLAY CYCLIST

Special jerseys can honour runners for their climbing and sprinting skills or even for their perseverance.



BEING FAIR PLAY MEANS awarding a cyclist with a Fair Play jersey who demonstrated positive behaviour.

FOLLOW THEIR EXAMPLE : During the 2013 Tour of Côte d'Ivoire, the organisation awarded the Fair Play jersey.

► [READ MORE](#)



31

DAY 31

ACCEPT THE ADVICE AND INSTRUCTIONS OF THE COACH WITHOUT QUESTIONING IT

Coaches are there to share their experience and knowledge to help athletes progress.

BEING FAIR PLAY MEANS listening to your coach, accepting and implementing the instructions provided, even if they might not seem suitable to you.

HOW ? Do this by paying attention during coaching sessions, avoiding distractions from other players, refraining from criticizing the coach, respecting their instructions, and maintaining good communication with the coach if needed. This not only shows respect for the coach's expertise but also contributes to a positive and constructive team environment.



32

DAY 32

ORGANISE A PARADE OF FLAGS AT SPORTING EVENTS

A march shows the unity and solidarity of all participants in an event.



BEING FAIR PLAY MEANS taking the time to arrange this march of athletes to share their team flag.

FOLLOW THEIR EXAMPLE : A good example of this was the 2022 Commonwealth Games in Birmingham, where each nation marched with its flag with both able-bodied and less able-bodied athletes.

► [READ MORE](#)



33

DAY 33

REGARD THE SPORTS ANIMAL AS PROMOTING THE LEARNING OF POSITIVE VALUES

Equestrianism, practiced as a team sport, serves as a conduit for spreading admirable values.

BEING FAIR PLAY MEANS applying respect and sharing as pivotal elements in the connection between the horse and the riders.

FOLLOW THEIR EXAMPLE : Team equestrian sports, such as horse ball, entail confrontations and, in some cases, physical interactions, but they all share a common thread: Fair Play.



► READ MORE

34

DAY 34 ORGANIZE A FAIR PLAY THEMED MARCH

This march will be a time of sharing your emotions with others.



BEING FAIR PLAY MEANS taking part in a collective effort to support a worthy cause.

FOLLOW THEIR EXAMPLE : In Italy, the Panathlon Club de Latina organized an urban walk to raise awareness of using sport as a tool for inclusion and social integration for the whole population. Whether it be citizens, schools, federations, sports associations, military sports groups, authorities, public administrations, the Italian Olympic Committee, universities or all service organizations operating in the region. The 2km march started at the Fair Play Monument and finished at the Inclusion Monument (dedicated to Eunice Kennedy), both symbols of the city,

physically united by a day dedicated to sporting ethics and the true values of sport.

35

DAY 35 NO DOPING

Only hard work and training yield results. Using harmful substances and/or methods to enhance performance can only be dangerous.

BEING FAIR PLAY MEANS rejecting any offers of illicit and harmful substances, which can also prove detrimental to one's health. It also involves officially reporting any kind of abuse.

WHY ? Pride and satisfaction in the achieved results will be much greater.

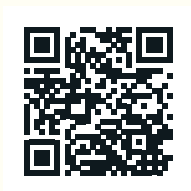


36

DAY 36

DISPLAY A PERMANENT MESSAGE ABOUT FAIR PLAY IN THE SCHOOL SPORTS HALL, GYMNASIUM

The gym should foster a learning and play environment where respect is the norm.



BEING FAIR PLAY MEANS collaborating with all the children to ensure this place remains a Fair Play zone, no matter what.

FOLLOW THEIR EXAMPLE : The municipal schools in Evere in the Brussels region (Belgium), which created and displayed a Fair Play message at the start of the school year.

► READ MORE



37

DAY 37

TAKE A FEW MINUTES TO PAUSE THE ATHLETE'S EFFORT AND GREET THE SUPPORTERS THAT ARE PRESENT

Supporters are essential pillars of encouragement for athletes. Yet very few have the chance to meet their idols.

BEING FAIR PLAY MEANS taking a few minutes to experience and share a moment together.

FOLLOW THEIR EXAMPLE : During the 2023 Tour de France, while climbing the last mountain of the day between Annemasse and Morzine, the fan club of French cyclists Benoît Cosnefroy and Aurélien Paret-Peintre eagerly awaited the passage of the two riders. Cosnefroy joined the crowd, then stopped and got off his bike to finish a cup offered by a spectator. It was a wonderful moment shared with the supporters, who ended up carrying him in triumph.



► READ MORE

38

DAY 38 BE A GOOD LOSER AND CONGRATULATE THE WINNERS

Defeat is never easy to experience, but it isn't the end of the world.



BEING FAIR PLAY MEANS not belittling or ignoring the winners but congratulating them for their victory.

FOLLOW THEIR EXAMPLE : During the 2019 Rugby World Cup, the Irish team suffered an unexpected defeat against Japan. Acknowledging their loss, the team formed a guard of honor in front of their home crowd at the end of the match to show respect and congratulate the victorious Japanese team.

▶ [READ MORE](#)



39

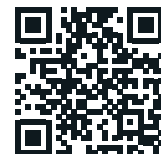
DAY 39

CONTRIBUTE TO THE SCIENTIFIC UNDERSTANDING OF FAIR PLAY

Sport changes over time, and so do the values of Fair Play which are at the core of sport.

BEING FAIR PLAY MEANS seizing the chance to examine these changes and their different implications.

FOLLOW THEIR EXAMPLE : In 2022, the study “Fair Play in the context of physical education and sports behaviours” was published. It examined social behaviour and the perception of Fair Play in the context of Physical Education and Sport (EPS) in adolescents practicing sports and those who do not.



► READ MORE

40

DAY 40 **TURN LOCKER ROOMS INTO FAIR PLAY ZONES**

The Fair Play attitude must begin when you enter the locker room.



BEING FAIR PLAY MEANS striving for a peaceful atmosphere in places of preparation and discussion.

HOW ? By sharing meaningful references, images and positive messages to children.

41

DAY 41

AS A PARENT, USE YOUR SKILLS TO HELP AN OPPONENT OF YOUR CHILD

During a sports match, certain players might face physical, mental, technical, or logistical challenges.

BEING FAIR PLAY MEANS, as a parent, stepping in based on your skills to assist an opposing player.

HOW ? Providing first aid, or even offering words of encouragement instead of criticizing them, for example.



42

DAY 42

IN COMBAT SPORTS, HELP AN OPPONENT RISE FROM THE MAT

Solidarity can still exist in combat sports.



BEING FAIR PLAY MEANS showing respect and support for your opponent, even in the heat of competition.

FOLLOW THEIR EXAMPLE : Chinese fighter Han Zi Hao and his opponent Azwan Che Wil demonstrated great sportsmanship in 2018. Han assisted Azwan to get up from the mat multiple times during their match.

► READ MORE



43

DAY 43

STAY TRUE TO YOUR BELIEFS, AGAINST ALL ODDS

Athletes have the opportunity to convey a message.

BEING FAIR PLAY MEANS accepting the possibility of defeat while staying true to your moral principles.

FOLLOW THEIR EXAMPLE : Spanish swimmer Fernando Alvarez made a remarkable gesture at an international swimming competition in Budapest in August 2019. He chose to stand still and honour the victims of the Barcelona attacks with a minute of silence while his rivals started their 200m breaststroke race. He had requested the International Swimming Federation to allow a moment of silence before the race, but his request was denied. He did not win the race, but he did not regret his decision.

«They told me it was not possible because we could not waste a minute. I did not move, like when they say attention to the army. I left a minute later but I don't care, I felt better than if I had won all the gold in the world,» he told reporters.



► READ MORE

44

DAY 44

DO NOT BE CHAUVINISTIC IN YOUR COMMENTS

Journalists can be proud of their athletes, without excess and without going overboard.



BEING FAIR PLAY MEANS knowing how to remain objective and without unnecessarily belittling opponents from another nation.

FOLLOW THEIR EXAMPLE : The Munich Charter of Professional Ethics for Journalists (or Declaration of the duties and rights of journalists) was signed on November 24, 1971, in Munich and adopted by the European Federation of Journalists. It is a European reference regarding the ethics of journalism, drafted by Paul Parisot, president of the Syndicate of French Journalists (CFDT), which became Union Syndicate of Journalists CFDT.

► [READ MORE](#)



45

DAY 45

VIEW TICKETING AS THE CLUB'S FIRST FAIR PLAY WINDOW

Purchasing a ticket is the initial gateway to a match, and a successful event begins with proper information for supporters.

BEING FAIR PLAY MEANS transforming this action into a genuine effort for more Fair Play in sports.

HOW ? By making ticketing a vehicle for promoting Fair Play.



46

DAY 46

DEDICATE A MEDAL POSTHUMOUSLY

To officially recognize a competitor's value.



BEING FAIR PLAY MEANS acknowledging that there are more deserving individuals than oneself.

FOLLOW THEIR EXAMPLE : At the 2012 London Olympics, Hungarian swimmer Dániel Gyurta won the gold medal in the 200-meter breaststroke and set a new world record. However, he decided to dedicate his medal to one of his competitors, Alexandre Dale Oen, who tragically passed away before the competition. «I am sure that Alex would have won the Olympic 200-meter breaststroke. I will have a copy of

the gold medal made as a sign of esteem for him and his family, and I will send it to them. It's the least I can do to pay tribute to him.»

► [READ MORE](#)



47

DAY 47

SHARE WATER OR OTHER SUPPLIES WITH ANOTHER ATHLETE WHO HAS RUN OUT

Some sporting events are intense because of their duration, or the weather in which they take place.

BEING FAIR PLAY MEANS agreeing to share resources with other competitors, so that everyone can manage their effort as well as possible, and enjoy the rest of the competition on an equal footing.

FOLLOW THEIR EXAMPLE : At the 2008 Beijing Olympic Games, during the marathon event, Ethiopian athlete Imane Merga gave away his water bottle to allow his Kenyan competitor Samuel Wanjiru to drink. The Kenyan ended up winning the race and the gold medal.



► READ MORE

48

DAY 48

AVOID ANY ACTION AIMED AT DELAYING THE GAME

In sport, everything can change, right up to the last minute of play.



BEING FAIR PLAY MEANS not behaving un-sportingly with the intention of running down the clock or unnecessarily destabilizing the opponent.

HOW ? By not kicking the ball unreasonably far, getting up quickly, restarting play as soon as possible, tying shoelaces quickly, leaving the field quickly during a substitution, and so on.

49 DAY 49 UNVEIL A FAIR PLAY SCULPTURE IN A PUBLIC SPACE

Fair Play is for everyone and deserves to be seen publicly.

BEING FAIR PLAY MEANS making an impact so that Fair Play becomes a daily habit.

FOLLOW THEIR EXAMPLE : The commune of Ganshoren in Brussels (Belgium) inaugurated a Fair Play sculpture on a roundabout near the sports centre in 2022.



50

DAY 50 **LISTEN TO THE SUPPORTERS**

The voice of the supporters should be heard as they are key stakeholders in sports.



BEING FAIR PLAY MEANS providing them with opportunities to express themselves and share their feelings.

FOLLOW THEIR EXAMPLE : The football club SM Caen in France believes it's crucial to have real-time feedback from their supporters. Staying close to these vital participants in sports is essential.

▶ [READ MORE](#)



51

DAY 51

BE RESPECTFUL TO YOUR OPPONENT AND YOUR COACH IN COMBAT SPORTS

Above all, the fight is a showcase of two talents at its core.

BEING FAIR PLAY MEANS demonstrating that you respect each other as human beings.

FOLLOW THEIR EXAMPLE : Wushu, the modern form of Kung-fu, has fans all over the world. A Belgian teenager showed his Fair Play at the European Championships in Burgas, Bulgaria in 2022. Aaron Laâchiri (14 years old / over 70 kgs category) faced a Croatian athlete in the final. Aaron won the fight and became the European champion. After the fight, it is customary in this sport to salute the opponent's coach. Aaron did more than that: he lifted his opponent and carried him to his coach.



► READ MORE

52

DAY 52

CREATE A FAIR PLAY CHARTER SPECIFIC TO YOUR SPORT

While Fair Play principles are universal, each sport has its own unique aspects.



BEING FAIR PLAY MEANS adapting your declaration of ethical and moral principles to align with the realities of the field as closely as possible.

FOLLOW THEIR EXAMPLE : In Norway, the Football Federation has established a Fair Play initiative. The federation has created a charter aimed at all stakeholders, both on and off the field.

► [READ MORE](#)



53

DAY 53

PROMOTE INCLUSION BY OFFERING TO INTEGRATE REFUGEES INTO SPORTS CLUBS

Sport is a common language that has the power to unite people from the most distant horizons closer together.

BEING FAIR PLAY MEANS using sports as a tool to integrate refugees.

FOLLOW THEIR EXAMPLE : The Kraainem soccer club in Belgium has been running an exemplary initiative to integrate asylum seekers since 2015. During the entire season (September to May), the club welcomes groups of young refugees every afternoon. Together, they take part in conversation tables and participate in youth team training sessions.



► READ MORE

54

DAY 54

PASS THE FAIR PLAY BATON IN SCHOOL, FROM STUDENT TO STUDENT

The relay race demonstrates clearly the symbolism of transferring the values that Sports represent.



BEING FAIR PLAY MEANS making every young player in sport and in society more Fair Play.

FOLLOW THEIR EXAMPLE : Students taking part in the school activities of Panathlon Wallonie-Bruxelles (Belgium) pass on the baton of Fair Play.

55

DAY 55 ORGANIZE MIXED YOUTH TOURNAMENTS

Sometimes, the limited number of registrations per category prevents the event from being held for certain groups.

BEING FAIR PLAY MEANS allowing everyone to be able to face a competitor.

FOLLOW THEIR EXAMPLE : In France, to encourage girls to take up competitive sports from a young age, tennis clubs and committees have the option to organize mixed singles matches for children aged 8 to 12. This format has been growing in popularity since the introduction of open matches.



► READ MORE

56

DAY 56

AS A REFEREE, BEING OPEN TO ACCEPTING CRITICISM FOR THE DECISIONS MADE

Even though the referee oversees the match, decisions taken may not always be accepted by everyone.



BEING FAIR PLAY MEANS being willing to listen to critiques expressed after the match and being open to self-reflection.

FOLLOW THEIR EXAMPLE : In 2021, Serbia and Portugal were competing in a crucial match to qualify for the 2022 World Cup. With the score tied at 2-2, the Portuguese thought they had won the game when Cristiano Ronaldo scored late in the match. However, the referee believed the ball hadn't crossed the goal line and didn't award the goal. The Portuguese were angry and confused. A few minutes later, upon reviewing the footage, the referee realized his mistake. He eventually publicly admitted his error and apologized to the «Seleção» (Portuguese national team).

► READ MORE



57

DAY 57

CREATE A FAIR PLAY VIDEO TO PROMOTE YOUR CLUB OR FEDERATION

Broadcast a positive image based on the positive values conveyed by the club.

BEING FAIR PLAY MEANS ensuring this message is clearly displayed about the club as part of its DNA.

FOLLOW THEIR EXAMPLE : in the United Kingdom, the Tennis Federation (LTA) produced and broadcast a short one-minute video which promotes the values inherent in Fair Play such as sportsmanship, honesty or respect for others.



► READ MORE

58

DAY 58 **RESPECT YOUR SPORT**

We engage in a sport primarily because we love it.



BEING FAIR PLAY MEANS understanding, mastering, and applying the fundamental principles of this sport. It's about accepting the rules and promoting a positive image of its practice to demonstrate that the sport exemplifies values.

FOLLOW THEIR EXAMPLE : Throughout his career, Swiss tennis player Roger Federer has set an example for his sport by embodying tennis' values perfectly. During the Hopman Cup, «Roger» advised his opponent, Germany's Alexander Zverev, to challenge a serve that had been called «out.» This wise advice allowed Zverev to win the point, all at a crucial moment in the match.

59

DAY 59 ESTABLISH A «FUN» CLUB

Engaging in sports activities should primarily be about enjoyment and pleasure.

BEING FAIR PLAY MEANS creating and cultivating a club where camaraderie is the ultimate goal.

FOLLOW THEIR EXAMPLE : The Maidstone Volleyball Club in the United Kingdom, which has established teams focused on enjoyment. In this club, the level of each player doesn't matter; the key emphasis is on friendly matches and having a good time.



► READ MORE

60

DAY 60

SUPPORT ANOTHER COMPETITOR DURING A COMPETITION

All athletes can experience moments of weakness. It's in these moments that any form of support becomes greatly appreciated.



BEING FAIR PLAY MEANS adopting a supportive attitude towards a fellow competitor, regardless of the situation. Sport becomes even more beautiful when it brings participants together.

FOLLOW THEIR EXAMPLE : Take a trip back to the 2016 Rio Olympics. During the 5000m heats, athletes Nikki Hamblin (from New Zealand) and Abbey d'Agostino (from the United States) fell but helped each other to finish the race amidst applause.

► READ MORE



61

DAY 61

AGREE TO REPLAY A MATCH STOPPED DUE TO INVOLUNTARY REASONS

Sometimes, competitions must be halted before the end of the regular time for various reasons: a player getting injured, disruptions caused by fans, unpredictable weather, technical issues, etc, ...

BEING FAIR PLAY MEANS not considering the result at the moment the match was stopped and agreeing to replay it under better conditions, even if your team was winning.

FOLLOW THEIR EXAMPLE : In 2019, the U19 football teams of RC Strasbourg and FC Fleury faced each other in the French championship. Strasbourg won the match (2-1) after scoring a controversial goal. When a Fleury player got injured and his teammate kicked the ball out of play, the Strasbourg players didn't return the ball and scored the decisive goal. This goal sparked outrage from Fleury's coach, François Keller. However, the director of the RC Strasbourg's training center reviewed the footage, contacted the opposing coach to apologize, and Keller wrote to the Federation to request a rematch.



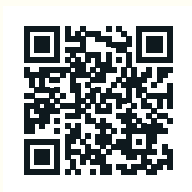
► READ MORE

62

DAY 62

STOP THE GAME WHEN THE DIRECT OPPONENT GETS INJURED

A duel between two athletes can be cut short if one of them is physically suffering.



BEING FAIR PLAY MEANS not taking advantage of the other's weakness to gain an edge.

FOLLOW THEIR EXAMPLE : In 2023, even though he was ideally positioned to face the opposing goal alone, the forward of the Norwegian football club Brann (Norwegian First Division), Brad Finne, voluntarily halted play when an opposing defender got injured.

► READ MORE



63

DAY 63 BE PUNCTUAL

Every sporting activity is made possible thanks to the involvement of many people who dedicate their time. Therefore, it's essential to respect their commitment by being punctual.

BEING FAIR PLAY MEANS arriving on time for training sessions. This also allows you to be relaxed for the activity and fully enjoy the allotted time. It means leaving rented facilities at the designated times and being on time for meetings before competitions.

FOLLOW THEIR EXAMPLE : Spanish football players and later coaches Xavi and Guardiola emphasized extreme punctuality, considering it a significant sign of respect.



► [READ MORE](#)

DAY 64 ACCEPT TO SHARE A MEDAL AS JOINT WINNERS

Sometimes, the beauty of sport lies in performances that are equally matched.



BEING FAIR PLAY MEANS not insisting on a tiebreaker or a new event to decide a winner, but simply sharing the podium.

FOLLOW THEIR EXAMPLE : At the 2021 Tokyo Olympics, Qatari athlete Mutaz Barshim and Italian athlete Gianmarco Tamberi finished the high jump competition tied with a height of 2.37m. Instead of going through a jump-off to determine a single winner, the two jumpers decided to share the gold medal, marking a historic moment in Olympic history.

► [READ MORE](#)



65

DAY 65

ENCOURAGE A TEAMMATE, EVEN WHEN THEY HAVE JUST MADE A MISTAKE OR MISSED A PLAY

All humans make mistakes, and it can happen that one of our teammates misses a play.

BEING FAIR PLAY MEANS saying a comforting word, giving a pat on the back, making a hand gesture, boosting their morale directly and so on.

WHY ? There's no point in making them feel guilty or blaming them. It's better to reassure them and motivate them so that the rest of the match goes as smoothly as possible.



DAY 66 WAIT FOR A COMPETITOR WHO HAS FALLEN

The mutual respect between opponents exemplifies the most beautiful aspect of sportsmanship.



BEING FAIR PLAY MEANS occasionally putting aside competitiveness in favor of solidarity.

FOLLOW THEIR EXAMPLE : During the 2022 Tour de France, on the 18th stage, Danish cyclist Jonas Vingegaard waited for his competitor, Tadej Pogacar, after the he had fallen in the treacherous descent of the Col de Spandelles.

► READ MORE



67

DAY 67

EXHIBIT GOOD SPORTSMANSHIP IN ALL TYPES OF GAMES OR SPORTS

Sportsmanship goes far beyond adhering to the rules of a particular discipline.

BEING FAIR PLAY MEANS embodying this mantra throughout the entirety of the game.

FOLLOW THEIR EXAMPLE : Abide by the 10 rules of etiquette around a billiard table.



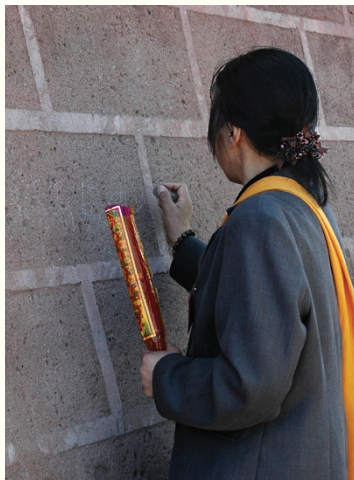
► READ MORE

68

DAY 68

ENSHRINE THE FAIR PLAY PERSONALITIES CLUB'S HALL OF FAME

Clubs hold onto the achievements of their teams. The admirable acts of their athletes deserve the same recognition.



BEING FAIR PLAY MEANS permanently engraving the names of local Fair Play athletes in public view.

HOW ? Displaying the names of players who exemplify Fair Play on a wall or any other suitable medium.

DAY 69 CREATE A FAIR PLAY CHANT

Supporters are the voice of a team.

BEING FAIR PLAY MEANS singing a Fair Play chant for a festive moment.

FOLLOW THEIR EXAMPLE : in 2022, the French Fair Play Committee created its own anthem for supporters.



► READ MORE

70

DAY 70

AS A REFEREE, PROMOTE THE POSITIVE ACTIONS THAT STOOD OUT IN THE MATCH

The role of a referee shouldn't be limited to officiating a match, but also to highlighting the positive behaviors observed during the game.



BEING FAIR PLAY MEANS informing coaches, journalists, and the public about Fair Play actions as well as discussing them on social media.

HOW ? By sharing every Fair Play action witnessed by a referee with the press, the federation, or on social media. Each Fair Play action deserves to be shared and celebrated.

71 DAY 71 PLAY YOUR SPORT WHILE SUPPORTING GOOD CAUSES

Sport can also serve as a platform to support causes that we believe in.

BEING FAIR PLAY MEANS daring to display your support on your equipment during competitions.

FOLLOW THEIR EXAMPLE : In February 2022, Belgian fencer Stef De Greef wore an armband in the colors of Ukraine throughout the final phase of World Cup event. This was his way of expressing solidarity and support.



a

▶ READ MORE

72

DAY 72

TAKE ADVANTAGE OF THE FREE TIME AT THE END OF THE YEAR TO ADDRESS THESE TOPICS ABOUT FAIR PLAY

The end of the school year is a good time to address these important messages.



BEING FAIR PLAY MEANS making these themes central to fun and sports activities at the school year's end.

FOLLOW THEIR EXAMPLE : The Thuin sports centre in Belgium hosted a day in June of 2023 for students aged 10 to 12 focused on values, featuring an obstacle course and entertainment with video clips on Fair Play.

73

DAY 73

ENSURE DIVERSITY IN SCHOOL SPORTS

Sport unites people by participating in a game.

BEING FAIR PLAY MEANS teachers encouraging activities that unite children, girls and boys, to have fun.

HOW ? By creating mixed teams and picking a girl and a boy alternately can help demonstrate that all sports are inclusive.



74

DAY 74 RESPECT YOUR OPPONENT'S ANTHEM

The anthem, just like the club or national colors, is a powerful symbol to which athletes, their staff, and all their supporters are attached.



BEING FAIR PLAY MEANS respecting the national anthem that every athlete stands for.

FOLLOW THEIR EXAMPLE : After the 2015 Paris attacks, during a match between England and France, English supporters sang the French national anthem « La Marseillaise » alongside the French supporters.

► READ MORE





75

DAY 75 USE THE CLUB EARNINGS TO SUPPORT A GOOD CAUSE

Small gestures can sometimes make a big difference to the cause.

BEING FAIR PLAY MEANS agreeing to donate part or all of its earnings to support a cause.

FOLLOW THEIR EXAMPLE : In England, the Wolverhampton Football Club donates part of its profits each year to support various causes and associations operating in the club's region.



▶ READ MORE

76

DAY 76

SALUTE/CONGRATULATE THE OPPOSING COACH AFTER A MATCH

The coach is an integral part of the team. If we respect the opposing players, it's only logical to show respect to their coach as well.



BEING FAIR PLAY MEANS offering a positive gesture towards the opposing coach after the match.

FOLLOW THEIR EXAMPLE : In 2019, the Champions League semi-final between Tottenham and Ajax witnessed one of the most incredible turnarounds in the competition's history. Trailing 2-0 at halftime on Ajax's home turf, the Londoners managed to come back and win 3-2, securing their place in the final. It was a heartbreaking moment for Ajax, as they conceded the decisive goal in the final seconds of the match. In tears, Tottenham's coach, Mauricio Pochettino, immediately went to shake hands and offer comforting words to his counterpart, Erik ten Hag, who was clearly devastated.

77

DAY 77 CREATE A FAIR PLAY VIDEO

The audiovisual sector can effectively attract children's attention to the benefits of sport.

BEING FAIR PLAY MEANS encouraging children to express themselves creatively.

FOLLOW THEIR EXAMPLE : The children of the «Le Britannique» boarding school in Spa (Belgium) produced a video clip called «Super Fair Play » in 2018, which was the winner of the video category for for the graphic arts competition of the Panathlon Wallonie-Bruxelles.



► READ MORE

78

DAY 78

IN BOXING, CONCEDE THE LOSS AND STRAP THE BELT AROUND THE WINNER'S WAIST

Keep an optimistic mindset despite the stakes and the results.



BEING FAIR PLAY MEANS being respectful to your opponent, even in defeat.

FOLLOW THEIR EXAMPLE : In Montpellier (France) on October 13, 2017, at the “Boxitanie” Gala, Frenchman Karim Guerfi won his EBU European bantamweight fight, by TKO8 (corner surrender), against his Belgian rival, Stéphane Jamoye. But that was not what caught our eye that night. After the tough fight, where the two men displayed respect and honour, and gave their all, it was the Fair Play gesture that moved us. As a final gesture of the fight, Stéphane Jamoye conceded his loss and strapped the coveted continental belt on his winner’s waist. Boxing is beautiful with moments like this...



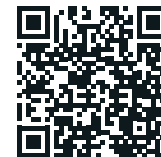
79

DAY 79 PAY TRIBUTE TO SUPPORTERS

Players and supporters can develop very strong bonds of friendship and respect.

BEING FAIR PLAY MEANS that as players, you can pay tribute to fans.

FOLLOW THEIR EXAMPLE : In March 2016, during a match between Borussia Dortmund and Mainz, a Dortmund supporter passed away due to a heart attack. Just before the end of the game, all supporters sang in unison to honour him, while the players lined up on the field facing their supporters.



► [READ MORE](#)

80

DAY 80

AS AN ELITE ATHLETE, SUPPORT MORE VULNERABLE ATHLETES

Victory is one thing; the recognition of fellow competitors is another.



BEING FAIR PLAY MEANS showing respect by supporting other athletes.

FOLLOW THEIR EXAMPLE : French swimmer and Olympic champion Alain Bernard is the patron of Special Olympics France, an association that promotes the integration of individuals with intellectual disabilities through sports.

► [READ MORE](#)



81

DAY 81

ASSIGN SYMBOLISM TO A NAME GIVEN TO A NEWLY DISCOVERED ROUTE

Discovering new pathways is one of the challenges for mountaineers.

BEING FAIR PLAY MEANS setting aside one's ego to pay tribute to a deserving colleague.

FOLLOW THEIR EXAMPLE : French climber Sébastien Bouin named a climbing route in honor of his grandfather.



► READ MORE

82

DAY 82

TRADE YOUR COMPETITION EQUIPMENT TO MATCH YOUR BELIEFS

Fair Play requires being humble, empathetic and dedicated and these cannot be ignored.



BEING FAIR PLAY MEANS considering a certain will of equity.

FOLLOW THEIR EXAMPLE : In 2021, a sailing regatta in Belgium had more participants than new boats. The organisers had to draw lots to see who would get an old boat. Victor de Kerchove from Denterghem volunteered to swap his new boat with an old one that his competitor got in the draw.

► [READ MORE](#)



83

DAY 83

TAKE PART IN A GRAPHIC AND VISUAL ARTS COMPETITION

Children possess talent and want to share their ideas and opinions.

BEING FAIR PLAY MEANS providing them with the opportunity to convey their view of the world of sport by creating a graphic piece (drawing, painting, photo, video, etc.).

FOLLOW THEIR EXAMPLE : Each year, Panathlon International launches a photography competition, which is open to everyone, on the theme of the values of sport.



► READ MORE

84

DAY 84

ORGANIZE REFEREE TRAINING IN YOUR CLUB

People who are not fully aware of the difficulties associated with refereeing often criticize referees.



BEING FAIR PLAY MEANS giving everyone the opportunity to better understand arbitration and try it out.

FOLLOW THEIR EXAMPLE : The Gisborne Football Club in Australia offers free referee training for all its members, which is a great way to develop budding referees.

▶ READ MORE



85

DAY 85

ACKNOWLEDGE AND SALUTE THE SUPPORTERS, EVEN WITH MIXED TEAMS

Fans bring life and energy to the sports events, and their presence adds to the excitement and atmosphere.

BEING FAIR PLAY MEANS showing gratitude to the supporters who come to watch and cheer, as they contribute significantly to the overall experience. When players from different teams come together to express their thanks, it showcases unity and respect for the fans who make the sports events memorable.

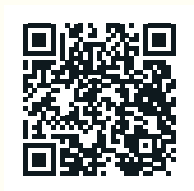
FOLLOW THEIR EXAMPLE : The tradition of heptathlon and decathlon athletes is to mingle and collectively salute the audience after their competitions. It reflects a deep appreciation for the fans who support and celebrate the athletes' efforts.



86

DAY 86 **GIVE CHILDREN A VOICE**

Children, who grow and learn with the world of sport, have a voice in this.



BEING FAIR PLAY MEANS providing them with the means to express themselves.

FOLLOW THEIR EXAMPLE : In Slovakia, 50 schools took part in the creation of short videos on the importance of Fair Play in sport and daily life. These videos were then used for promotional purposes.

▶ [READ MORE](#)





87

DAY 87

SUPPORT A LESS EXPERIENCED REFEREE

Referees are human and can also make mistakes.

BEING FAIR PLAY MEANS respecting the referee's decisions, even if they are wrong.

FOLLOW THEIR EXAMPLE : A great example of this was shown by the girls' basketball team of La Salle Saint Bernard de Bayonne at the French UNSS Championship of 2022. They lost their match against Paris because of some clear mistakes made by a young referee. Instead of blaming him, they went to console him when he broke down and refused to officiate the final. Thanks to their kindness, he regained his confidence and returned to the court.



► READ MORE

88

DAY 88

PROVIDE A SUGGESTION BOX TO INCREASE FAIR PLAY IN THE CLUB

All ideas have value and can be shared, discussed, and brought to life.



BEING FAIR PLAY MEANS listening to the suggestions and wishes of everyone at and visiting the club.

FOLLOW THEIR EXAMPLE : The Amboise basketball club in France has developed a joint project with players, coaches, referees, parents, and the public. Suggestions for action can be submitted to a suggestion box in the clubhouse. The association's executive committee is responsible for the project, which will focus on the behaviour of players, coaches, referees, and the public.

► READ MORE



89

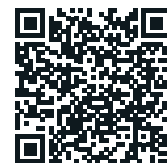
DAY 89

ENSURE THE ATMOSPHERE AND ENTERTAINMENT UNTIL THE LAST PARTICIPANTS OF A RACE HAVE FINISHED

All participants deserve to be congratulated, regardless of their level, results, or the duration of their race or effort.

BEING FAIR PLAY MEANS as organizers, staying active and engaged until the last person crosses the finish line.

FOLLOW THEIR EXAMPLE : Every year, during the Ironman World Championship, the atmosphere and emotions remain vibrant until the very last time cutoff.



► READ MORE

DAY 90 EDUCATE PARENTS ABOUT FAIR PLAY

Parents play an important role in supporting a more Fair Play sport.



BEING FAIR PLAY MEANS keeping parents updated on the activities at school related to this topic and providing them with the tools to reinforce the learning at home.

FOLLOW THEIR EXAMPLE : The Erasmus + project «Fair Play at schools», whose stakeholders were experts from Estonia, the Czech Republic and Norway, offers a module to address gender equality for parents to discuss at home with their children (page 55).

► READ MORE

91 DAY 91 HIGHLIGHT FAIR PLAY WITHIN CULTURAL VENUES

Sport serves as a universal language and a profound cultural phenomenon.

BEING FAIR PLAY MEANS translating its values into tangible cultural benchmarks.

FOLLOW THEIR EXAMPLE : Explore the 2016 exhibition on sports values at UNESCO in Paris, France.



▶ READ MORE

DAY 92

HOLD UP A WHITE CARD ON APRIL 6TH, THE INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

Sport provides a valuable means of sharing the values of peace around the world.



BEING FAIR PLAY MEANS joining the digital campaign and waving a white card as a sign of your dedication and support for sport as a means of social inclusion, equity and peace.

FOLLOW THEIR EXAMPLE : By posting a picture of yourself with the white card using #WhiteCard.

► READ MORE



93

DAY 93 REGULARLY APPOINT DIFFERENT CAPTAINS

Being designated as captain is a source of pride for a player and can boost their self-confidence.

BEING FAIR PLAY MEANS as a coach, allowing as many young players as possible to wear the armband.

HOW : By asking another player to appoint a captain who will have to behave even better during each competition.



94

DAY 94

SHOW SUPPORT AS A SPORTS INSTITUTION BY DONATING EQUIPMENT

Sport can evolve thanks to the investment of all.



BEING FAIR PLAY MEANS investing in the sports training of young people.

FOLLOW THEIR EXAMPLE : The International Olympic Committee offered a second ramp in the summer of 2023 fixed in the “Espace du Fair Play” in Vidy (Lausanne in Switzerland).

► READ MORE



95

DAY 95

OFFICIALLY INCORPORATE THE TERM FAIR PLAY INTO THE CLUB'S NAME

The name serves as a window to the club.

BEING FAIR PLAY MEANS daring to incorporate the positive values of sports into the club's official name.

FOLLOW THEIR EXAMPLE : A women's football club in Bucharest, Romania, is named FC Fair Play Bucuresti.



► READ MORE

96

DAY 96

APPLAUDING ALL ATHLETES, EVEN IF THEY'RE NOT FROM OUR COUNTRY

Every athlete deserves our respect.



BEING FAIR PLAY MEANS recognizing the merits of each individual.

FOLLOW THEIR EXAMPLE : In 2008, the legendary Juventus player Alessandro Del Piero received a standing ovation at the Santiago Bernabéu Stadium in Madrid. After a year of struggling in Serie B and two years without the Champions League, the striker made a strong comeback by defeating Real Madrid both at home and away. Del Piero played a significant role, scoring three goals across the two matches. His performance earned the respect of Madrid supporters.

► READ MORE





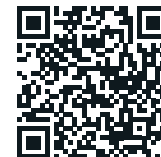
DAY 97

GIVE A SPOTLIGHT TO FAIR PLAY IN SPORTS MUSEUMS

The values of Fair Play are intrinsic to the realm of sports.

BEING FAIR PLAY MEANS integrating them into the spaces of public and museum institutions dedicated to sports.

FOLLOW THEIR EXAMPLE : The Olympic Museum in Athens, Greece, offers guided tours focusing on Olympic values for schools and sports clubs.



▶ READ MORE

98

DAY 98

MARK-OFF SEPARATE ACTIVITY ZONES IN PLAYGROUNDS

The playground belongs to everyone.



BEING FAIR PLAY MEANS giving everyone the opportunity to join-in, without worry or conflict.

HOW ? By marking-off areas for games, sports, rest, discussion, etc. so that all students can find a place that suits them.
As in this school in Seraing in Belgium which has redesigned its playground.

► READ MORE





DAY 99 **IN RUNNING, FINISH THE RACE AT THE SAME TIME AS THE COMPETITOR**

The mood and spirit of a race can matter more than the outcome.

BEING FAIR PLAY MEANS accepting to share the podium as well as the race.

FOLLOW THEIR EXAMPLE : Aleksandr Potashov and Andrey Perlov chose to cross the finish line hand in hand after walking 50km together in 3h53min and 9sec at the 1991 World Athletics Championships in Tokyo.



▶ [READ MORE](#)

100

DAY 100 CONDUCT A POST-MATCH ANALYSIS IN A CALM ATMOSPHERE

The respect towards the opponent should continue even after the game is over.



BEING FAIR PLAY MEANS maintaining a positive atmosphere for discussions following a match.

FOLLOW THEIR EXAMPLE : The US Percy club in France has the following in its ethical charter: Welcoming the opponent and referees before a match. Extending a hand to an opponent, discussing calmly after the match with teammates, the opponent, and the referees.

▶ [READ MORE](#)



DAY 101

DO EVERYTHING TO SAVE THE LIFE OF A COMPETITOR

Sports, like any activity, can sometimes be dangerous. A seriously injured competitor is first and foremost a person deserving of care.

BEING FAIR PLAY MEANS providing assistance to a competitor or teammate in danger.

FOLLOW THEIR EXAMPLE : In 2020, French sailor and skipper Jean Le Cam crossed the finish line of the Vendée Globe in fourth position after a race full of twists and turns. In early December, he changed his course to rescue fellow skipper Kevin Escoffier, whose boat had broken apart.



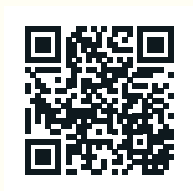
► READ MORE

102

DAY 102

PARENTS ARE TO BE VALUED FOR THEIR POSITIVE ATTITUDE

Not all parents want to spoil the fun.



ÊTRE FAIR PLAY: recognizing and publicly congratulating parents for their behaviour.

FOLLOW THEIR EXAMPLE : In France, the 2019 edition of the Festival Foot U13 Pitch mentioned the Reims-La-Neuville sports complex honoured the parents displaying the best behaviour! This was a result of a competition having been organized between the different delegations of parents.

► READ MORE





103

DAY 103

USE THE CLUBHOUSE SCREENS TO BROADCAST FAIR PLAY MESSAGES

The clubhouse or refreshment area should indeed remain a place for coming together, exchanging ideas, and fostering camaraderie.

BEING FAIR PLAY MEANS sharing positive sports messages on the screens, considered as messages of public utility.

FOLLOW THEIR EXAMPLE : In Braine-l'Alleud, Belgium, the Cardinal Mercier Sports Centre uses its screens to broadcast a Fair Play slogan.

104

DAY 104

DO NOT TEACH PLAYERS TO DIVE OR SIMULATE

A coach should not give their players the opportunity to act negatively.



BEING FAIR PLAY MEANS avoiding teaching players how to deliberately fall or simulate in order to deceive the referee.

HOW ? By going against traditional narratives that promote diving to draw fouls, even from a young age. By praising players who stay on their feet and do not resort to simulation.

105

DAY 105 **RESPECT PLAYGROUNDS**

Playgrounds are meant to offer fun for the young ones.

BEING FAIR PLAY MEANS preserving playgrounds, so they remain friendly and pleasant.

FOLLOW THEIR EXAMPLE : A school in Maryland, United States created a poster on Playground Rules.



► [READ MORE](#)

106

DAY 106

TAKE ACTION TO SHIFT THE MINDSET AROUND SPORTS

Sports should bring people together to face a common challenge.



BEING FAIR PLAY MEANS consistently working towards making every discipline inclusive for everyone.

FOLLOW THEIR EXAMPLE : The Belgian non-profit organization «Tous à bord» enables both athletes with and a disability to participate in races together, fostering a genuine sense of group camaraderie.

► [READ MORE](#)



107

DAY 107

DON'T GET INTO CONFLICTS WITH OTHER PARENTS

Parents are all there for the same purpose, to support and encourage their children.

BEING FAIR PLAY MEANS respecting what happens on the field, the game itself.

HOW ? By not fuelling conflicts with other parents.



108

DAY 108

VOLUNTEER YOUR TIME FOR A CLUB

A club needs all the help it can get to operate effectively and provide the best possible training.



BEING FAIR PLAY MEANS, as a parent, making yourself available to handle certain tasks related to club management.

HOW ? By dedicating a few hours of your time to clean, organize, maintain the club's surroundings, and more. In essence, contributing to a range of actions that enhance the sports environment. And it's a small effort compared to the joy experienced by the young athletes.

109

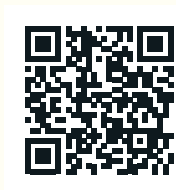
DAY 109

HAND OUT FAIR PLAY LEAFLETS AT EVENTS

It is important to promote Fair Play among everyone who supports the athletes.

BEING FAIR PLAY MEANS behaving well towards everyone to create a positive and calm atmosphere.

FOLLOW THEIR EXAMPLE : A good example of this was the “Graines de foot” tournament in Lausanne, Switzerland. It was an annual event that gathered hundreds of teams and thousands of players from different categories at the end of the season. There were regional qualifiers and a cantonal (Vaud) final with the best teams. At the final, Fair Play leaflets were handed out to managers, coaches, parents and players. They asked them to rate their behaviour during the competition.



► READ MORE

110

DAY 110

PLANT A TREE DEDICATED TO FAIR PLAY

The tree symbolizes the foundations of life better than anything else.



BEING FAIR PLAY MEANS displaying the tree as a symbol of how Fair Play is deeply rooted in our society.

FOLLOW THEIR EXAMPLE : In San Marino, the National Committee for Fair Play planted a tree the Laiala Park of Serravalle in the name of Fair Play.

111

DAY 111

NO CHEATING

No form of cheating has a place in sports, as all players should be able to compete on equal terms.

BEING FAIR PLAY MEANS avoiding any actions or behaviors that could give an advantage over another player. To become an honest and integral athlete.

FOLLOW THEIR EXAMPLE : most athletes do not cheat, just think of Spanish footballer Andrés Iniesta, whose career has been exemplary in terms of good behavior. He also never received a red card during his club career.



112

DAY 112 **RECITE THE FAIR PLAY PLEDGE BEFORE MATCHES**

The Fair Play Pledge is based on the Olympic Oath, and enables an athlete, their supporters and the referee to publicly declare their willingness to approach the match with a Fair Play frame of mind.



BEING FAIR PLAY MEANS taking a few minutes before the match to read out the pledge to ensure a Fair Play atmosphere.

FOLLOW THEIR EXAMPLE : In Belgium, the Urban Youth Games bring thousands of students together to introduce them to various sports. To mark the occasion, all participants are invited to recite the Fair Play Pledge as formulated by Panathlon Wallonie-Bruxelles.

► [READ MORE](#)



113

DAY 113

HELP A GOALKEEPER FOR SOME ACTIONS

Due to their equipment, they cannot easily use their hand to tie their laces.

BEING FAIR PLAY MEANS helping them with the simple task so that they don't have to remove their gloves.

FOLLOW THEIR EXAMPLE : During the 2015 Italian championship, Cameroonian Samuel Eto'o scored his first goal against Cagliari for his new club Sampdoria. What really made the athlete stand out was tying the shoelaces of the opposing goalkeeper, Zeljko Brkic. A magnificent act of respect.



► READ MORE

114

DAY 114

INCLUDE A FAIR PLAY SEGMENT IN SPORTS BROADCASTS

Repetition is crucial to reinforce awareness.



BEING FAIR PLAY MEANS allocating time in each program for a recurring positive feature.

FOLLOW THEIR EXAMPLE : In the United States, the news channel CNN airs a program called «If I Were a Parent.» The show often discusses advice given by children to parents on how to be a good sport.

► [READ MORE](#)



115

DAY 115

DESIGN AN INNOVATIVE TROPHY TO RECOGNIZE THE FAIR PLAY AWARD WINNER

Individuals recognized for their positive sportsmanship and Fair Play certainly deserve a distinctive honor.

BEING FAIR PLAY MEANS awarding them an original trophy that sets itself apart from traditional medals and cups.

FOLLOW THEIR EXAMPLE : The European Fair Play Movement enlisted Belgian artist Maya Cox to design their Fair Play award.



116

DAY 116 OFFER ADVICE TO YOUR OPPONENT

The essence of sports is to compete against other competitors. However, there's much to learn from each other.



BEING FAIR PLAY MEANS not hesitating to provide advice, explanations, and suggestions based on personal or professional experiences, offering technical tips to fellow competitors without considering the ongoing stakes.

FOLLOW THEIR EXAMPLE : During the 1936 Berlin Olympics under the Nazi regime, German athlete Lutz Long advised African-American athlete Jesse Owens on his long jump approach. This advice proved fruitful: Jesse qualified for the final and won the competition.

▶ [READ MORE](#)



117

DAY 117

ORGANIZE TRAINING GROUPS THAT ARE BALANCED

Each athlete does not possess the same level, skills, or abilities.

BEING FAIR PLAY MEANS ensuring that everyone has the opportunity to train with partners of similar levels, to maintain motivation and enable collective improvement.

HOW ? By allowing each athlete to feel included and benefit from the group's dynamic for progress. Age, height, test results, years of practice, and other factors can be used to balance the groups.



118

DAY 118

IN YOUTH MATCHES, ALLOW ONE OF YOUR PLAYERS TO JOIN THE OPPOSING TEAM TO ENSURE BALANCE

It's not uncommon for a team to show up with a shortage of players, making it impossible to hold the match.



BEING FAIR PLAY MEANS accepting that one of your players joins the opposing team to complete their lineup.

FOLLOW THEIR EXAMPLE : In 2021, during a friendly match between the English clubs Bristol and Portsmouth, a Portsmouth player got injured right at the end of the game. The Portsmouth coach was short on substitutes. So, the opposing coach decided to lend him one of his players, young Marlee François. As fate would have it, in the 101st minute, François scored the equalizing goal (3-3).

► [READ MORE](#)





119

DAY 119

WELCOME OPPOSING TEAMS WITH RESPECT

Being proud of your club means opening it up to all visitors in the best possible way.

BEING FAIR PLAY MEANS welcoming opponents to the club with respect, making them feel at home by providing a warm welcome, offering food, organizing a reception or a snack.

FOLLOW THEIR EXAMPLE : The Dublin-based Old Wesley Rugby Club is known for welcoming opposing teams in a friendly, sporting spirit. In fact, their charter includes this as part of their values.

120

DAY 120

SET UP A FAIR PLAY PROMOTIONAL BOOTH AT SPORTS EVENTS

Because Fair Play should have a presence at every event.



BEING FAIR PLAY MEANS taking the time to engage and raise awareness among the general public on every opportunity that arises.

FOLLOW THEIR EXAMPLE : In 2019, the Tour de France started from Brussels. On this occasion, the Brussels commune of Koekelberg set up a Fair Play promotion booth in the departure village, including a quiz about the values of sports.

DAY 121

INCLUDE FAIR PLAY AS A TOPIC FOR ACTIVITIES IN YOUTH CENTRES

Many children, adolescents and young adults find youth centres to be essential for their well-being.

BEING FAIR PLAY MEANS exposing them with these citizenship values through their activities.

FOLLOW THEIR EXAMPLE : Youngsters from the “In Move Neudorf” youth centre in Luxembourg took part in an indoor football tournament on the theme of Fair Play.



► READ MORE

122

DAY 122

MAKE THE SPORTS COMMENTATORS SPREAD THE FAIR PLAY MESSAGE

During the game, positive messages are motivating for athletes and spectators.



BEING FAIR PLAY MEANS using the microphone to regularly broadcast calm announcements to create a positive atmosphere.

FOLLOW THEIR EXAMPLE : In Switzerland, the Friborg football association wrote this message to be read out at matches: " Dear players, dear referees, dear spectators, The AFF Fair Play Committee needs you. Today, the 2 teams will trade Fair Play banners signed by the players to promote Fair Play. These banners will be prominently displayed in the two clubs. With today's action, we join hands in order to improve the respect shown to everyone involved in this game. We must be partners in order to banish violence, racism or any other form of disrespect from our grounds. Let's lead by example, let's just be Fair Play. THANKS! ».

► READ MORE



123

DAY 123

CONGRATULATE OTHER ATHLETES ON THE PODIUM

Class and respect are the hallmarks of the greatest athletes.

BEING FAIR PLAY MEANS recognizing other sportsmen and women in their own merit.

HOW ? By showing respect to the other competitors completing the podium.



124

DAY 124

HIGHLIGHT THE PROPER CIVIC AND SPORT BEHAVIOURS IN THE TOWN'S MAGAZINE

The town magazine is a means of communication and connection for all residents.



BEING FAIR PLAY MEANS using it to showcase the many good examples that shape society.

FOLLOW THEIR EXAMPLE : In its town bulletin, Bille, France, recognized the teams that showed Fair Play, such as the Seniors of the 2019/2020 season and the U11 (A), who won the Fair Play award at the CJF Saint Malo Futsal tournament on December 27, 2020.

► READ MORE



125

DAY 125

AS A TOP-LEVEL ATHLETE, ENCOURAGE OTHER PRACTITIONERS

One person's experiences can be valuable and encouraging for others.

BEING FAIR PLAY MEANS supporting and comforting other athletes by sharing some advice.

FOLLOW THEIR EXAMPLE : In 2020, Belgian tennis legend Kim Clijsters surprised everyone by announcing her return to the WTA tour. This news delighted her great rival at the time, Rochefort's Justine Henin, with whom she created history in Belgian tennis. She wrote on her Facebook page «A comeback after a few years off the circuit and three children ...», «What a challenge! I wish you the best of luck».



► READ MORE

126

DAY 126

INTRODUCE A FAIR PLAY AWARD IN SPORTS TOURNAMENT PRIZE CEREMONIES

Awards aren't exclusively for the most victorious athletes.



BEING FAIR PLAY MEANS highlighting the admirable behaviours that have left an impact on tournaments.

FOLLOW THEIR EXAMPLE : The Togo team received the Fair Play award at the U18 Beach Handball World Tournament, where the organizers chose to incorporate this recognition into the event.

► READ MORE



127

DAY 127

CREATE A CHEERING TUNNEL IN A RACE

Every athlete, given the challenges they face, is an athlete in their own right.

BEING FAIR PLAY MEANS recognizing the value of each and every individual by encouraging them for the efforts they put in and their determination.

FOLLOW THEIR EXAMPLE : The Deauville triathlon, one of the most significant races in France, is renowned for its supporters' corridor on the Côte Saint-Laurent, encouraging all participants to conquer this legendary uphill section.



► READ MORE

128

DAY 128

PRODUCE AN EDUCATIONAL PAMPHLET FOR CHILDREN TO INFORM THEM ABOUT THE PROBLEMS OF RACISM

Federations should remain current to educate their audiences.



BEING FAIR PLAY MEANS developing unique tools tailored to your sport.

FOLLOW THEIR EXAMPLE : The comic strip “For fun, remain Fair Play!” was created by the Belgian Hockey Federation and shared widely with its audiences.

► READ MORE



129

DAY 129

APPLAUD A PLAYER WHO IS WOUNDED AND MUST EXIT THE GAME

Solidarity should be a core value of the game.

BEING FAIR PLAY MEANS knowing how to support an athlete who is facing a hard time.

FOLLOW THEIR EXAMPLE : Tennis player Alexander Zverev, who was injured and could not continue against Rafael Nadal at Rolland Garros in 2022, received a 'standing ovation' from the audience.



► READ MORE

130

DAY 130

BE MINDFUL OF THE IMPACT OF SOCIAL MEDIA POSTS

Social media can spread information and abuse very quickly.



BEING FAIR PLAY MEANS anticipating the problems that social media posts could cause for others.

HOW ? By using social media responsibly and not compromising the positive values of sport. A player from FC Maing (Northern France) got a one-year suspension for insulting the referee on his club's Facebook page.

131

DAY 131

ACCEPT THE REFEREE'S DECISIONS AS A PARENT

We don't have to agree with the decisions made by the officials.

BEING FAIR PLAY MEANS respecting them as they are.

HOW ? By keeping in your roles as parents and supporters.





132

DAY 132

AS AGENTS IN CHARGE OF SPORTS, REWARD VOLUNTEERS FOR THEIR INVOLVEMENT

These people, who are essential to good sports organization, are often forgotten in the sports world.

BEING FAIR PLAY MEANS putting them into the spotlight during major sporting celebrations as well as each December 5th, on the World Volunteer Day.

FOLLOW THEIR EXAMPLE : In the town of La Baule, in France, volunteers and athletes were applauded! At the Jean-Gaillardon complex, President Jean-Marc Sotin presented, on behalf of the Municipal Sports Office (OMS), cups and medals honouring La Baule sportsmen and volunteers from sports associations.



133

DAY 133

ADMIT AN ADMINISTRATIVE MISTAKE

Certain lapses or errors can occur during a competition: forgetting a signature, being late, etc., when filling out the match sheet.

BEING FAIR PLAY MEANS not ignoring these shortcomings and acknowledging your mistake.

HOW ? By informing the officials so that they can take them into account on the match sheets and potentially avoid the forfeit penalty.



134

DAY 134 **RESPECT YOUR BODY**

As athletes, our bodies are of crucial importance, and to prevent injuries, we learn to listen to and maintain them.



BEING FAIR PLAY MEANS taking care of our bodies daily to enable us to reach our goals under the best conditions, while also staying fit for as long as possible.

HOW ? Get enough sleep, maintain a healthy diet, stay well-hydrated before, during, and after exertion, stretch, allow for periods of rest, avoid taking dangerous or illicit substances, and practice your sport with appropriate equipment and gear.

135

DAY 135

PLACE POSITIVE MESSAGES ALONG TRAINING ROUTES

All sorts of encouragement are always welcome for those who are training.

BEING FAIR PLAY MEANS as a course designer, placing friendly messages at intervals along the route that punctuate the distances and, in key locations (such as uphill sections), provide support to athletes.

FOLLOW THEIR EXAMPLE : Plates with words like «courage» punctuate the jogging route in the Cinquantenaire Park in Brussels, Belgium.



136

DAY 136

DISPLAY FAIR PLAY MESSAGES IN FRONT OF STADIUM BLEACHERS

Fair Play deserves to be showcased at the heart of the stadium, and certainly in front of the bleachers.



BEING FAIR PLAY MEANS using these key displays to send supporters a permanent and continuous message.

HOW ? By displaying full-length banners.



137

DAY 137

CREATE A FAIR PLAY WALL OF FAME

We should honour those contributions that have been made to make sports better.

BEING FAIR PLAY MEANS dedicating a place for public recognition.

FOLLOW THEIR EXAMPLE : More than 90 clubs have been awarded the KNVB|ARAG Fair Play certificate by the Dutch Football Association, referred to as the Wall of Fame.



► READ MORE

138

DAY 138

MAINTAINING A POSITIVE PLAYING ENVIRONMENT

Sport is most enjoyable when played in a natural and clean environment.



BEING FAIR PLAY involves taking steps to ensure that this environment remains conducive to the game.

HOW ? One way to do this is by actively participating in efforts to keep the playing area clean and free from litter. By picking up trash and disposing of it properly, players, parents, coaches, and supporters contribute to maintaining a pleasant atmosphere for everyone involved.

139

DAY 139

MAINTAIN AN EXEMPLARY ATTITUDE OUT OF RESPECT FOR YOUR CHILD

Children are always happy and proud to practice their sport in front of their parents.

BEING FAIR PLAY MEANS showing this mutual pride by maintaining an exemplary attitude.

FOLLOW THEIR EXAMPLE : Zacharie and Marie-Claire Noah, parents of French tennis player Yannick, themselves parents of Joakim (basketball player), have always behaved in a very positive manner without being excessive or seeking the spotlight.



140

DAY 140

ENCOURAGE MENTORING WITHIN THE CLUB

Mentoring allows older players to invest in the development of younger ones.



BEING FAIR PLAY MEANS contributing to the creation of an environment that fosters independence in players, by actively engaging in mentorship. More than mere assistance, it's about commitment and empowerment.

FOLLOW THEIR EXAMPLE : The Brussels basketball club Molenbeek Rebels in Belgium has embraced mentorship within their club. Through this approach, the club has grown. Today, 147 young girls regularly play basketball and receive guidance from their peers. Mentorship is at the core of their sporting practice. The coaches (older girls) are instrumental in creating an environment that promotes independence, where each player clearly has a role within the structure.

DAY 141

ENSURE THE SAFETY OF ALL PARTICIPANTS

Competitors can become involved in falls or accidents in numerous disciplines.

BEING FAIR PLAY MEANS approaching the athlete who inadvertently caused the fall to confirm that they are not injured.

FOLLOW THEIR EXAMPLE : In 2019, during the Moto GP Grand Prix in Argentina, rider Maverick Vinales demonstrated exceptional Fair Play. In the final lap, he collided with Franco Morbidelli. Morbidelli's bike hit Vinales', resulting in both riders crashing. Despite the fall, Vinales approached Morbidelli, shook his hand, and made sure he was alright. A class act.



► READ MORE

142

DAY 142

NAME A FAIR PLAY PLACE IN THE SPORTS COMPLEX

Sports centers are primarily places of learning and awareness of values.



BEING FAIR PLAY MEANS giving Fair Play the prominence it deserves.

FOLLOW THEIR EXAMPLE : As at the entrance to the FC Landi stadium in Brittany (France).

► READ MORE



143

DAY 143

ORGANIZE A FAIR PLAY TOURNAMENT

A competition that doesn't have any sporting stakes can be beneficial and educational.

BEING FAIR PLAY MEANS prioritizing the beauty of sport and the pleasure of playing together, by including in your end-of-season calendar the organization of or participation in such a tournament.

FOLLOW THEIR EXAMPLE : The Australian association Happy Football Cambodia Australia organizes several « Fair Play » tournaments as fund raising events. The funds raised help young people in Cambodia.



144

DAY 144

IMPLEMENT A «REFEREE-PLAYERS» EVALUATION FORM

Conflicts can arise between referees and players.



BEING FAIR PLAY MEANS being aware of this issue and taking action to mitigate the risk.

FOLLOW THEIR EXAMPLE : Titled « Club-Referee Relationship Evaluation », the initiative by the French club FC Haut Quercy impressed the Jury of the Foundation of Football Trophies with its originality and its potential for widespread adoption.

The club created a form that allows them to evaluate the referee in the performance of their duties after each match. Additionally, the form also allows the referee to evaluate the club! For the club evaluation, the following aspects are assessed: reception, availability, quality and frequency of contacts during the match, and the attitude of the environment (spectators).

► [READ MORE](#)

145

DAY 145

THINK OF SPORT AS A WAY FOR THE REHABILITATION OF PRISONERS

Sport enables prisoners to experience some freedom during their imprisonment.

BEING FAIR PLAY MEANS giving sport a place in the prison setting.

FOLLOW THEIR EXAMPLE : Several prisons in Australia, Ireland and the United Kingdom have set up a «park run» project for everyone in the prison, which consists of running a course every week to enhance team spirit, foster healthy sport, support others...



► READ MORE

146

DAY 146

NOT BEING OBSESSED WITH COMPARING TO OTHERS

Every human being has his or her own abilities and skills. That's why we're all different when it comes to sporting results.



BEING FAIR PLAY MEANS avoiding comparisons with others, because sports are above all a competition against ourselves.

HOW ? By listening to your own feelings and intrinsic motivation, rather than comparing yourself to others or to what you see on social media, for instance.



147

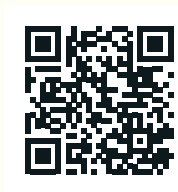
DAY 147

ORGANISE A FAIR PLAY THEMED TREASURE HUNT

Fair Play, as defined by numerous positive values, is a good topic to deal with in group games as it combines sports with thinking.

BEING FAIR PLAY MEANS designing a treasure hunt around these topics.

FOLLOW THEIR EXAMPLE : In 2021, a school in Berkeley, California organised a treasure hunt based on values: the clues were words or concepts from social and emotional learning that the students had learned before.



► READ MORE

148

DAY 148 **DON'T FAKE IT**

Exaggerating a fall, pretending to be injured, or bluffing. These are all behaviors that mar the beauty of sports and undermine the credibility of the athlete who abuses them.



BEING FAIR PLAY MEANS getting back up and continuing the game without wasting time. Staying loyal. The image of the athlete will only be enhanced.

WHY ? Because in football, diving is actually penalized with a yellow card. In school, we don't want to deceive the teacher, and in sports, we don't want to deceive the referee—it's as simple as that.

149

DAY 149

ORGANISE A POETRY/LITERARY COMPETITION

Sport is a topic that children are interested in and can express themselves through writing.

BEING FAIR PLAY MEANS encouraging children to write and emphasise the educational benefits of sport.

FOLLOW THEIR EXAMPLE : The National Fair Play Committee of San Marino (CNSFP) has launched a project for middle schools: a literary competition entitled « The beauty of sport with Fair Play ».



150

DAY 150

CONSIDER MATCHES BEING PLAYED UNDER THE SIGN OF EQUALITY

Sport is more beautiful when equality and fairness are respected.



BEING FAIR PLAY MEANS agreeing to challenge on equal terms.

FOLLOW THEIR EXAMPLE : Some trainers opt to remove a player when the other team is one player short in youth matches.

151

DAY 151

CREATE A PHOTO EXHIBITION WITH THE THEME OF FAIR PLAY AND SPORTS ETHICS

Utilize images of the most remarkable moments in sports history to raise public awareness about Fair Play.

BEING FAIR PLAY MEANS making this exhibition accessible to as many people as possible.

FOLLOW THEIR EXAMPLE : Panathlon Wallonie-Bruxelles (Belgium) introduced the traveling exhibition «The Spirit of Sport» in 2010, which has since visited hundreds of diverse locations (sports clubs, city centers, etc.).



DAY 152

INCORPORATE FAIR PLAY IN THE COMMUNICATIONS AND WORKS OF THE CHILDREN'S MUNICIPAL COUNCIL

To help children practice Fair Play as an everyday occurrence.



BEING FAIR PLAY MEANS taking advantage of these venues and occasions to share excitement, creativity, with sincerity and pragmatism, to voice perspectives, to debate views.

FOLLOW THEIR EXAMPLE : The Children's Council for the city of Lille in France.

► READ MORE



153

DAY 153

ARRANGE A PARENTS-CHILDREN MATCH

Parents and children each have their roles both on and off the sports fields.

BEING FAIR PLAY MEANS encouraging interaction between them so that each becomes aware of their responsibilities.

FOLLOW THEIR EXAMPLE : The Champoly football club in France organized a match between parents and children at the end of the sports season to boost a positive atmosphere for all.



► READ MORE

154

DAY 154

CREATE A BOARD GAME / SCHOOL GAME ON FAIR PLAY THEMES

The values of Fair Play can be approached in 1000 different fun ways.



BEING FAIR PLAY MEANS introducing these positive ideas into sports meets as well as schools and families.

FOLLOW THEIR EXAMPLE : The Fair Play card game raises children's awareness (aged between 6 and 10) to the spirit of Fair Play and respect for the referee. The cards can be used by the referee, whatever the team sport.

► READ MORE



155

DAY 155

AS A PARENT, DO NOT ACT LIKE THE COACH

Everyone has a part to play.

BEING FAIR PLAY MEANS not giving children instruction during the game.

HOW ? By keeping behind the field lines. As in this Spanish guide which teaches how to behave well as a parent in the football world, by not questioning the decisions the coach makes.



▶ READ MORE

156

DAY 156

CREATE A FAIR PLAY ROLE-PLAYING GAME

Raise awareness among young athletes that they can be agents of change.



BEING FAIR PLAY MEANS actively engaging in Fair Play education and encouraging young players to actively participate in it.

HOW ? By organizing role-playing games that depict «good» behaviors and situations, allowing young athletes to learn and practice Fair Play principles through interactive scenarios.

► READ MORE



DAY 157

PROTECT A SUFFERING TEAMMATE FROM THE MEDIA AND INTRUSIVE CURIOSITY

We owe even greater respect to athletes facing difficulties.

BEING FAIR PLAY MEANS prioritizing the team spirit over the game.

FOLLOW THEIR EXAMPLE : During the 2020 European Football Championship (Euro 2020), Christian Eriksen's teammates formed a protective barrier around him after he collapsed due to a cardiac incident, preventing these distressing images from being broadcast to the entire world.



► READ MORE

158

DAY 158

AS AN ATHLETE, SHOW RESPECT TO THE REFEREE BEFORE AND AFTER THE MATCHES

The presence of the referee is crucial for any sporting event. They should be respected just like any other participants on the field.



BEING FAIR PLAY MEANS thanking the referee for their time and presence, especially considering the challenges that come with their role.

HOW ? Creating a guard of honor, shaking hands, expressing gratitude with positive words, taking a photo together, or any other friendly gesture.

159

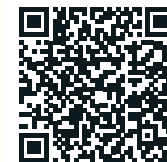
DAY 159

DISTRIBUTE FAIR PLAY THEMED SPORTS MERCHANDISE

A shared message is a strong and consistent message.

BEING FAIR PLAY MEANS giving participants nice memorabilia displaying strong and positive messages, and which will continue to spread the word.

HOW ? There are so many promotional possibilities, such as badges, stickers, caps, pens, bracelets that can reinforce the message during an event. Here's an example of Panathlon Wallonie-Bruxelles in Belgium:

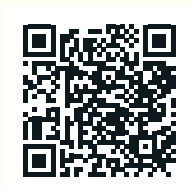


► READ MORE

DAY 160

GIVE VALUE TO FAIR PLAY AWARDS DURING PRIZE CEREMONIES

The Fair Play Award should not be seen as a consolation prize.



BEING FAIR PLAY MEANS making the Fair Play Award recipients proud by presenting it at the beginning of the ceremony.

HOW ? In February 2023, FIFA decided to honour Georgian player Luka Lochoshvili during its «The Best» ceremony. He was recognized for saving an opponent during a match. The award was presented at the same time as the others, alongside Lionel Messi who was also honoured.

► [READ MORE](#)



161

DAY 161 DO NOT RIDICULE OTHER ATHLETES

Respect each and every one for who they are.

BEING FAIR PLAY MEANS maintaining a dignified attitude and, for example, boosting morale, listening, supporting, celebrating victory in a decent manner, and being humble.

FOLLOW THEIR EXAMPLE : Spanish player Rafael Nadal has achieved the remarkable feat of winning the Roland-Garros tournament 14 times. He also did this by displaying humility every year, which enabled him to remain competitive and aligned with his values.



162

DAY 162

ALLOW OTHER CLUBS TO USE YOUR SPORTS FACILITIES

Some clubs may find themselves without training facilities for various reasons, such as flooding, or damage to the facilities.



BEING FAIR PLAY MEANS sharing the sport facilities in order to prevent players from missing out on playing.

FOLLOW THEIR EXAMPLE : After the floods that hit Belgium hard in July 2021, a whole series of sports infrastructures was destroyed. The Commune of Dison hosted the gymnastics club of the neighbouring commune, which had seen its room completely degraded. The club was thus able to continue to deliver its training in the facilities provided by Dison.

163

DAY 163 **ACKNOWLEDGE ONE'S DEFEAT**

A competition often sees multiple winners. Such is the law of sports.

BEING FAIR PLAY MEANS accepting that one's opponent was stronger.

FOLLOW THEIR EXAMPLE : Swiss tennis player Roger Federer hasn't only won throughout his career. In his play, he has always shown great sportsmanship by acknowledging his defeat.



▶ [READ MORE](#)

DAY 164

HONOR A REFEREE AT THE END OF THEIR FINAL MATCH

Referees dedicate themselves fully to their role throughout their careers.



BEING FAIR PLAY MEANS showing them respect after their final officiated match.

FOLLOW THEIR EXAMPLE : Spanish football referee Antonio Mateu Lahoz was celebrated for his last match in June 2023, after a 24-year professional career.

► READ MORE



165

DAY 165 **PRODUCE PODCASTS ON FAIR PLAY**

To attract the public's interest, it is useful to employ new media channels.

BEING FAIR PLAY MEANS creating content that showcases the positive aspects of sport on these platforms.

FOLLOW THEIR EXAMPLE : « Fairplay » is a podcast that covers sport and disabled sport, made by students from the Cannes School of Journalism. Every month, in a 20-minute episode, the Fair Play team reports on the latest news of sport and disabled sport, as well as featuring interviews, series, and editor's picks, while celebrating the spirit of sport.



► [READ MORE](#)

166

DAY 166

TELL A COMPETITOR THAT THEY HAVEN'T CROSSED THE FINISH LINE

In the effort and stress of a competition, some moments of inattention can lead to mistakes that invalidate a result, and sometimes even a well-deserved victory.



BEING FAIR PLAY MEANS is about informing the runner of their error and letting them finish ahead, out of respect for the effort they've put into the race.

FOLLOW THEIR EXAMPLE : In 2012, during a cross-country race in Burlada, Spain, Kenyan runner Abel Mutai was leading the race and about to win. Believing he had crossed the finish line, he slowed down and looked at his stopwatch. However, he was mistaken, and the actual finish line was a few tens of meters ahead. Behind him, Spanish runner Ivan Fernandez Anaya was coming in full stride. He immediately noticed Mutai's mistake and signaled to him that the finish line was further ahead. He slowed down and stayed behind him, allowing Mutai to finish.

► [READ MORE](#)



DAY 167

ORGANISE INVITING A TOP ATHLETE TO SPEAK AT THE SCHOOL

Olympians and top athletes are the finest ambassadors of Fair Play.

BEING FAIR PLAY MEANS enabling children to interact with these personalities, who are involved in the sports news, to facilitate discussions on these issues.

FOLLOW THEIR EXAMPLE : The Australian Olympic Committee (AOC) from South Australia, launched its Olympics Unleashed program, which aims at inspiring students by bringing Olympians and athletes into classrooms to share their experiences and talk about overcoming obstacles ahead of Paris 2024 Olympics.



► READ MORE

168

DAY 168

CREATE A COMMUNITY SPACE AT THE HEART OF THE ENTITY

The concept of « living together harmoniously » is also integral to Fair Play.



BEING FAIR PLAY MEANS ensuring the existence/availability of a space where everyone can gather in a pleasant manner for exchange and discussion.

FOLLOW THEIR EXAMPLE : In Canada, the City of Montmagny inaugurated its brand-new Community Pavilion - Citizen Space. It has become the ultimate gathering place for the residents of Montmagny, revitalizing and showcasing one of the city's most beautiful areas.

► READ MORE



169

DAY 169 **CREATE A FAIR PLAY MASCOT**

A mascot carries a strong symbolic representation as it embodies the club's identity in a playful and friendly manner at all events.

BEING FAIR PLAY MEANS creating a mascot in the same spirit, reflecting Fair Play and all the positive values of the club.

FOLLOW THEIR EXAMPLE : In Spain, a Fair Play mascot was introduced in 2014! It embodied educational and health values for the provincial sports games. It portrays a cute referee whistle that signifies much more than just adhering to the rules of the game, encompassing concepts of inclusion, diversity awareness, enjoyment, and fun in the game, as well as equal opportunities.



► [READ MORE](#)

DAY 170

ORGANIZE YOUTH COMPETITIONS WITHOUT REFEREES

The absence of officials at youth matches encourages good sportsmanship amongst participants.



BEING FAIR PLAY MEANS fostering this mindset by encouraging young players to take part in these types of competitions.

FOLLOW THEIR EXAMPLE : The Panathlon Club Biella in Italy has combined the notions of play and fun by organizing an event for several age categories in different sports. The event involves youngsters who already have good technique and are used to playing matches with a referee. The special feature of the event is that there are no referees on the pitch, so the players must referee themselves while respecting the rules of the various sports. This requires them to demonstrate knowledge of the rules and a great sense of responsibility and honesty.

DAY 171

AS SUPPORTERS, EXPRESSING DISSATISFACTION WITH ON-FIELD MISCONDUCT

Supporters don't have to accept everything. They can exert significant influence on the course of a match.

BEING FAIR PLAY MEANS as key participants in a sports event, conveying strong messages.

FOLLOW THEIR EXAMPLE : In 2023, Belgian forward Dante Vanzeir of the New York Red Bulls found himself in turmoil after making racist remarks towards an opponent from the San Jose Earthquakes. The player was penalized with a six-match suspension. Several supporter groups then led protest actions. Many deemed the punishment « too lenient ». Consequently, they collectively left the stands at the Red Bull Arena in protest.



► READ MORE

172

DAY 172 **LEND EQUIPMENT TO ANOTHER PARTICIPANT**

Some sportsmen and women turn up at competitions without their equipment because they have forgotten, damaged, stolen or lost it.



BEING FAIR PLAY MEANS agreeing to lend spare equipment to enable everyone to compete or play.

FOLLOW THEIR EXAMPLE : At the 2015 World Athletics Championships, Belgium's Cynthia Bolingo lent one of her pairs of spikes to Côte d'Ivoire's Marie-Josée Ta Lou. The sprinter can thank her: in addition to qualifying, she beat her own personal record.

► [READ MORE](#)

173

DAY 173

PROVIDE SOCIO-CULTURAL SUPPORT FOR SUPPORTERS

Social and educational prevention holds significant importance in the sports world.

BEING FAIR PLAY MEANS taking action to reduce violence among supporters.

FOLLOW THEIR EXAMPLE : To prevent the risk of incidents through mediation, the Fan Coaching team accompanies supporters to all matches of Standard de Liège in Belgium and Europe. Outside of matches, sports and cultural activities are organized with the aim of nurturing the positive potential of supporters, who also have access to social services at the Fan-Home. The community-driven actions are based on scientific research carried out at the University of Liège.



► READ MORE

174

DAY 174

DENOUNCING ALL FORMS OF RACISM AND DISCRIMINATION

Such behaviour has no place in sports.



BEING FAIR PLAY MEANS daring to stand against all these abuses that affect the existence of each and every one of us.

FOLLOW THEIR EXAMPLE : In 2021, Thierry Witsel, the father of former Belgian national team player Axel Witsel, founded the association «Stop Racism in Sport.» The association's goal. To advance the fight against the scourge of racism in sports. «I will try to bring in big names,» the former player from Liège said. «The more of us there are, the more noise and weight it will carry. Maybe it will take time, but we will break down barriers.»

► READ MORE





175

DAY 175

THANK EVERYONE WHO HELPED ACHIEVE A GOAL

When a challenge or victory is achieved, it's only logical to take full advantage of the moment.

BEING FAIR PLAY MEANS taking the time to thank all those who made it possible, whether it is done publicly, by sending them a message, inviting them to the podium or sharing a photo.

FOLLOW THEIR EXAMPLE : Just think of Danish cyclist Jonas Vingegaard. Winner of the 2022 Tour de France, the cyclist publicly thanked all the people who contributed to his success on the Champs-Élysées.



► READ MORE

176

DAY 176

USE STAMPS AND ENVELOPES WITH FAIR PLAY STAMPS ON THEM

Fair Play should leverage all possible means of dissemination.



BEING FAIR PLAY MEANS sending your correspondence under the banner of positive values.

FOLLOW THEIR EXAMPLE : The Fair Play Commission of the Turkish Olympic Committee (TOC) collaborated with the PTT administration of the Republic of Turkey to issue a stamp-envelope set featuring Fair Play imagery on the occasion of World Fair Play Day 2022. This was a first in philatelic history: it included the TOC logo,

Turkey's Fair Play emblem, the World Fair Play Day logo, and logos of the European and World Fair Play Associations. The cover also included a brief statement from Mustafa Kemal Atatürk, the founder of the Republic of Turkey, addressed to athletes.

► [READ MORE](#)



177

DAY 177

DO NOT PLACE IMPORTANCE ON RANKINGS FOR VERY YOUNG ATHLETES

For young athletes, the joy of playing is more important than competition.

BEING FAIR PLAY MEANS doing everything to maintain this mindset.

HOW ? By not creating championships for the season in youth categories but rather a series of «non-ranking» matches, as is already the case in several sports federations.



178

DAY 178

ADDRESS THE IMPORTANCE OF FAIR PLAY AND THE POSITIVE VALUES OF SPORT DURING INTERVIEWS

Athletes should use their influence to spread the positive values of sport.



BEING FAIR PLAY MEANS as a journalist, giving athletes the opportunity to express themselves on these topics.

FOLLOW THEIR EXAMPLE : A player on the Indonesian national indoor football team explained in an interview his honourable gesture of Fair Play during the 2022 Asian Cup, an action hailed by the entire indoor football community.

► [READ MORE](#)



179

DAY 179

AS A REFEREE, SHOWING RESPECT TOWARDS ALL COMPETITORS IS ESSENTIAL

Every athlete deserves respect, and the referee, as the master of the game, should set an example in this regard.

BEING FAIR PLAY MEANS maintaining a respectful attitude towards all participants in the match, regardless of the circumstances.

FOLLOW THEIR EXAMPLE : Pierluigi Collina, the former Italian football referee, was highly respected by players and his colleagues because, despite being authoritative, he consistently demonstrated a high level of respect towards everyone involved.



► READ MORE

180

DAY 180

JOIN A CIVIC SPORTS MOVEMENT

Membership signifies a strong commitment to a fairer and more balanced sport and society.



BEING FAIR PLAY MEANS solidifying your convictions by affiliating yourself with a movement.

FOLLOW THEIR EXAMPLE : Become a member of the French Committee for Fair Play and an ambassador for this movement.

▶ READ MORE



DAY 181

AS A TEAM, RECOGNIZE THE VALUE OF SUPPORTERS

The bond between supporters and their team is a strong story that matters.

BEING FAIR PLAY MEANS paying a dignified tribute to supporters when the moment calls for it.

FOLLOW THEIR EXAMPLE : A father-son duo, Stefano and Cristiano, were tragically killed in a car accident while returning home after an AS Roma match against Bayern Munich. The Roma FC players paid tribute to their deceased supporters in the next match by walking onto the field wearing t-shirts with a photo of the father and son. It was an incredible and respectable gesture from the football team.



► READ MORE

DAY 182

SPREAD THE WORD ABOUT « ZERO DISCRIMINATION » ON MARCH 1ST, THE INTERNATIONAL DAY FOR THIS CAUSE

The sporting community must not tolerate any form of discrimination.



BEING FAIR PLAY MEANS reaffirming the message every March 1st.

FOLLOW THEIR EXAMPLE : This day was established in 2014 to emphasise that everyone deserves to live without discrimination. Every year, hundreds of organizations reinforce this powerful message.

► [READ MORE](#)



183

DAY 183

AS TEAM MEMBERS, STAY UNITED IN DEFEAT

It's sometimes easy to pass the buck when our team is beaten.

BEING FAIR PLAY MEANS sticking together, whatever happens. Because sport is above all a family.

HOW ? By continuing to mobilize, to train, to do better next time.



184
DAY 184

BRING FAIR PLAY INTO THE SWIMMING POOL

Swimming pools are open to everyone, from experienced to less experienced swimmers.



BEING FAIR PLAY MEANS acknowledging that everyone has their own level and pace, and ensuring that everyone can find their place, without crowding or inconvenience.

HOW ? By respecting the lane assignments based on skill level, not pushing other swimmers, and not diving too close to people, amongst other things.

185

DAY 185

APPROACH EACH COMPETITION WITH THE INTENTION TO GIVE ONE'S BEST

In sports, as in everyday life, this prevents regrets.

BEING FAIR PLAY MEANS seeing each competition as a new challenge to be tackled to the best of one's ability.

FOLLOW THEIR EXAMPLE : Two American basketball legends, Michael Jordan and Kobe Bryant, consistently displayed an exemplary mindset by giving their all to lead their teams to victory.



186

DAY 186

COMMIT TO STAYING WITHIN THE BOUNDARIES.

A match can only proceed smoothly if everyone around the field stays in their designated places.



BEING FAIR PLAY MEANS, as a parent, not encroaching onto the playing surface, which is, by definition, the area reserved for the players. After all, a child doesn't want to see their parent on the field!

FOLLOW THEIR EXAMPLE : In Flanders (Belgium), some regional youth divisions have introduced something new. In the absence of a referee to officiate the match, parents are required to remain about twenty meters away. The federation believes that for a better learning experience in football, it's beneficial to keep parents away from the pitch.

187

DAY 187


ORGANISE FAIR PLAY VISUAL AIDS IN SCHOOLS

Visual aids work well and appeal to children.

BEING FAIR PLAY MEANS inviting children to view and talk about films that deal with relevant and significant issues.

FOLLOW THEIR EXAMPLE : The Youth Service of Chièvres, a Belgian city, hosted the Fair Play film project for several schools in July 2023. This project, organised by Panathlon Wallonie-Bruxelles every year, uses short videos about sports values to spark discussions and reflections among children.





188

DAY 188

INAUGURATE A FAIR PLAY SPACE IN A PUBLICLY ACCESSIBLE SPACE AND HOLD AN OFFICIAL OPENING BY THE TOPONYMY COMMISSION

It could be beneficial to display the notion of Fair Play in black and white in the heart of the city, with the aim of raising awareness in a lasting way for its citizens.

BEING FAIR PLAY MEANS decorating towns and cities with the seal of Fair Play that have not yet been done.

FOLLOW THEIR EXAMPLE : In Lausanne, Switzerland, the International Olympic Committee inaugurated with the space dedicated to urban sports Fair Play!

Aywaille and Flobecq in Belgium have done the same!

- Official address of the Aywaille Sports Centre: Esplanade du Fair Play at 4920 Aywaille (Belgium)
- Official address of the Jacky Leroy Sports Centre: Esplanade du Fair Play, 1 in 7880 Flobecq (Belgium)



189

DAY 189

ORGANIZE AN EVENT FOR YOUNG PEOPLE AROUND THE CONCEPT OF FAIR PLAY

The concept of Fair Play can be understood and spread in a playful and collective manner.

BEING FAIR PLAY MEANS inviting young people to be part of a collective project.

FOLLOW THEIR EXAMPLE : In 2021, during the Tour de Wallonie cycling race in Belgium, young participants in sports camps organized an event to spell out the words «Fair Play» and make it visible from the television helicopter.



► READ MORE

190

DAY 190

TAKE AN INJURED COMPETITOR TO THE INFIRMARY

Humility, empathy and dedication are values that are inseparable from the concept of Fair Play.



BEING FAIR PLAY MEANS acting with a sense of fairness.

FOLLOW THEIR EXAMPLE : In 2015, during the inaugural European Games in Baku (Azerbaijan), after the men's final (-74 kg) of the sambo competition, the Belarusian winner of the match went to fetch his injured Azerbaijani opponent and carried him to the infirmary.

► [READ MORE](#)



DAY 191

INCORPORATE THE CONCEPT OF FAIR PLAY IN OFFICIAL POLICY DOCUMENTS

Political institutions should lead the way in their desire to transform attitudes.

BEING FAIR PLAY MEANS making this wish a formal goal.

FOLLOW THEIR EXAMPLE : The General Policy Statement of the Wallonia-Brussels Federation, Belgium for the 2019-2024 term of office has written this aim to « Promote Fair Play in sport ».



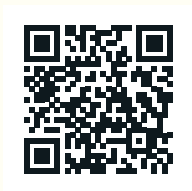
► READ MORE

192

DAY 192

MAKE FAIR PLAY THE THEME OF A SCHOOL PLAY

Fair Play can be successfully showcased through performing art.



BEING FAIR PLAY MEANS collaborating and brainstorming in a team project that can impact the entire school community.

FOLLOW THEIR EXAMPLE : In 2019, the Picasso primary school in Tunisia created a play based on tolerance, acceptance of differences and solidarity.

▶ READ MORE



193

DAY 193

PROMOTE CIVIC AND SOCIAL CAUSES THROUGH SPORT ACTIVITIES

Sport reaches millions of followers and fans around the world.

BEING FAIR PLAY MEANS practicing using sport to contribute to noble causes that make a positive difference in society.

FOLLOW THEIR EXAMPLE : In 2022, the city of São Paulo in Brazil organised a solidarity race to raise funds for cancer research.



► READ MORE

194

DAY 194

EDUCATE ATHLETES' PARENTS TO BE MORE FAIR PLAY

More than ever, Parents need to lead by example.



BEING FAIR PLAY MEANS teaching parents and giving them the tools, without judgement.

FOLLOW THEIR EXAMPLE : In Switzerland, the Gymnastics Federation provides an online brochure for parents to make them aware of the importance of good behaviour on the field.

► [READ MORE](#)



195

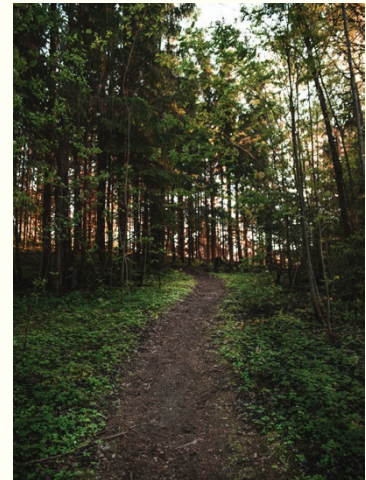
DAY 195


STAY ON THE SPORTING CIRCUIT

For both organization and safety reasons, many circuits are marked out to enable athletes to train in the best possible conditions.

BEING FAIR PLAY MEANS respecting these circuits so that everyone can enjoy them.

HOW ? By preserving nature and the environment.





196

DAY 196

GIVE YOUR MEDAL TO A SUPPORTER

A medal symbolizes victory, but for some athletes, their official record may matter more than the material reward.



BEING FAIR PLAY MEANS taking the initiative to offer your medal to a supporter.

FOLLOW THEIR EXAMPLE : In 2015, during the Rugby World Cup, a few minutes after winning the title against Australia, All Blacks' star center, Sonny Bill Williams, placed his gold medal around the neck of a young boy in the stands.

► [READ MORE](#)



197

DAY 197

OFFER YOUR SPORTS EQUIPMENT UP FOR RESALE TO BENEFIT A GOOD CAUSE

The outfits, jerseys and various equipment delight supporters, fans, or even collectors.

BEING FAIR PLAY MEANS as a high-level athlete, donating sporting equipment for the benefit of a good cause.

FOLLOW THEIR EXAMPLE : In 2021, the footballer Lionel Messi sold his football boots, with which he had broken a record, in order to raise funds to help sick children by supporting the « art and health » project of the Vall Hebron University Hospital in Catalonia. He declared that: « The most important thing one can do is to give something back to children who are fighting for their health ».



► READ MORE

198

DAY 198

SET UP A CHALLENGE THROUGHOUT THE YEAR FOR CLUBS TO COMPETE TO BE THE MOST WELCOMING CLUB

When you show pride in your club and its jersey, you attract visitors.



BEING FAIR PLAY MEANS developing an original way for supporters and parents to show a warm and friendly welcome.

FOLLOW THEIR EXAMPLE : The federal educational program of the French Football Federation has proposed to launch the challenge of the « best welcome » throughout the year to be carried out by sports clubs.

► [READ MORE](#)



DAY 199

SHOW RESPECT AND CONSIDERATION FOR ALL THE VOLUNTEERS AROUND THE FIELDS

There are many volunteers on and around the fields who ensure the smooth running of every competition or training session: ball boys and ball girls, cleaning staff, first aid responders, caretakers, custodians, etc.

BEING FAIR PLAY MEANS taking the time to show all the volunteers our appreciation for their presence and their time.

FOLLOW THEIR EXAMPLE : In 2014, rain interrupted the match between Serbian player Novak Djokovic and Portuguese player Joao Sousa at Roland Garros. «Djoko» sat on the bench and invited a ball boy to join him to spend some time together. It was a wonderful moment during which the player sheltered the young man with an umbrella.



► READ MORE

200

DAY 200

CHOOSE RESPECT OVER MONEY

Fair Play and respect are priceless compared to financial gains.



BEING FAIR PLAY MEANS making the right decision in difficult situations.

FOLLOW THEIR EXAMPLE : A good example of this was the cancellation of the Imola Grand Prix by Stefano Domenicali, the Formula One Group Chairman and CEO. The race was supposed to take place on May 21st, 2023, but Romagna was hit by severe floods. Mr. Domenicali, who grew up in the region, decided to call off the race, despite the economic and organisational costs, to avoid putting more pressure on the authorities dealing with the emergency and to show respect for the victims

and the evacuees. He also launched a fundraising campaign, showing his high ethical standards, as he did during the pandemic.

► [READ MORE](#)



201

DAY 201

ORGANIZE A TOURNAMENT BETWEEN YOUNG INDIVIDUALS AND LAW ENFORCEMENT SERVICES

The sports field is more neutral than the daily environment.

BEING FAIR PLAY MEANS facilitating the interaction between groups that are often distant in their everyday lives.

FOLLOW THEIR EXAMPLE : In Ecuador, a futsal tournament was organized in Banos, bringing together students and police trainees. This event was organized by the Ministry of the Interior with the goal of promoting a culture of peace and sports among young people.



► READ MORE

202

DAY 202

DO NOT ENDANGER YOUR OWN HEALTH OR THAT OF YOUR OPPONENT, OR FELLOW ATHLETES

Sport should remain an activity where everyone's safety must be the priority.



BEING FAIR PLAY MEANS avoiding any behavior likely to jeopardize an athlete's integrity.

HOW ? By respecting officials' decisions to postpone or cancel competitions for safety reasons, for example, or by not endangering your opponent or team-mate with a poor trajectory in motor sports or cycling.

203

DAY 203

AS A COACH, COMMIT TO HELPING EACH ATHLETE REACH THEIR FULL POTENTIAL

The coach is committed to the development of all athletes.

BEING FAIR PLAY MEANS not distinguishing between athletes based on their different levels and abilities and doing everything possible to help each one reach their maximum potential.

HOW ? By fully embracing the role of a coach, proactively engaging in helping the athlete improve, while also listening to them so they can meet their potential as both athletes and individuals.



204

DAY 204

REQUEST THAT THE CROWD TO CALM DOWN FOR A PEACEFUL CONTINUATION OF THE COMPETITION

A high-level athlete serves as an example and can also play the role of a moderator. In this capacity, they can take responsibility with their audience.



BEING FAIR PLAY MEANS as an athlete, taking on the role of spokesperson with their supporters.

FOLLOW THEIR EXAMPLE : At the 2004 Athens Olympics, after Russian gymnast Aleksey Nemov's routine on the horizontal bar, the crowd strongly disagreed with the scores given by the judges. As a result of the incident, the next athlete was unable to perform their routine for an additional 15 minutes. Nemov courageously addressed the applauding crowd and requested silence. Thanks to his action, the competition was able to continue smoothly.

► READ MORE



205

DAY 205

AS A HIGH-LEVEL ATHLETE, DEDICATE TIME TO PROMOTING FAIR PLAY AND POSITIVE SPORTS VALUES

High-level athletes often serve as examples for thousands of young people who follow them during competitions and on social media, aspiring to be like them someday.

BEING FAIR PLAY MEANS being willing to invest as an ambassador of Fair Play to promote the wonderful values of sports by engaging with young people (in schools, clubs), participating in promotional campaigns, and more.

FOLLOW THEIR EXAMPLE : Jean-Michel Saive, the greatest Belgian table tennis player who participated in 7 editions of the Olympic Games, was honored for his Fair Play in 1988 by the International Committee for Fair Play. He has always been an exemplary athlete and has dedicated time to promoting Fair Play on the field.



DAY 206

INTEGRATING CHILDREN IN DIFFICULTY THROUGH SPORT

It is well-known that sport can help the integration of children in difficulty.



BEING FAIR PLAY MEANS increasing actions of this kind.

FOLLOW THEIR EXAMPLE : A project in Slovakia called “Sport is Chance” aims to support and help the development of projects to promote the social and educational use of sport.

► READ MORE



207

DAY 207

RECOGNISE AND PRAISE CHILDREN WHO EXHIBIT OUTSTANDING POSITIVE BEHAVIOUR IN SCHOOL

Instead of focusing on the negative, emphasize the positive.

BEING FAIR PLAY MEANS a school principal, spreading positive messages throughout the school community.

HOW ? You can do this by spreading this information through the school newspaper, the school's website or Facebook page, or even at the Fancy-Fair or any other school event.



DAY 208

AS A PLAYER, ASK THE CROWD TO APPLAUD THE UNFORTUNATE OPPONENT

It's beautiful to win with grace.



BEING FAIR PLAY MEANS momentarily setting aside your victory to acknowledge and include the opponent in an applause.

FOLLOW THEIR EXAMPLE : Football player Sergio Rico had asked his supporters to applaud the opposing team's player Mbappé before a match, in the spirit of sportsmanship.

► READ MORE



209

DAY 209

PUBLICLY DENOUNCE ALL FORMS OF SPORTS MISCONDUCT

A sports journalist should remain objective without falling into censorship.

BEING FAIR PLAY MEANS not turning a blind eye to anything that tarnishes sports but rather confronting the audience with it.

FOLLOW THEIR EXAMPLE : As part of the «Say No to Discrimination» campaign conducted by the Council of Europe, one of the conclusions was: «Strengthening anti-racism education for the younger generation, systematically enforcing laws, involving the media, and encouraging everyone to take responsibility are the main action points that emerged from the discussions.»



► READ MORE

DAY 210

AN ATHLETE WHO IS CONCLUDING HIS CAREER DESERVES JOINT RECOGNITION

Some athletes have remarkable careers, lasting long and/or achieving great things.



BEING FAIR PLAY MEANS showing respect, appreciation and gratitude to an athlete who retires from his career.

FOLLOW THEIR EXAMPLE : Luis Sola, the Argentinian basketball star, received standing ovation from everyone in the quarter-final against Australia at the Tokyo Olympics in 2021. It was an emotional highlight for his last game at the age of 41.

► READ MORE



211

DAY 211

CREATE A FAIR PLAY CARD TO USE DURING THE PLAYGROUND GAMES

Playtime is a valuable time for children who may face conflicts during their games.

BEING FAIR PLAY MEANS making a fun tool with and for children that they can apply during recess, to reward good conduct.

FOLLOW THEIR EXAMPLE : As mentioned in the academic study, a class at Francisco de Paula Santander School in Colombia implemented the Green Card system to reward good conduct within the school. The impact was notably positive.



► READ MORE

212

DAY 212

ENGAGE AS A PARENT TO BE A PARTICIPANT IN THE MATCH

For various reasons (road problems, etc.), there might be instances where referees are not present during a match.



BEING FAIR PLAY MEANS being willing to take on this role so that the match can proceed. The athletes have come to play.

HOW ? By volunteering to referee the match involving your child while demonstrating impartiality and a sportsmanlike spirit.

213

DAY 213

CREATE A PLATFORM FOR REFEREES TO VOICE THEIR CONCERNS

To help referees perform their duties more confidently and efficiently.

BEING FAIR PLAY MEANS respecting and helping referees in their roles.

FOLLOW THEIR EXAMPLE : A good example of this is the listening unit for referees created by the Normandy Football League, thanks to Hervé Grandet and others. This unit allows referees to report any violence they face, get assistance in writing reports and complaints, and receive psychological support. Hervé Grandet also monitors social media to identify potential risky matches and coordinates with the Norman public prosecutor's office to speed up the legal process in case of violence against a referee.



► READ MORE

214

DAY 214

PLAY YOUR SPORT TO SUPPORT LOCAL CHARITIES

Sport, the ultimate unifying activity, can serve as a powerful platform to spread messages widely and publicly.



BEING FAIR PLAY MEANS seizing this sporting opportunity to convey our commitment to what we hold dear.

HOW ? Writing a message on one's shirt, celebrating a victory with a flag, using a podium to deliver a strong message, donating funds raised through sporting activities or challenges, and more.

215

DAY 215

AS A HIGH-LEVEL PLAYER, HELP A DISTRESSED SUPPORTER

The matches are experienced not only on the field but also in the stands and bleachers.

BEING FAIR PLAY MEANS being able to react when issues arise around the field.

FOLLOW THEIR EXAMPLE : In 2016, during a match where Manchester United secured victory against Hull City, while his teammates were celebrating the crucial goal, Marouane Fellaini didn't rush towards them but instead towards a fan, evidently elderly, in distress and seeming to suffer immensely. Within seconds, the person had been helped back up with the assistance of «Big Mo» (Marouane Fellaini's nickname).



► READ MORE

216

DAY 216

PROVIDE REFUGEES WITH THE OPPORTUNITY TO ENGAGE IN CLUB LIFE

Recognition is essential for every human being.



BEING FAIR PLAY MEANS enabling uprooted individuals to regain self-esteem and self-confidence through their actions.

FOLLOW THEIR EXAMPLE : This Irish study (page 15) explains the positive impact of volunteering in sports clubs on refugee integration within society and the community.

► [READ MORE](#)



217

DAY 217

MAINTAIN SPORTSMANSHIP TOWARDS A VICTORIOUS RIVAL TEAM

Sports can create beautiful friendships.

BEING FAIR PLAY MEANS keeping a sportsmanlike spirit, even after matches, often for the better.

FOLLOW THEIR EXAMPLE : In 2016, during the final round of the French Women's Cup in football, Montauban's team (Montalbanaises) didn't return empty-handed from Bretenoux-Biars, winning 29-0. The result created a buzz, but it didn't stop the Montauban players and staff from behaving fairly. The beaten team showed up to support their first-round opponents, even forming a guard of honor as the teams entered the field. The team from Lot even promised to cheer for MFC-TG in every cup round as long as the team remained qualified. This rare gesture of great sportsmanship is truly noteworthy.



218

DAY 218

PROVIDE PEOPLE WITH DISABILITIES WITH THE OPPORTUNITY TO COACH TEAMS

Our differences can be a source of enrichment.



BEING FAIR PLAY MEANS giving young people the opportunity to be supervised, accompanied by all types of coaches.

FOLLOW THEIR EXAMPLE : In the United Kingdom, David Hopkins, an unconditional supporter of the Charlton Athletics club dreamed of becoming a steward in his club as a little boy. However, due to his illiteracy, he was never able to obtain the necessary diploma. Thanks to the support of his club, he managed to make his childhood dream come true and became a steward. In July 2019, his efforts were

rewarded with the “employee of the month” trophy for all his hard work and exceptional commitment to the organisation.

► [READ MORE](#)



219

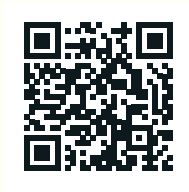
DAY 219

DEVELOP AND SUSTAIN A HOUSE OF FAIR PLAY

Fair Play being vast and diverse, deserves a place entirely dedicated to it.

BEING FAIR PLAY MEANS promoting a space recognized as a venue for meetings, research, and creative endeavors centered around this topic.

FOLLOW THEIR EXAMPLE : The Fair Play House in the United Kingdom offers a wide range of activities aimed at fostering community and team spirit.



► READ MORE

220

DAY 220

BRING TOGETHER ATHLETES WITHOUT DISABILITIES AND ATHLETES WITH INTELLECTUAL DISABILITIES IN THE SAME SPORTS CHALLENGE

These moments of inclusion, rich in exchanges, provide mutual enrichment.



BEING FAIR PLAY MEANS endorsing and promoting « Unified Sports ».

FOLLOW THEIR EXAMPLE : The Special Olympics movement opens the doors to an Olympic dream for thousands of athletes with intellectual disabilities through the «Play Unified» initiative. In Belgium, there are 10 disciplines of «unified sports»: athletics, badminton, basketball, bocce, bowling, netball, table tennis, tennis, soccer, and sailing. Both athletes with and without disabilities participate in these sports together.

► [READ MORE](#)



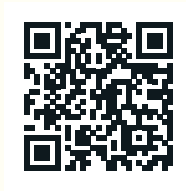
221

DAY 221 BE AN EXEMPLARY TEAM CAPTAIN

Each team can count on a captain, whose role is both to unify and structure the team, and act as a liaison between the team to the coach and the referee.

BEING FAIR PLAY MEANS wearing the armband with pride and respecting the role assigned to us by exhibiting positive and exemplary behavior on behalf of the team.

FOLLOW THEIR EXAMPLE : Spanish footballer Carl Puyol has always embodied the role of captain to perfection, behaving with respect and humility on and off the pitch.



► READ MORE

222

DAY 222

LEND YOUR VOICE TO SUPPORT A FAIR PLAY CAMPAIGN

Some journalists have recognizable and essential voices in sports media.



BEING FAIR PLAY MEANS being willing to use your voice to publicly champion a positive cause.

FOLLOW THEIR EXAMPLE : In Belgium, sports journalist Christine Schröder was the voice of the «Red Alert on the Sports Planet» campaign initiated by Panathlon Wallonie-Bruxelles and collective ball sports federations in 2023. She read the open letter (co-signed by all federations) and turned it into a podcast.

► READ MORE



223

DAY 223

RESPECT THE CODE OF HONOR IN A SPORT AND NOT EXPLOITING AN OPPONENT'S INJURY

Sports are best when played on a level playing field.

BEING FAIR PLAY MEANS refraining from targeting an opponent's weaknesses at all costs.

FOLLOW THEIR EXAMPLE : At the 1984 Los Angeles Olympics, Egyptian judoka Mohamed Ali Rashwan reached the finals of the +95 kg category. He had a strong chance of winning since his opponent, Japanese judoka Yasuhiro Yamashita, was suffering from a severe calf injury from a previous round. Refusing to take advantage the situation, Rashwan did not exploit Yamashita's weakness and lost the match in under a minute. In a true display of sportsmanship, he helped Yamashita onto the top of the podium when the Japanese athlete could hardly put his leg on the ground.



► READ MORE

224

DAY 224

PROMOTE SPORTS ACCESSIBILITY FOR EVERYONE

Those who think Fair Play think « Equal opportunities ».



BEING FAIR PLAY MEANS incorporating this value into all sports organizations by offering free access or preferential rates, or by ensuring different levels of training.

FOLLOW THEIR EXAMPLE : As part of its policy to encourage and develop sports participation, the city of Lancy in Switzerland is pleased to offer the «Sports Voucher,» an individual assistance program aimed at young residents of Lancy benefiting from health insurance subsidies. These vouchers, valued at CHF 100, can be used towards membership fees or costs for sports classes/ workshops offered by sports institutions located within the commune and associated with the project.

225

DAY 225

OFFER A HOMEWORK SCHOOL WITHIN THE CLUB

Clubs can also be good places for young people to learn.

BEING FAIR PLAY MEANS opening up clubs in order to help children struggling with their schooling.

FOLLOW THEIR EXAMPLE : In the RWD Club Molenbeek, Belgium, they set up the crampons-pencils project. This project offers a homework club within the facilities to support children as best as possible in their schooling. The initiative was honoured by the commune of Molenbeek-Saint-Jean.



► READ MORE

226

DAY 226

PROPOSE A TRAINING MODULE ON FAIR PLAY AND SPORTS ETHICS

A training module, aimed at young students who want to become physical education teachers in future.



BEING FAIR PLAY MEANS emphasizing the importance of this training.

FOLLOW THEIR EXAMPLE : Douglas College in Canada, offers a course on sports ethics.

► READ MORE



227

DAY 227

IN THE EVENT OF VICTORY, REMEMBER TO THANK YOUR COACH (AND YOUR SUPPORTERS)

Victory is the result of the athlete's determination and training. But what is an athlete without their coach's guidance and the encouragement of their family and supporters ?

BEING FAIR PLAY MEANS involving your coach and loved ones in your victory, by addressing a few words to them at the end of the competition.

FOLLOW THEIR EXAMPLE : During EURO 2021, the French national football team, a major favorite in the tournament, experienced a tremendous disappointment by being eliminated in the Round of 16 against Switzerland. However, despite the disappointment, player Moussa Sissoko felt compelled to thank the supporters who had backed them throughout the tournament. «The Euro ended last night, not as we hoped, not as you all hoped,» he said. «We felt your incredible support, how can we not take the time to thank all of you.»



228

DAY 228

LEAVE THE LOCKER ROOMS SPOTLESS AFTER A COMPETITION

Taking care of the sports facilities provided, especially if it's at a host club, is the least we can do.



BEING FAIR PLAY MEANS picking up and disposing of trash, not leaving anything behind, returning the facilities in the same clean condition we found them, and leaving a nice note for the host team.

FOLLOW THEIR EXAMPLE : During the 2018 and 2022 FIFA World Cups, the Japanese national team cleaned the locker rooms they used. This act was highly praised by the international community.

► READ MORE



229

DAY 229

AWARD THE GREEN ARMBAND TO THE MOST FAIR PLAY PLAYER

While it's normal to penalize fouls, positive actions should also be recognized.

BEING FAIR PLAY MEANS awarding a player with the green armband at the end of the match as a recognition of their Fair Play behavior, and they can wear it in the next game.

FOLLOW THEIR EXAMPLE : The football club in Courcelles, Belgium, has implemented this initiative for all members of the club, from the youngest to the oldest!



► READ MORE

230

DAY 230

PROMOTE AND DEFEND REFEREEING

The number of referees has undeniably been decreasing year by year, sometimes jeopardizing the smooth conduct of certain sports activities.



BEING FAIR PLAY MEANS doing everything possible to revalue this role, defend referees, and inspire new generations to take up refereeing.

FOLLOW THEIR EXAMPLE : Since 2021, the Panathlon Wallonie-Bruxelles has been developing the campaign «Referee, 1st supporter of the match.» The goal? Highlight the referee as a major positive component and a bearer of values. The same year, a similar campaign was launched in the United Kingdom with «Give the ref a hand.» The campaign aims to encourage football fans to applaud referees on the field.

231

DAY 231

DRESS THE VOLUNTEERS IN THE FAIR PLAY COLOURS

Volunteers remain the heart of the club.

BEING FAIR PLAY MEANS giving them the means to be able to spread the positive values of sport.

HOW ? By writing the Fair Play values on their equipment and clothing.



232

DAY 232

HIGHLIGHT POSITIVE VALUES CONVEYED BY SPORTS IN YOUTH MOVEMENT ACTIVITIES

Youth movements align closely with the sports movement through the shared values they uphold.



BEING FAIR PLAY MEANS creating connections between these two civic spheres.

FOLLOW THEIR EXAMPLE : In 2020, the leaders of the Baladin youth movement (ages 5-8) in Visé, Belgium, dedicated a day to the values of sports found in the Olympics. They mentioned in the camp materials, «It's up to you to show your courage, your perseverance, and of course, your Fair Play!»

► READ MORE



233

DAY 233

INFORMING THE REFEREE OF A FOUL WE COMMITTED ON THE FIELD THAT HE DIDN'T SEE

The referee can't see everything happening on the field. It's simply impossible.

BEING FAIR PLAY MEANS not taking advantage of such a situation and having the honesty to immediately report our own foul to the referee.

FOLLOW THEIR EXAMPLE : During a match in the Italian football championship, international German-Polish footballer Miroslav Klose was honored for informing the referee that he had scored a goal with his hand.



► READ MORE

234

DAY 234

ENCOURAGE ALL SCHOOLS IN THE SAME AREA TO SUPPORT THE THEME OF “FAIR PLAY”

A message gains value and is strengthened if it is shared and spread by a larger community.



BEING FAIR PLAY MEANS bringing together the entire school sector of the area with a positive message.

FOLLOW THEIR EXAMPLE : The Danish volleyball federation trained several physical education teachers in two workshops about the promotion of values through volleyball. This led to further sharing of the “Fair Play” values with several schools who were also able to participate in a tournament.

► [READ MORE](#)



235

DAY 235

SHARE YOUR EQUIPMENT WITH ANOTHER OPPONENT

Some sportsmen and women can run out of technical resources during night races, with the resulting safety problems and risks of abandonment.

BEING FAIR PLAY MEANS running together to share the light.

HOW ? By staying by the side of an opponent whose headlamp has run out, to light the way and make sure he or she is safe, before thinking about the outcome of the race.



236

DAY 236

NOT FORCING YOUR CHILD TO PARTICIPATE IN SPORTS AT ALL COSTS

While sports are enjoyable, there are times when it might not be suitable to engage in them.



BEING FAIR PLAY MEANS as a parent, accepting that your child may not feel like participating in sports.

HOW ? By allowing your child to have moments of rest, as it's part of the training process for proper physical and mental assimilation.

237

DAY 237

COMMIT AS A FAIR PLAY PARENT IN YOUR CLUB

Fair Play is everyone's responsibility, especially for parents who accompany their children.

BEING FAIR PLAY MEANS being willing to dedicate your time to act as a moderator and mediator on the sidelines. Through the established proximity, you can defuse critical situations before they escalate into conflicts.

FOLLOW THEIR EXAMPLE : The French-speaking Football Federation in Belgium (ACFF) successfully developed a campaign to promote a friendly atmosphere through Fair Play.



► READ MORE

238

DAY 238

DISPLAY POSITIVE MESSAGES AND VISUALS AROUND THE SCHOOL

A message that is always visible is a powerful message.



BEING FAIR PLAY MEANS agreeing to reserve a space where the Fair Play message will be displayed at all times.

FOLLOW THEIR EXAMPLE : In their school in New Zealand, students have created and displayed three murals on the theme of the values of sport.

► READ MORE



239

DAY 239

AWARD AN OFFICIAL CARD TO RECOGNIZE FAIR PLAY ACTIONS

Cards are typically associated with penalties for athletes. Only negative actions are noted, discussed, and commented upon, while Fair Play actions go unnoticed.

BEING FAIR PLAY MEANS presenting a different card to officially acknowledge these positive actions.

FOLLOW THEIR EXAMPLE : Use a positive card. While traditional yellow and red cards are shown to penalize fouls, the white card introduced in 2018 by the Portuguese Football Federation for youth competitions is aimed at rewarding Fair Play actions. This symbolic card encourages Fair Play behavior.



► READ MORE

240

DAY 240

ALLOWING ALL SUPPORTERS TO ACCESS THE MATCHES

Sports know no boundaries.



BEING FAIR PLAY MEANS to ensure equality for everyone.

FOLLOW THEIR EXAMPLE : The Fortuna Dusseldorf football club will offer free tickets to several hundred supporters on a periodic basis for the 2023-2024 season.

▶ READ MORE



241

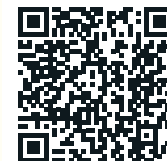
DAY 241

CREATE AND DEVELOP A NEW FAIR PLAY SPORT

More and more people are asking for less «restrictive» sports practices, more in tune with the times.

BEING FAIR PLAY MEANS offering other original playful sports that are accessible to everyone.

FOLLOW THEIR EXAMPLE : Tchoukball, a team ball sport, is recognised for its values of respect for the opponent and its humility. A surprising mixture of Handball, Volleyball and Squash, Tchoukball has the distinctiveness of penalising all forms of bodily contact, enabling it to be played by mixed and intergenerational teams.



► READ MORE

242

DAY 242

AS A COACH, WEAR A FAIR PLAY ARMBAND

Coaches have a duty to be a role model for their players.



BEING FAIR PLAY MEANS showing your commitment to these values by wearing a Fair Play armband.

HOW ? By wearing a Fair Play armband, you clearly display the fundamental principles of sport to be respected in all circumstances. You can wear it to training sessions and matches, all while making sure it's clearly visible.

243

DAY 243

INQUIRE ABOUT AN INJURED OPPONENT

Solidarity and fraternity are relevant before, during, and after the match.

BEING FAIR PLAY MEANS not considering the game over at the final whistle.

FOLLOW THEIR EXAMPLE : On Saturday, May 6, 2017, in Belgium, a U14 rugby player from Tournai RC suffered a serious injury in a match against Dendermonde. Mathys Vanoutryve, who suffered a femur fracture, was pleasantly surprised by a hospital visit from the Dendermonde players.



► READ MORE

244

DAY 244

SPREAD THE VALUES OF SPORT BY USING THE INTERNATIONAL FAIR PLAY PASSPORT

Sport's universal values call for a universal tool to share them.



BEING FAIR PLAY MEANS raising awareness about this passport.

FOLLOW THEIR EXAMPLE : The “International Passport of Fair Play” started its remarkable journey on June 3, 2023, from the International Olympic Academy in Ancient Olympia, Greece. It carried the universal message of the Olympic values to the world.

The International Passport of Fair Play was introduced at the Pierre de Coubertin Monument in the IOA stadium, surrounded by the flags of all IOC members.

245

DAY 245

CLEAN THE GYM EQUIPMENT AFTER YOUR WORKOUT

Everyone has the right to use fitness equipment in the best hygienic conditions.

BEING FAIR PLAY MEANS not acting selfishly but instead, considering others who will use the equipment afterwards.

HOW ? By taking the time to clean each piece of equipment used with the provided disinfectants: spinning bike, treadmill, dumbbells and by returning them to their dedicated place.

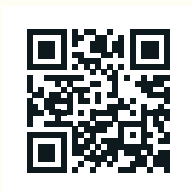


246

DAY 246

IMPLEMENT THE PRINCIPLES OF THE «SPORT, SPIRIT OF HUMANITY» DECLARATION

Because in today's world, we cannot overlook the interactions between sports, religion, or life philosophy.



BEING FAIR PLAY MEANS acting to enhance camaraderie in sports practice.

HOW ? By adhering to the «Sport, Spirit of Humanity» declaration, which specifies that every practitioner embodies their own values and life philosophies. When they participate in activities covered by the declaration, they agree that as soon as they step into the realm of «sports,» they commit to conforming to the rules of sports. This commitment should take precedence over showcasing their philosophical convictions in a noticeable and intolerant manner, in any way.

► READ MORE



247

DAY 247

TURN THE POST-GAME GATHERINGS INTO MOMENTS THAT EMBODY THE SPIRIT OF FAIR PLAY

The clubhouse or refreshment area should remain a place for coming together, exchanging ideas, and fostering camaraderie.

BEING FAIR PLAY MEANS having the desire to promote Fair Play even outside the playing fields and in more festive locations.

FOLLOW THEIR EXAMPLE : In the UK, coasters that emphasize values are available for purchase.



► READ MORE

248

DAY 248

REFRAIN FROM ACTING IN A WAY THAT DISRUPTS THE MATCH OR THE FOCUS OF THE PLAYERS ON THE FIELD

As supporters, we might feel the urge to express certain opinions during a match.



BEING FAIR PLAY MEANS accepting not to disturb the players and referees during the game.

HOW ? By waiting until the end of the match to voice one's discontent and by refraining from throwing anything onto the field. Tennis serves as an excellent example of a sport where respecting the players' concentration is part of the code.

249

DAY 249 **MANAGE YOUR EMOTIONS**

Exhibiting a sportsmanship mindset also involves managing your emotions.

BEING FAIR PLAY MEANS becoming acquainted with our emotions in order to learn how not to be controlled by them, and to combat fear, doubts, and stress. This internal battle compels us to question ourselves and teaches us perseverance. Demonstrating dignity and self-control, regardless of the physical activity undertaken. Learning to comprehend and regulate your emotions in order to maintain Fair Play no matter how challenging the situation.

HOW ? By having the players who competed against each other play together, establishing a 'barometer' where each individual can express how they feel before the match, before training, before physical education class, and so on.



250

DAY 250

ORGANIZE REFEREE-COACH MEETINGS

Because sports should primarily be experienced as an enriching meeting.



BEING FAIR PLAY MEANS bringing all stakeholders closer together to approach matches with serenity.

FOLLOW THEIR EXAMPLE : During the play-offs of the 2022-2023 Belgian football season, the Professional Refereeing Department launched initiatives to improve communication between referees and coaches. These initiatives were well-received and will be continued in the upcoming season.

This communication involves meeting both coaches 75 minutes before kick-off and, if requested, up to 20 minutes after the final whistle. A respectful discussion about specific plays can thus be shared between the referees and coaches. Referees are also willing to communicate with coaches and team captains during the match, in an atmosphere of openness and discussion.

► [READ MORE](#)



251

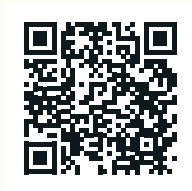
DAY 251

DISPLAY POSITIVE MESSAGES AT THE SITES OF SPORTING EVENTS

Since Fair Play is a collective effort, it should be conveyed by as many people as possible.

BEING FAIR PLAY MEANS adorning major unifying events with positive and educational messages.

FOLLOW THEIR EXAMPLE : In 2014, during the volleyball matches of the European Volleyball Confederation, promotional Fair Play messages were displayed.



► READ MORE

252

DAY 252

PUT A FAIR PLAY BADGE ON PLAYERS' JERSEYS

All athletes are proud of their jerseys. They represent the clubs they play and work hard for.

BEING FAIR PLAY MEANS using the jersey as a vehicle for positive messages.



FOLLOW THEIR EXAMPLE : Since 2020, soccer clubs in Berlin have been able to order a badge bearing the Fair Play logo to attach to their jerseys.

► READ MORE



253

DAY 253 RETURN YOUR PRIZE BACK INTO PLAY FOR IT TO BE ENTERED INTO A LOTTERY

Even in sport, it is to our credit to follow and respect our convictions.



BEING FAIR PLAY MEANS accepting in this sense to put our prize back into play.

FOLLOW THEIR EXAMPLE : In 2022, a French-speaking cycling competition circuit was launched in Belgium for disabled cyclists. It aimed to offer them races close to their homes. A time trial was held on the Mettet circuit in June. Thibaud Thomanne, who finished first, received a prize. He quietly approached the organiser and proposed to put his prize into a lottery. He wanted to celebrate the participation of all cyclists in promoting disabled cycling in French-speaking regions.

254

DAY 254

SET AN EXAMPLE FOR THE YOUNGER GENERATION

Top athletes are admired and followed by a large number of fans, the majority of whom are young people.



BEING FAIR PLAY MEANS remaining a good person, alongside one's sporting career.

HOW ? By maintaining exemplary behavior and not hesitating to uphold these principles both on and off the pitch.

255

DAY 255

PLACE A FAIR PLAY LOGO/SLOGAN ON SCHOOL SPORTS T-SHIRTS

The Fair Play message can be shared by everyone.

BEING FAIR PLAY MEANS allowing children to unite under the same ethical principle.

HOW ? By ensuring that a positive message is visible on all t-shirts given to students.



256

DAY 256

TEACH CHILDREN THE BASIC VALUES THAT THE WORD FAIR PLAY CONVEYS

Fair Play is not only about respecting one's opponent, but includes many notions such as inclusion, fraternity, equity or solidarity.



BEING FAIR PLAY MEANS teaching children the various values that contribute to a harmonious society.

HOW ? By illustrating these concepts by using the Manual « Fair Play, from idea to reality” created by the International Fair Play Committee as a reference.

► READ MORE



257

DAY 257

MAINTAIN INTEGRITY ON THE TRACK IN MOTORSPORTS

One cannot be a true champion without being a good person.

BEING FAIR PLAY MEANS giving your best, regardless of the circumstances.

FOLLOW THEIR EXAMPLE : Lewis Hamilton has never exhibited unsportsmanlike behavior.



▶ READ MORE

258

DAY 258

IF YOU HAVE LOST YOUR HOPE OF WINNING, SUPPORT YOUR ADVERSARIES DURING THE COMPETITION

Sport also reveals its beauty by acknowledging the merit of its rivals.



BEING FAIR PLAY MEANS offering help even when we know our outcome.

FOLLOW THEIR EXAMPLE : The 2021 World Coastal Rowing Championships were held in Oeiras, near Lisbon. The Belgian team consisted of seasoned river rowers (with national and world titles) who had never tried coastal rowing before. They joined the competition because the river championships were cancelled. In the “A” final, Belgians Maxime André and Gaston Mercier crashed with the Finns, breaking their right oar and ending their race. Meanwhile, a hundred meters away, the Norwegian boat with Tokyo Olympic silver medallist Kjetil Borch and his partner Oscar Helvig also broke an oar but on the left side. The Belgians quickly decided to give their remaining oar to the Norwegians, the favourites, who resumed the race and finished twelfth.

► [READ MORE](#)



259

DAY 259

CREATE A TRAINING PLAN BETWEEN A CLUB AND A SOCIAL ORGANISATION

Communication and interaction are vital between the sports world and the civic world.

BEING FAIR PLAY MEANS developing practical action plans that foster these meetings.

FOLLOW THEIR EXAMPLE : The Hawks hockey club in Vancouver, Canada has developed a program to welcome and integrate refugees.



► READ MORE

DAY 260

ASSIGN A STUDENT TO PLAY THE ROLE OF THE SPORTS TEACHER AS A REFEREE

Experience leads to awareness.



BEING FAIR PLAY MEANS prioritising practice over theory, to empower children.

FOLLOW THEIR EXAMPLE : in a college in Les Mureaux (France), values are transmitted through teaching the students the use of arbitration to settle a dispute.

▶ READ MORE



261

DAY 261

WRITE AND SHARE A FAIR PLAY CHARTER FOR YOUR CLUB

For a club, it's essential to promote the finest values of sport.

BEING FAIR PLAY MEANS drafting and adopting a founding text that defines the club's Fair Play spirit.

FOLLOW THEIR EXAMPLE :

- Penybont Football Club in Wales has drawn up and displayed a Fair Play charter. The Chaville handball club has also done this. Additionally, school sports in New Zealand have adopted Fair Play principles.
- or that of the Chaville handball club.
- or for the school sports in a school in New Zealand.



▶ READ MORE

262

DAY 262

AS A COACH, CONGRATULATE THE REFEREE FOR THEIR MANAGEMENT OF THE GAME

The coach must be more than ever an example for their team.



BEING FAIR PLAY MEANS taking the initiative to approach the referee at the end of the match to greet and thank them.

FOLLOW THEIR EXAMPLE : In 2023, during the first round of the FA Cup match between Wolverhampton and Liverpool, Julen Lopetegui, the coach of Wolves, believed that VAR had not done its job by not awarding a goal to his team. At the end of the match, the Spanish coach talked to the referee, and in the press conference, he pointed out the referee's politeness.

► READ MORE



263

DAY 263

ASSIST A BALL BOY OR GIRL

Tennis players can always rely on the participation of ball boys and girls.

BEING FAIR PLAY MEANS showing mutual respect and taking care of their well-being.

FOLLOW THEIR EXAMPLE : Jodie Burrage from the Great Britain team, made a heartwarming gesture during the opening round of the 2022 Wimbledon tournament. As the match was about to commence, a ball boy beside Jodie suddenly collapsed. Assisted by several stewards, he was seated. Without hesitation, the young tennis player interrupted the match to fetch the boy a drink and an energy gel, which improved his condition. This kind act was met with applause from the entire audience.



► READ MORE

264

DAY 264

PROVIDE SUPPORT AND PSYCHOLOGICAL ASSISTANCE FOR REFEREES WHEN NEEDED

No match can happen without referees!



BEING FAIR PLAY MEANS offering optimal support to officials within their roles and the risks they face.

FOLLOW THEIR EXAMPLE : Premier League football referees in England are provided with psychological support (from sports psychologists) after difficult moments involving a major refereeing error.

► READ MORE



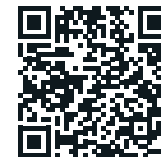
DAY 265

GIVE THE PROJECT INITIATORS PROMOTING FAIR PLAY A VOICE

There are many more positive initiatives than we think.

BEING FAIR PLAY MEANS making these projects known to inspire others who wish to make a difference.

FOLLOW THEIR EXAMPLE : The club of print and television journalists was created on September 13th, 2018, at the request of the President of the French Fair Play Committee (CFFP), Jean-Pierre Mouglin, as proposed by Olivier Furon, CFFP member. This club aims to defend the values of sport and the Sporting Code as well as to relay the initiatives of the CFFP to the media.



► READ MORE

DAY 266

PROMOTE THE INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION ON MARCH 21

The sporting community should reject any kind of racial bias.



BEING FAIR PLAY MEANS reaffirming the message every March 21st as has been done for the last 75 years (in 2023).

FOLLOW THEIR EXAMPLE : On March 21st, 2020, the English footballer Raheem Sterling expressed his support for the #FightRacism campaign, by stating “We have to take responsibility together,” said Mr Sterling, a prominent voice against racism in football. “In our era, colour should not determine who we are.»

► [READ MORE](#)



267

DAY 267

READ A COMIC STRIP ABOUT FAIR PLAY ALOUD

Children like comics for the illustrations, the design, the colours and the straightforward messages.

BEING FAIR PLAY MEANS offering them a comic strip reading focused on Fair Play as part of the school programme.

FOLLOW THEIR EXAMPLE : The comic book «The Champions of Fair Play » by the Frenchman Lamišseb (Sébastien Rocca) was created after extensive work with clubs and associations in La Rochelle, France, and given to schools and colleges.

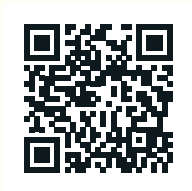


268

DAY 268

DEVELOP A FAIR PLAY LABEL

In time, this will transform the idea into a global and sustainable concept.



BEING FAIR PLAY MEANS being a part of a network or a community that shares the same goals for a more ethical sport. Therefore, sports federations and clubs could create a label that is solely dedicated to Fair Play.

FOLLOW THEIR EXAMPLE : The Fair Play For Planet FFPF label was developed in cooperation with ADEME, the French Agency for Ecological Transition.

► READ MORE



DAY 269

USE AUGMENTED REALITY AS A VEHICLE FOR FAIR PLAY

Technologies are advancing and should be harnessed for the benefit of all.

BEING FAIR PLAY MEANS modifying specific tools to reach a broader audience with values.

HOW ? By displaying virtual tifos visible on TV that prominently showcase the values of sports.



► READ MORE

270

DAY 270

DEVELOP SOLIDARITY CAMPAIGNS

The athletes have a strong and undeniable sense of solidarity.



BEING FAIR PLAY MEANS investing with or through the sports community to assist individuals or institutions who are in need.

FOLLOW THEIR EXAMPLE : During the flooding in Serbia in 2014, the Serbian Olympic Committee joined forces with the Red Cross to launch a campaign to support the victims.

▶ READ MORE



271

DAY 271

EXCHANGE JERSEYS BETWEEN PLAYERS AT THE END OF A MATCH

A match is, regardless of the outcome, a moment of exchange and sharing between players.

BEING FAIR PLAY MEANS concluding this shared moment in a beautiful way by exchanging jerseys with each other. It's also a way to show respect for the opponent.

FOLLOW THEIR EXAMPLE : Argentine player Lionel Messi, a six-time Ballon d'Or winner, has requested to exchange his jersey with an opponent after football matches multiple times - a true sign of respect.



► READ MORE

272

DAY 272

STEP ONTO THE PITCH WITH A FAIR PLAY VISUAL

Every match, no matter what, must be played in a positive atmosphere.



BEING FAIR PLAY MEANS reminding everyone involved in the game of the importance of Fair Play before each match.

HOW ? By having the teams walk onto the field behind a Fair Play banner, taking the opening photo around a flag with a positive message (UEFA), etc.

273

DAY 273

INCLUDE A FAIR PLAY MESSAGE IN YOUR SIGNATURE

An individual responsible for sports or a sports leader must also be an example of respect.

BEING FAIR PLAY MEANS conveying this message on every occasion.

HOW ? By automatically including a brief Fair Play statement in your email signature or postal correspondence. A small gesture that costs nothing but can spread widely.



274

DAY 274

VOLUNTARILY MISS A POINT TO BALANCE OUT AN ARBITRATION ERROR TAKEN IN YOUR FAVOR

We don't always agree with the decisions made by the referee. It's perfectly normal, as we all perceive things in our own way.



BEING FAIR PLAY MEANS not confronting the referee but choosing to miss a point to restore the balance that seems fair to us.

FOLLOW THEIR EXAMPLE : During a football match between the U14 teams of Galatasaray and Istanbulspor (Turkey), the captain of the home team deliberately missed the penalty he had just been awarded. Why? Because he had committed a foul, which had escaped the referee's notice.

► [READ MORE](#)



275

DAY 275

IMMEDIATELY SUBSTITUTE A PLAYER WHO CHEATED OR ACTED NEGATIVELY

A coach must be uncompromising when it comes to players acting negatively.

BEING FAIR PLAY MEANS immediately substituting the player to make them understand that such behavior has no place on a sports field.

HOW ? By not hesitating to substitute the player who is simulating, getting angry, or being dishonest in order to show that respect for values always comes first.



276

DAY 276

ORGANISE A FAIR PLAY SPORTS WORKSHOP IN SCHOOLS

Teaching Fair-Play values go hand in hand with sports learning.

BEING FAIR PLAY MEANS exposing all students to this value.

FOLLOW THEIR EXAMPLE : Since 2021, the Ugo Foscolo secondary school in Como, Italy, has offered a “sports flexion” course. This course gives two extra hours of physical and motor education per week, which is recognised as a discipline and a way to deal with health, prevention and civic education issues in a multidisciplinary and interdisciplinary manner. In the 2022/2023 school year, the second classes made a “Fair Play workshop” where they created a calendar with pictures and texts of Fair Play actions. They researched, analysed and explained these actions, which showed some memorable Fair Play moments from recent years. The calendar was displayed to parents and visitors during the open day.



277

DAY 277

AS A SPORTS FEDERATION, EMBARK ON A TURNKEY FAIR PLAY PROMOTION CAMPAIGN

A federation's role is to provide clubs with the most effective tools for Fair Play promotion.

BEING FAIR PLAY MEANS offering all clubs communication tools and initiatives that are ready-to use to implement on a daily basis.

FOLLOW THEIR EXAMPLE : The Regional Directorate of Youth, Sports, and Social Cohesion of the Île-de-France region has devised a communication toolkit on sports values, which the regional football league (Île-de-France) actively shares.



► READ MORE

278

DAY 278

CHANGE THE NAME OF ONE OF THE PLAYGROUNDS IN THE SCHOOL TO « FAIR PLAY »

A playground must remain a place of fun and play for everyone.



BEING FAIR PLAY MEANS naming this common area in a positive way.

FOLLOW THEIR EXAMPLE : Three Fair Play courts already exist in the city of Herve in Belgium. The plaque can be useful for arranging ranks, resolving a dispute, conducting award ceremonies.

279

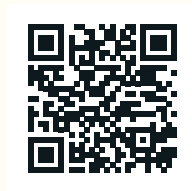
DAY 279

CREATE AND MAINTAIN A FAIR PLAY PAGE ON YOUR WEBSITE

Promotion and communication around Fair Play should be ongoing and take various forms.

BEING FAIR PLAY MEANS ensuring visibility on these communication platforms, targeting all athletes.

FOLLOW THEIR EXAMPLE : The International Orienteering Federation has developed a dedicated tab on its website exclusively for Fair Play, where it publishes useful documents for all members, among other resources.



► READ MORE

280

DAY 280

CELEBRATE SUPPORTERS FOR THEIR SPIRIT

As stakeholders in sports, supporters also deserve to be highlighted.



BEING FAIR PLAY MEANS showcasing everything done to create a better atmosphere in the stands.

FOLLOW THEIR EXAMPLE : The French association Média-Pitchounes aims to promote citizenship education through the implementation of educational projects related to sports and media and journalistic training for various audiences without any distinction or discrimination. They were recognized for their supporter-oriented work with the EFSA Supporter Award in 2009.

► READ MORE



281

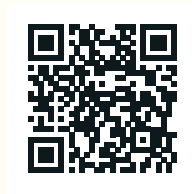
DAY 281

USE ONE'S PLATFORM AS A JOURNALIST TO RAISE AWARENESS AMONG THE GENERAL PUBLIC ABOUT THE POSITIVE GESTURES THAT DEFINE SPORTS

Apart from results and negative actions, the public also appreciates being moved by positive news.

BEING FAIR PLAY MEANS allocating less space to results or negative news and highlighting the beauty of sports.

FOLLOW THEIR EXAMPLE : In the UK, the public service broadcaster BBC regularly shares information related to Fair Play, such as the nominees for the FIFA Fair Play Awards, on its channels.



► READ MORE

282

DAY 282

MAKE A POSITIVE ATTITUDE YOUR MINDSET

The beauty of sports is that anything is possible, as no outcome is predetermined.



BEING FAIR PLAY MEANS approaching every sports activity with a positive and constructive mindset.

FOLLOW THEIR EXAMPLE : Even when he achieves poor results, the famous Slovenian cyclist Tadej Pogacar (one of the best in the world) always keeps a smile on his face and a positive attitude.

283

DAY 283

CREATE A GUARD OF HONOR FOR REFEREES AND OPPOSING PLAYERS

A match isn't just a race for medals. It's also a beautiful moment of interaction between two teams.

BEING FAIR PLAY MEANS showing appreciation and shared enjoyment by forming a guard of honor for the opposing team and referees.

FOLLOW THEIR EXAMPLE : In rugby, the guard of honor is a century-old tradition that epitomizes Fair Play.



284

DAY 284

ORGANISE A PHOTOGRAPHY CONTEST

Sport also involves slow motion and freeze frames.



BEING FAIR PLAY MEANS being able to capture graceful action that will impress the game and the audience.

FOLLOW THEIR EXAMPLE : The international photography competition “Spirit of Fair Play” organised in 2022 by the European Fair Play Movement, the Fair Play Club of the Slovak Olympic Committee, and the Fair Play Council of the Turkish Olympic Committee exhibited photographs that reflect the spirit of tolerance, Fair Play and friendship.

► [READ MORE](#)



285

DAY 285

NAME A FAIR PLAY AWARD AFTER A SPORTS PERSONALITY RECOGNIZED FOR THEIR SPORTSMANSHIP

Honoured athletes are often celebrated for their careers and achievements, while individuals who have left a positive mark on a discipline with their sportsmanship may remain in the shadows.



BEING FAIR PLAY MEANS naming an award in reference to an exemplary athlete, placing Fair Play on the same level as sporting achievements.

FOLLOW THEIR EXAMPLE : Every year, the International Fair Play Committee awards the «Willi Daume» prize to an organization or individual who has contributed to the promotion of Fair Play. Willi Daume is known for his extensive career as a sports leader, having worked within the IOC for the return of the Olympic Games to Germany with the 1972 Olympics in Munich. He also presided over the German NOC between 1979 and 1988.

286

DAY 286

BEING A GRACIOUS WINNER AND CONGRATULATING THE LOSERS

A victory is so much more beautiful when it is dignified.



BEING FAIR PLAY MEANS not belittling the losers and demeaning them. Each defeat is already tough in itself.

FOLLOW THEIR EXAMPLE : In 2016, Belgian footballer Vincent Kompany could have celebrated his victory immediately after winning the English League Cup against Liverpool. However, he chose to congratulate and comfort the Liverpool team instead.

▶ READ MORE



287

DAY 287

AWARD FAIR PLAY HONOURS TO SCHOOLS IN INTER-SCHOOL EVENTS

Students eagerly await inter-school competitions where they can defend their school.

BEING FAIR PLAY MEANS giving recognition, along with other prizes, to students who exhibit good sportsmanship.

FOLLOW THEIR EXAMPLE : The International Federation of School Sports awards a Fair Play prize during its competitions.



► READ MORE

288

DAY 288

DISCUSS SPORTING NEWS WITH CHILDREN

Sport is a frequent and thrilling topic of conversation for children.



BEING FAIR PLAY MEANS sports teachers advocating the value of Fair Play.

HOW ? By initiating the course with a chat with children about gestures, situations that have made sports news and by being able to explain it.

289

DAY 289

LISTEN TO YOUR PLAYERS AND THEIR PARENTS

Being a coach doesn't mean being more important than everyone else. A team is a close-knit group that functions with everyone's participation.

BEING FAIR PLAY MEANS listening to everyone's opinions.

HOW ? By setting aside time, making yourself available, and being open to hearing their thoughts and concerns.



DAY 290

BEGIN AND END THE SPORTS SESSION WITH A POSITIVE GROUP GESTURE

Physical education should be conducted in a peaceful atmosphere.



BEING FAIR PLAY MEANS physical education teachers supporting children to improve their sportsmanship.

HOW ? By encouraging children to create a positive ritual for each start and finish of class (chant, clap, etc.).

DAY 291

ORGANIZE FAIR PLAY TRAINING SESSIONS IN THE LOCKER ROOM

In addition to tactical and physical training, education on values remains essential in the development of every athlete.

BEING FAIR PLAY MEANS dedicating time to offer this type of training within the club, involving coaches and parents.

FOLLOW THEIR EXAMPLE : The French Football Federation, which, through its federal educational program, encourages clubs to develop Fair Play training sessions based on exercises and situational scenarios described below.



► READ MORE

292

DAY 292

CREATE A FAIR PLAY COMMISSION

Every sports entity (clubs, federations, inter-federations, and/or national Olympic committees) should be able to address ethical and Fair Play issues within its discipline internally, in a neutral and independent manner.



BEING FAIR PLAY MEANS establishing a body within your organization composed of professionals who can react and bring about change on these subjects.

FOLLOW THEIR EXAMPLE : In the United States, the San Francisco football team established a Fair Play committee. Comprised of volunteer members from the board of directors, this committee reviews match and referee reports weekly, discussing potential rule violations.

▶ READ MORE



293

DAY 293

ACCEPT THE REFEREE'S FINAL DECISIONS CALMLY, REGARDLESS OF WHAT THEY ARE

The referee is the ultimate authority on the field and like any human, they can make judgment errors.

BEING FAIR PLAY MEANS even if you disagree, accepting the decisions without arguing because ultimately, the referee's call is final in the realm of sports.

FOLLOW THEIR EXAMPLE : Rugby has a reputation as a tough sport played by gentlemen. Indeed, this sport often sets an example when it comes to accepting the referee's decisions.



294

DAY 294

USE SPORT AS A WAY OF UNITING CULTURAL COMMUNITIES DIVIDED BY HISTORY

Sporting activity can unite people with a goal of collective overcoming.



BEING FAIR PLAY MEANS moving on from the past to imagine a peaceful future.

FOLLOW THEIR EXAMPLE : At 4 years old, during the war in Bosnia and Herzegovina, Nudzejma had to cope with the death of her father Imam, who was killed by the Serbian army, and the displacements to refugee camps. With her resilience, she chose not to dwell on the past and seize life with both hands. In 2017, she founded her running club which she named, T.I.T.O. (which could mean “Running and many other things”), open to everyone, Serbs, Croats, Bosnians... and this, despite the tension that still exists between these three communities.

► [READ MORE](#)



295

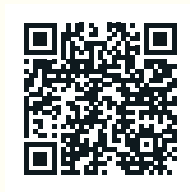
DAY 295

HARNESS TECHNOLOGY AS A TOOL TO RAISE AWARENESS AMONG YOUTH ABOUT THE POSITIVE VALUES OF SPORTS

Current technological advancements offer numerous chances or possibilities for young people to participate, engage, or take part in various activities.

BEING FAIR PLAY MEANS considering awareness in a modern, playful, and innovative manner.

FOLLOW THEIR EXAMPLE : The Play Lü system introduces an interactive screen in sports facilities, offering various modules centered around values and Fair Play themes.



► READ MORE

DAY 296

COMMIT TO COMPETE IN EVERY COMPETITION WITH A SPIRIT OF FAIR PLAY

Sport is, above all, a game. Therefore, it's logical to approach and experience it as such.

BEING FAIR PLAY MEANS setting aside any negative notions or emotions so that each competition, despite the stakes, embodies the essence of sportsmanship and showcases an inspiring and exemplary behavior of respect.

FOLLOW THEIR EXAMPLE : During each Olympic Games, the Olympic Oath is recited to demonstrate the commitment of all participants to operate in a spirit of respect. The representatives of the athletes, judges, and coaches respectively say:

« In the name of the athletes, »

« In the name of all the judges ,»

« In the name of all coaches and officials ,»

Then the oath continues:

« We promise to take part in these Olympic Games, respecting and abiding by the rules, in a spirit of Fair Play, inclusiveness, and equality. Together, we stand in solidarity and commit to a sport free of doping, cheating, and any form of discrimination. We do this for the honor of our teams, in accordance with the fundamental principles of Olympism, and to make the world a better place through sport. »



297

DAY 297

RENOUNCE ONE'S PERFORMANCE TO HELP AN OPPONENT

The important thing is always to participate, and the human aspect should take precedence over performance.

BEING FAIR PLAY MEANS stopping one's effort to help and lend a helping hand to a distressed competitor.

FOLLOW THEIR EXAMPLE : During the 2018 Enduropale du Touquet, a French motocross rider fell to the ground, and all the riders were passing by him without stopping. It was obviously very dangerous. One competitor even approached and then left. However, Belgian rider Sébastien Vanbaelen stopped and positioned himself in front of the injured rider to prevent him from being hit. This gesture earned him international and national recognition.



► READ MORE

298

DAY 298

IDENTIFY PLAYGROUND STEWARDS

It is crucial to make children aware and hold them responsible for their role in supporting respect in the school setting, mainly during recess.



BEING FAIR PLAY MEANS assisting and empowering children who wish to participate in the monitoring of the playground where conflict can occur, and to spread these values to all children.

FOLLOW THEIR EXAMPLE : In 2014, the Sainte Cœur de Marie primary school in Hannut, Belgium, launched the «Playground Stewards» project which permits pupils to be proactively involved in the promotion of Fair Play by identifying patrons of a good atmosphere during recess where respect must prevail in all circumstances. The project received recognition in 2015 at the Fair Play Panathlon Awards in Belgium.

► [READ MORE](#)



299

DAY 299

AS A JOURNALIST, AVOID USING FIGHTING VOCABULARY

Sports fields are not battlefields.

BEING FAIR PLAY MEANS getting out of the habit of using inappropriate language when commentating on sports.

FOLLOW THEIR EXAMPLE : At the 2022 Football World Cup in Qatar, the Al Jazeera TV channel published a guide for journalists that included a whole section on ethics and how to speak or write about sporting events.



► READ MORE



DAY 300

300

MAKE DEDICATED SPACES ORIGINALLY MEANT FOR OTHER ACTIVITIES AVAILABLE TO GROUPS OF ATHLETES

Numerous amateur groups are in search of places to gather and play.

BEING FAIR PLAY MEANS being flexible as public officials to provide such opportunities.

FOLLOW THEIR EXAMPLE : In France, the city of Niort provides associations with rooms for their regular activities such as general assemblies, rehearsals, training, and organized events.

301

DAY 301

USE THE COURSE ON CITIZENSHIP TO TEACH FAIR PLAY

Fair Play is unquestionably a civic duty.

BEING FAIR PLAY MEANS using this course to educate children on these universal themes.

FOLLOW THEIR EXAMPLE : The “Fair Play - Citizenship” slides are offered to primary school teachers in the United Kingdom, in order to discuss civic values in our society through rights and duties.



► READ MORE

302

DAY 302 **ENCOURAGE DIALOGUE**

Dialogue is one of the best keys to mitigating/resolving conflict.



BEING FAIR PLAY MEANS not taking sides and taking the time to initiate and facilitate a conversation between the people involved in the conflict, while actively listening to each person's perspective.

HOW ? By organizing a discussion at the start of each training session to address current topics or tensions within the team.

303

DAY 303

RESPECT THE PROVIDED EQUIPMENT

The equipment is not meant for a select few, but is available for everyone to use.

BEING FAIR PLAY MEANS maintaining it in good condition so that it can be useful to as many people as possible and for as long as possible.

HOW ? Always store the equipment in its designated place, use it with great care, and inform the responsible parties of any damage.



304

DAY 304

DISPLAY POSITIVE MESSAGES THROUGHOUT SPORTS CENTRES

Sports centres and venues are places where all sports enthusiasts come together. They are therefore ideal places for spreading positive messages.



BEING FAIR PLAY MEANS using walls, windows and other display areas to ensure that these messages are permanent.

FOLLOW THEIR EXAMPLE : the Commune of Jette in Brussels (Belgium), has drawn pictures promoting Fair Play on the windows surrounding the main sports hall.

305

DAY 305

AS A SUPPORTER, EXPERIENCE SPORTS AS A MOMENT OF SOLIDARITY

Supporters who gather to encourage their athletes, teams, or countries contribute to the beauty and strength of sports.

BEING FAIR PLAY MEANS uniting to collectively experience a positive moment.

FOLLOW THEIR EXAMPLE : The song «You'll Never Walk Alone» became a symbol in 1989 after the crowd movement tragedy at Hillsborough stadium that claimed 96 lives. «You'll Never Walk Alone» is sung to commemorate the memory of the victims who were wrongly accused of being responsible for the disaster. After this tragedy, opposing supporters started singing it in solidarity, along with the Liverpool fans.



► READ MORE

306

DAY 306

CREATING A TIFO ILLUSTRATING A FAIR PLAY MESSAGE

Supporters play a significant role in the atmosphere of sporting events. They have the power to influence the mood and spirit of the crowd.



BEING FAIR PLAY MEANS creating tifos with positive and Fair Play messages can contribute to a respectful and encouraging environment. These visual displays not only promote sportsmanship but also inspire both players and spectators to uphold the values of fairness and respect.

FOLLOW THEIR EXAMPLE : In 2016, during a UEFA Champions League match between FC Porto and FC Copenhagen, Danish supporters created a banner that read «Fair Play and respect for all clubs in Europe.» This powerful message showcased their commitment to promoting sportsmanship and respect in football and left a lasting impression on the global audience.



307

DAY 307

PLAY THE FAIR PLAY ANTHEM

Music softens the soul and anthems have the power to bring people together under their nation's flag.

BEING FAIR PLAY MEANS using dedicated music to develop and reinforce a sense of belonging and connection to Fair Play.

HOW ? in 2016, the Belgian singer Alec Mansion produced a «Fair Play Hymn» for Panathlon Wallonie-Bruxelles. Each club can play it at the start of their events or during the competition.



► READ MORE

308

DAY 308

DISPLAY A BANNER OF THE OPPOSING TEAM'S COLORS IN THE CLUBHOUSE DURING MATCHES

Respecting the opponent also involves small symbolic gestures with a strong meaning.



BEING FAIR PLAY MEANS welcoming and visibly displaying, for the duration of the match, the colors of the opposing club in your facilities.

FOLLOW THEIR EXAMPLE : The Fair Play promotion protocol of the Fribourg Football Association in Switzerland, offers the «abc» of Fair Play week, which includes displaying the flag of the opposing team.

► READ MORE



309

DAY 309

EXCHANGING SCARVES BETWEEN OPPOSING SUPPORTER GROUPS

While each group of supporters stands behind their own colours, beautiful moments and actions can occur in the stands.

BEING FAIR PLAY MEANS experiencing the sporting moment in perfect harmony with supporters from the opposing team.

FOLLOW THEIR EXAMPLE : In March 2013, Juventus Turin easily qualified for the quarterfinals of the Champions League by defeating Celtic Glasgow (2-0). Despite Scottish supporters not having high expectations at Stadio delle Alpi, they didn't lose their Fair Play spirit. A heartwarming image shows two supporters exchanging scarves before kick-off.



► READ MORE

310

DAY 310

CREATE A FAIR PLAY TEAM CHANT

A strong team spirit is essential in sports, so that each athlete can build on the qualities and strengths of the others. This way all team members can make the most of their alliance to achieve their common goals.



BEING FAIR PLAY MEANS taking the time to express this group spirit at every gathering, by creating an encouraging team cheer to motivate each other and to bond.

FOLLOW THEIR EXAMPLE : In the Fair Play protocol of the French handball club «Espoirs Bleus Ardentais,» each team is encouraged to have a chant that embodies Fair Play.

311

DAY 311

PLACE FAIR PLAY AT THE HEART OF EXTRACURRICULAR SECTOR ACTIVITIES

Extracurricular activities enrich the training offered in schools.

BEING FAIR PLAY MEANS using these activities to teach children about its themes in a fun and engaging way.

FOLLOW THEIR EXAMPLE : Two sculptures depicting the Fair Play gesture were created by children in the extracurricular section of the Commune of Grez-Doiceau in Belgium in order for them to be displayed on the roundabout in front of the village sports centre.



312

DAY 312

FAIR PLAY TRAINING MUST BE PROVIDED FOR COACHES

Fair Play must be an essential component of the training of young athletes.



BEING FAIR PLAY MEANS providing the knowledge and tools to coaches to succeed in the training.

FOLLOW THEIR EXAMPLE : The Panathlon Wallonie-Bruxelles, in Belgium has developed a training course for coaches.

313

DAY 313

ENCOURAGING AND CONGRATULATING YOUR CHILD'S TEAM BOTH IN VICTORY AND DEFEAT

A team also draws strength from its group of supporters.

BEING FAIR PLAY MEANS being a true supporter, motivating and cheering on all team members, whether in good or bad times.

HOW ? By talking to your child, regardless of the result, and congratulating them because the most important thing is to play sports with friends. We learn just as much from defeat as from victory.



314

DAY 314

AS A ROOKIE KEEPER, LET THE OPPONENT WHO HAD BEEN MOCKED DURING THE WHOLE MATCH SCORE

Solidarity can transform the experience of a match.



BEING FAIR PLAY MEANS being true to the principles that guide us.

FOLLOW THEIR EXAMPLE : As the saying goes, the truth comes from the mouths of babes. Or in this case, from a goalkeeper's gloves. Sacha De Vleschouwer, an 11-year-old player in 2018, taught us a great lesson when he deliberately let an opponent score a penalty. He did not agree with how his teammates had mistreated the other player during the game.

315

DAY 315 **PROVIDE A GUESTBOOK**

Use the book to collect the memories, impressions, and feelings of everyone.

BEING FAIR PLAY MEANS allowing everyone to express themselves positively and gather various opinions.

HOW ? By placing a guestbook in an accessible spot for writing down good memories related to respect and Fair Play, so as not to forget the good stories and be able to share them again.



316

DAY 316

ACCEPT THAT YOUR CHILD HAS THE RIGHT NOT TO BE A CHAMPION

Sports are about more than just podiums and medals. Above all, they are leisure activities and sources of enjoyment.



BEING FAIR PLAY MEANS, as a parent, accepting that your child may not be the best.

HOW ? By allowing your child to have fun and engage in their sport at their own level. The word «play» is used to describe participating in sports, and that says a lot!

317

DAY 317

PROMOTE KNOWLEDGE OF THE OLYMPIC AND SPORTS MOVEMENT

Athletes should be aware of the principles and ideals that underpin the Olympic spirit.

BEING FAIR PLAY MEANS explaining to young athletes the objectives of the International Olympic Committee (through images, texts, videos).

FOLLOW THEIR EXAMPLE : The International Olympic Committee offers a series of explanatory materials to learn about the Olympic movement and its founding values.



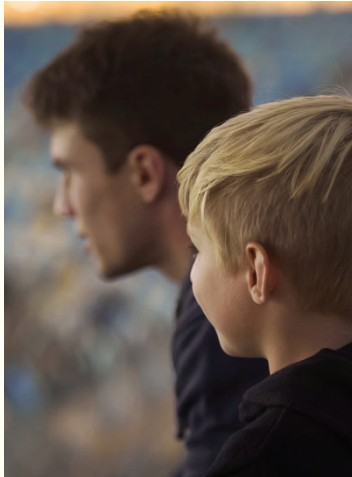
► READ MORE

318

DAY 318

PARTICIPATING IN THE FAIR PLAY MINUTE

Small gestures can create beautiful and powerful emotions.



BEING FAIR PLAY MEANS momentarily setting aside the stakes and applauding together with all the supporters, for a positive cause or to show support for a player.

FOLLOW THEIR EXAMPLE : In 2008, Belgian football was deeply affected by the tragic passing of striker François Sterchele, a star of Club Brugge. Since then, the Brugge fans pay tribute to their number 23 by observing a minute of applause in the 23rd minute of every match. This tradition has been respected by visiting supporters for over a decade.

319

DAY 319

DON'T SEE YOUR OPPONENT AS AN ENEMY, BUT AS A PARTNER IN THE GAME

Sport is not a battle or open warfare, but a time to challenge each other in a positive spirit.

BEING FAIR PLAY MEANS avoiding any behavior that aimed at creating a negative atmosphere.

FOLLOW THEIR EXAMPLE : Martial arts provide an excellent example of consideration for the opponent, who is actually seen as a partner in the sport. In addition to exchanging blows, practitioners show great respect by greeting each other before and after the match.



320

DAY 320

UTILIZE ALL CHANNELS TO INSTILL RESPECT AND POSITIVE ATMOSPHERE IN STADIUMS

Because Fair Play is everyone's responsibility.



BEING FAIR PLAY MEANS raising awareness strongly and equally among all supporters.

HOW ? By including a positive message on all issued and sold match tickets.

321

DAY 321

SHAKE HANDS WITH ALL PARTICIPANTS

Sport can only be played with several other individuals: teammates, opponents, referees, coaches and volunteers.

BEING FAIR PLAY MEANS performing kind gestures to show appreciation towards all these people.

HOW ? By reaching out to others for this greeting, without expecting or feeling that it has to be reciprocated.



322

DAY 322

CARRY AN OPPONENT TO THE PODIUM

Sports are beautiful when they show solidarity and brotherhood.



BEING FAIR PLAY MEANS maintaining respect for one's opponent before, during and after the competition.

FOLLOW THEIR EXAMPLE : Georgian judoka Mate Gvelesiani received the EFPM Fair Play Award for his conduct during the 2023 Youth Olympic Festival in Maribor, Slovenia. In the -66kg Judo category, Croatian judoka Luka Katič won the semi-final but was forced to withdraw from the final due to an injury. Georgian Mate Gvelesiani became the champion without winning the final on the mat. Noticing that the silver medalist was still injured and couldn't make it to the podium, he carried him without hesitation in front of the entire audience to bring him to the podium.

323

DAY 323

USE SPORTS TO FOSTER TEAM SPIRIT IN THE WORKPLACE

Team spirit is a success factor that should be promoted, whether in sports, the professional environment, or society at large.

BEING FAIR PLAY MEANS promoting team spirit to make it the norm.

FOLLOW THEIR EXAMPLE : As outlined in this entrepreneurial magazine, offering physical and sports activities to employees helps develop group cohesion. In France, there is a Federation of Sports in the Workplace affiliated with the National Olympic Committee.



► READ MORE

324

DAY 324

MAKE FAIR PLAY THE TOPIC OF AN END-OF-STUDY ASSIGNMENT

Fair Play and sports ethics, following the development of sports practice, is an appealing theme for researchers.



BEING FAIR PLAY MEANS leaving this field of research open.

FOLLOW THEIR EXAMPLE : The end-of-study carried out by Coline Duquet at the University of Strasbourg in France was entitled « Sport of value and values of sport in the European Union ».

► READ MORE



325

DAY 325

COMBAT RACISM AND ALL OTHER FORMS OF MISCONDUCT

Racism, like all other forms of discrimination, has no place in sports.

BEING FAIR PLAY MEANS actively engaging in the fight against these scourges.

FOLLOW THEIR EXAMPLE : In Portugal, SOS RACISM has been fighting since 1990 for a fairer, more equal, and intercultural society where everyone, both nationals and foreigners, regardless of their skin colour, can enjoy the same citizenship rights.



► READ MORE

326

DAY 326

GIVE UP A RIGHT SO AS NOT TO TAKE ADVANTAGE OF A SITUATION DUE TO A TECHNICAL PROBLEM

The rules generally cover all the issues that may occur during competitions.



BEING FAIR PLAY MEANS agreeing to overlook these issues, and to proceed on the same level as everyone else.

FOLLOW THEIR EXAMPLE : At the 1984 Los Angeles Olympics, 16-year-old gymnast Ecaterina Szabo represented Romania, it was the final event on the apparatus. As she was preparing to begin the routine, the room went dark for 15 minutes due to a lighting problem. While the rules of the International Gymnastics Federation allow her to have a new warm-up time, she declines it, thinking that this kind of mishap is part of any competition, and not wanting to have a different treatment from her competitors. She ended the competition in first place on the podium.

► [READ MORE](#)



327

DAY 327

ACCEPT TO PLAY IN A HIGHER CATEGORY

In youth competitions, there are instances where teams might be short on players, and the structure of the competition is based on age groups.

BEING FAIR PLAY MEANS putting the spirit of the game above strict rules and regulations. It means being open to adjusting and adapting for the sake of fair competition. Accepting to play in a higher category not only helps the game go on but also allows players to challenge themselves and experience different levels of competition.

HOW ? By willingly participating in a higher category with different rules and field dimensions, players demonstrate their dedication to the sport and their commitment to playing for the love of the game rather than just for victory. It's a remarkable way to embody the true essence of sportsmanship.



328

DAY 328

INFORM THE REFEREE WHEN THEY HAVE NOT SEEN A GOAL SCORED BY THE OPPONENTS

They might not have a clear view of the ball.



BEING FAIR PLAY MEANS being honest, even when it costs us.

FOLLOW THEIR EXAMPLE : The coach of Libertas, Antonio Vergara, won the “Fair Play Cup 2023” from the Fair Play Commission of the Panathlon Club of Como by telling the referee about a goal that his team’s opponents scored, but nobody noticed.

329

DAY 329

NOT GIVING UP AND GIVING IT YOUR ALL UNTIL THE END

Perseverance and going all the way are essential values conveyed by sports because nothing is ever guaranteed.

BEING FAIR PLAY MEANS never giving up and pushing yourself to the limits. Completing a challenge is a success in itself. Whether you're tired, not in the mood, or think you could do better, it's important to see things through as long as there's no risk of injury. This is part of life's journey.

FOLLOW THEIR EXAMPLE : In 2021, images spread worldwide as Triathlete Claire Michel competed in the Tokyo Olympics triathlon and stood out for her determination. Despite a calf injury, the Brussels native managed to finish the race, almost fifteen minutes after the winner, British athlete Flora Duffy.



► READ MORE

330

DAY 330

CREATE HETEROGENEOUS TEAMS IN SCHOOL

Young people have a lot to learn from interacting with each other and pursuing a common goal.



BEING FAIR PLAY MEANS taking young people out of their comfort zone and fostering unexpected connections to promote collective enrichment.

HOW ? During physical education classes, it's wise to create random teams using a game or a drawing system, thereby avoiding the «last person chosen» syndrome.

331

DAY 331

OVERCOME CULTURAL DIFFERENCES TO SHOW MUTUAL RESPECT

The sports challenge can momentarily set aside past antagonisms.

BEING FAIR PLAY MEANS accepting to go beyond certain conflicts and focusing solely on the sports aspect and stakes.

FOLLOW THEIR EXAMPLE : During the 2017 «Rugby World League,» the rival Pacific islands of Tonga and Samoa presented an incredible pre-match warrior dance to the audience. After a breathtaking display of passion, intimidation, and cultural heritage, and after the war cries, the two groups of players were just meters apart, before both teams concluded their war dances with applause as a sign of appreciation for each other. Tonga emerged victorious with a score of 32-18.

Aware of experiencing something truly special, the two teams knelt down for a post-match hug, while the audience remained in the background to show their appreciation for the spectacle.



► READ MORE

332

DAY 332

ENSURE MEDIA COVERAGE OF WOMEN'S SPORT

Female athletes are a growing and significant segment of sportswomen.



BEING FAIR PLAY MEANS ensuring more attention and recognition for their competitions and outcomes.

FOLLOW THEIR EXAMPLE : by bringing to life the International Day of Women's Sport every January 24th. More than 70 channels around the world broadcast the Women's World Cup in 2023, despite a significant time difference with Europe and America, given that the competition took place in Australia and New Zealand.

► [READ MORE](#)



333

DAY 333 **DARE TO APPROACH OTHERS**

Sport is often seen as a school of life and a reflection of our society.

BEING FAIR PLAY MEANS approaching and interacting with others to experience sports in a positive and enriching way.

HOW ? By overcoming prejudices, sharing with one another, benefiting from shared experiences and using sport as a means to engage with others.



334

DAY 334

TEACHING YOUR CHILD THAT WINNING ISN'T THE MOST IMPORTANT THING

It's natural that we all prefer victory over defeat, but the essential part is participating.



BEING FAIR PLAY MEANS explaining to children, from a young age, that winning is just an extra aspect compared to sharing a sports moment.

FOLLOW THEIR EXAMPLE : In 1992, British athlete Derek Redmond experienced a heartbreaking setback at the Barcelona Olympics. After 150 meters into his 400m race, he got injured. In tears, he decided to continue running on one leg despite the pain. That's when his father came down from the stands to help him finish the last

200 meters, amidst applause from the crowd. It was a touching moment that truly embodies the Olympic spirit: the most important thing is to participate.

▶ READ MORE



GIVE CHILDREN THE OPPORTUNITY TO DECORATE THEIR OWN SPORTS VENUES THEMSELVES

Participation in local affairs is crucial for children.

BEING FAIR PLAY MEANS giving them opportunities to share their views in strategic settings.

FOLLOW THEIR EXAMPLE : In 2022, Tenneville, a Belgian town, received funding to promote social harmony through an artistic project. A group of 12 children worked with a famous graffiti artist for a week and used professional tools to make a huge mural. They needed a big and visible space to showcase their art. They chose sport as their main theme and painted different sports scenes on the wall. They also wrote Fair Play in the centre to emphasize its value in any sport.



336

DAY 336

DECORATE THE VEHICLES OF A SPORTS EVENT WITH A FAIR PLAY MESSAGE

At certain events, the use of vehicles is essential for proper management and logistics.



BEING FAIR PLAY MEANS using these vehicles to strategically broadcast a positive message visible to everyone, putting the visibility of Fair Play on par with that of sponsors.

FOLLOW THEIR EXAMPLE : In 2022 during the 1000 km du Fair Play organized by Panathlon Wallonie-Bruxelles in Belgium, a promotional vehicle was used throughout the course to display a message about Fair Play.

337

DAY 337 INVITE PLAYERS TO ACT AS REFEREES INSTEAD OF RECEIVING A PUNISHMENT

A penalty that doesn't contribute positively can be transformed into a useful and rewarding task.

BEING FAIR PLAY MEANS offering the opportunity to change the outcome of the penalty.

HOW ? By prioritizing awareness and education over punishment.



338

DAY 338

PAY TRIBUTE AS SUPPORTERS TO A DECEASED FELLOW

Loyalty is a bond that guides every group of supporters.



BEING FAIR PLAY MEANS treating each supporter as one of their own.

FOLLOW THEIR EXAMPLE : In 2016, during a match between Borussia Dortmund and Mainz, Borussia's supporters remained unusually calm and silent during the second half, paying tribute to a supporter who had passed away during the match.

► [READ MORE](#)



339

DAY 339

DECORATE CIVIC BUILDINGS WITH FAIR PLAY MESSAGES

The values of Fair Play, true societal values, should be seen in the heart of civic spaces.

BEING FAIR PLAY MEANS raising awareness among all citizens through these spaces.

FOLLOW THEIR EXAMPLE : In France, ahead of the London Olympics in 2012, the town of Calais exhibited photographs from the traveling exhibition “Spirit of Sport” all along its seawall.



340

DAY 340

AS A PLAYER, VOLUNTEER TO OFFICIATE SO THAT THE GAME CAN HAPPEN

Referees are not always present during games.



BEING FAIR PLAY MEANS Stepping out of your player role and being helpful to the teams.

HOW ? By taking up as the referee and doing it as fair a way as possible.

► READ MORE



341

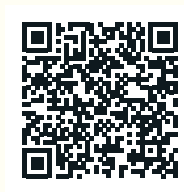
DAY 341

AWARD THE FAIR PLAY CARD

To highlight young athletes who demonstrate sportsmanship.

BEING FAIR PLAY MEANS encouraging referees to use this card as a genuine educational tool and award it on every occasion when exemplary behavior leaves its mark on the game.

FOLLOW THEIR EXAMPLE : The cards envisioned and developed by the International Labour and Amateur Sports Confederation, the «National Plan Ethics in Sport Portugal,» and the «Klub Fair Play SOSOC.»



► READ MORE

342

DAY 342

INCORPORATE FAIR PLAY AS AN ESSENTIAL COMPONENT IN PROMOTING CITIZENSHIP

Fair Play undoubtedly must be comprehended and embraced as a civic value.



BEING FAIR PLAY MEANS integrating this concept into the process of raising awareness among the youth.

FOLLOW THEIR EXAMPLE : Christine Lefebvre Design once again teamed up with the Freedom Forum to create their fourth «pop-up» exhibition, titled «Fair Play: Athletes Speak, Assemble, Petition for Freedom.» This exhibit sheds light on athletes who “use their fame to shine a spotlight on injustice ... and exercise the freedoms guaranteed by the First Amendment — freedom of religion, speech, the press, assembly and petition — as they seek to make life’s playing field more even for all.”

► [READ MORE](#)



343

DAY 343

CREATE A “FAIR PLAY SUPPORTER” CHARTER

A club relies on its supporters, who serve as true engines of energy.

BEING FAIR PLAY MEANS offering a positive framework that all supporters are invited to officially adhere to.

FOLLOW THEIR EXAMPLE : The French Football Federation provides a «citizen supporter» charter for its clubs through its federal education program.



► READ MORE

344

DAY 344

ACCEPT AND RESPECT THE CULTURAL TRADITIONS OF THE OPPOSING TEAM

Cultural and folkloric traditions leave a significant mark on the lives of numerous regions and communities worldwide.



BEING FAIR PLAY MEANS recognizing the significance these traditions hold for their people and their potential impact on sports practice.

FOLLOW THEIR EXAMPLE : At the start of each rugby match, teams pay homage to the New Zealand national team's «Haka» dance.

► READ MORE



345

DAY 345

PLAN A FAIR PLAY THEMED FAIR FOR THE END OF THE SCHOOL YEAR

School year-end fairs are enjoyable events that unite students, educators and parents.

BEING FAIR PLAY MEANS taking advantage of these moments to highlight the beautiful values to all present.

FOLLOW THEIR EXAMPLE : In 2023, at the Chapelle-lez-Herlaimont, Belgium school fair, the 6th grade class were honoured in front of all the parents and students. The class had won the 1st prize in the banner category in the Panathlon Wallonie-Bruxelles art contest.



346

DAY 346

AS A SUPPORTER, PORTRAYING A POSITIVE IMAGE OF ONE'S TEAM

When we support a club, we take pride in it and want to convey a positive image of our team.



BEING FAIR PLAY MEANS being an ambassador for your team in all circumstances.

FOLLOW THEIR EXAMPLE : In 2016, during the Euro in France, Irish supporters behaved in an exemplary manner and were awarded a Fair Play medal by Anne Hidalgo, the Mayor of Paris. Their respect for the facilities, their good spirits, their friendly chants, and their positive interactions with other supporters provided ample evidence that helped portray a positive image of their team.

347

DAY 347

TAKE THE INITIATIVE TO GIVE ONE'S MEDAL TO A COMPETITOR

Despite the established rankings, there are times when we feel that another athlete equally deserves recognition.

BEING FAIR PLAY MEANS going beyond the official standings and publicly acknowledging the merit of a fellow competitor by giving them one's own trophy.

FOLLOW THEIR EXAMPLE : It's 2021, and a gymnastics competition is taking place in Luxembourg. Belgian athletes Cassia and Ilona, best friends who have trained together for years, are both participating with their team. For Cassia, it's her last international competition as her studies are taking up much of her time now. And for Ilona, the event is significant because she's returning after a long period of recovery from a torn knee ligament. Towards the end of the competition, during the floor exercise, Cassia lands awkwardly and suffers an Achilles tendon rupture. The results are announced. Their team wins the trophy. Ilona receives an additional reward, the bronze medal for her individual performances but as soon as she puts on her medal, Ilona quickly goes to Cassia and hands her the medal, believing that this recognition belongs to her.



► READ MORE

348

DAY 348

CREATE T-SHIRTS WITH THE FAIR PLAY LOGO FOR MAJOR SPORTS EVENTS

To spread a message that will have the opportunity to be widely seen and worn.



BEING FAIR PLAY MEANS officially offering to wear these jerseys.

FOLLOW THEIR EXAMPLE : In Spain, the Municipal Sports Foundation launched training courses for sports clubs and entities in the city of Valencia participating in the 2022-23 Sports Games. A promotional t-shirt featuring the values was used for this campaign.

► [READ MORE](#)



349

DAY 349

AS A COACH, BE WILLING TO LET ONE'S ATHLETES MOVE ON TO NEW HORIZONS

The relationship between a coach and an athlete can be very strong. However, the athlete must do everything possible to improve.

BEING FAIR PLAY MEANS, as a coach, accepting that you have done your best with the athlete and allowing them to move on to new horizons.

FOLLOW THEIR EXAMPLE : In 2023, young midfielder Lesley Ugochukwu from Stade Rennais was sold to the English club Chelsea. It was a blow for the club that hadn't enjoyed his talent for long. However, coach Bruno Genesio didn't hesitate to be happy for his player. «It's also part of the game,» he said. «Sometimes, selling players we've trained is part of the club's economic model. It's good for him, it's good for us. I hope he'll continue to progress and work as he did here.»



► READ MORE

350

DAY 350

HIDE THE BASKETBALL SCOREBOARD WHEN THE SCORE GAP IS TOO LARGE

Focus and drive are key elements for all sports.



BEING FAIR PLAY MEANS easing the pressure on your opponent's when you have a clear advantage to win.

FOLLOW THEIR EXAMPLE : Two Liège teams played a U12 basketball game in Belgium. The gap in skill was obvious from the start and the score was 0-30 after the first quarter. The coach of the winning team decided to hide the scoreboard to keep his players focused and his opponents encouraged. It was a positive and educational gesture for all.

351

DAY 351

USE A FAIR PLAY ARMBAND DURING TEAM GAMES

Using small things with powerful symbolism that children will remember raises awareness.

BEING FAIR PLAY MEANS the trainer applying the same components as in professional sport, with young children.

FOLLOW THEIR EXAMPLE : The armband proposed by the Panathlon Wallonie-Bruxelles in Belgium.



352

DAY 352

IN A TEAM SPORT, PRIORITIZE COLLECTIVE PLAY OVER INDIVIDUAL PLAY

Within a team, each member has a role to play in order to achieve the collective goal.



BEING FAIR PLAY MEANS not favoring purely individual play but engaging in the group's dynamics.

HOW ? By passing the ball, involving each player in gameplay, and paying attention to the messages and gestures of the other teammates.

353

DAY 353

LOCAL ATHLETES ARE TO BE CONSIDERED AS “FAIR PLAY ROLE MODELS”

Being a top athlete does not automatically guarantee recognition and mean that they are a good example.



BEING FAIR PLAY MEANS officially recognizing local athletes at their level.

FOLLOW THEIR EXAMPLE : Following their lead, several sportsmen and sportswomen are named Fair-Play ambassadors at the Fair-Play Menarini Awards every year in Italy. The Menarini Awards are recognized as one of the highest distinctions in terms of ethics and Fair-Play in the world of.

► [READ MORE](#)

354

DAY 354

MAKE THE START OF THE SCHOOL YEAR ABOUT FAIR PLAY

Fair Play is a positive message that can be spread at the start of the school year, when children are more receptive and open to learning.



BEING FAIR PLAY MEANS using the opportunity of everyone's presence to share a positive message that will last all year long.

HOW ? By focusing the back-to-school speech on the values of respect and Fair Play in the school playground, class and beyond.

355
DAY 355

AS AGENTS IN CHARGE OF SPORTS, HONOUR OFFICIALS FOR THEIR WORK

Referees, judges and other officials are often overlooked in the recognition granted by the sporting world.

BEING FAIR PLAY MEANS rewarding them during major sporting celebrations.

FOLLOW THEIR EXAMPLE : in 2022, in Beauséjour in France, the athletes who did well during their last season were honoured by the Commune during the award ceremony. This moment was also an opportunity for Christian Blivet, deputy in charge of culture, sports and associations, to honour the referees and judges as well as the volunteers who were involved in the organization of meetings and competitions.



► READ MORE

356
DAY 356

CREATE A FAIR PLAY PROTOCOL BEFORE MATCHES TO ESTABLISH FAIR PLAY CONDITIONS FOR THE GAME

A repetitive structure helps embed Fair Play into the DNA of athletes.



BEING FAIR PLAY MEANS establishing a Fair Play ritual before each match.

FOLLOW THEIR EXAMPLE : In France, the handball club EBA Ardentais has implemented a Fair Play protocol for its players before every match. It starts with the team greeting the audience, followed by a team chant celebrating Fair Play. A code of conduct is also in place for the coach, players, and audience during the game.

► [READ MORE](#)



357

DAY 357

SPREAD THE FAIR PLAY MESSAGE AROUND THE PITCHES, FIELDS, COURTS, HALLS

All playing fields, sports fields and stadiums offer a variety of ways of spreading messages.

BEING FAIR PLAY MEANS taking advantage of all the screens, walls, fences and other spaces available to raise awareness among all fans and those involved in the game.

FOLLOW THEIR EXAMPLE : In France, the USC Mezidon soccer club placed messages around its pitches to promote respect and Fair Play.



► READ MORE

358

DAY 358

AWARD A FAIR PLAY PRIZE AS PART OF THE LOCAL SPORTS HONOURS

Each entity bestows awards upon its most deserving athletes.

BEING FAIR PLAY MEANS during the ceremony honouring an individual for their Fair Play.

FOLLOW THEIR EXAMPLE : In 2013, the sportsmanship trophies in Santiago, Spain were awarded to the Peña Bodegón Arzúa club (second autonomous region), Club La Salle (third autonomous region), Asociación Deportiva Peleteiro (Youth), and Atlético Fátima (Cadet). These four teams received the fewest warnings and cards during the season.

DAY 360

OPEN YOUR CLUB TO PEOPLE WITH DISABILITIES TO PROMOTE INCLUSION

Sport is a common language that has the power to unite able-bodied and disabled people.



BEING FAIR PLAY MEANS using sport as a tool for integrating people with disabilities.

FOLLOW THEIR EXAMPLE : the English volleyball club from the city of Newcastle aims to raise the profile of volleyball in England. “Our club is about raising the profile of the sport in England and encouraging more people to give it a go. We are open to both males and females, all ages and abilities, and catering for people with disabilities – everyone is welcome.”

► READ MORE



361

DAY 361

REQUEST VIDEO ASSISTANCE FROM THE REFEREE TO CONFIRM A POINT AGAINST US

The referee might make decisions in our favor that could be incorrect.

BEING FAIR PLAY MEANS restoring fairness by requesting video assistance to ensure the point is rightfully awarded to our opponent.

FOLLOW THEIR EXAMPLE : During the Hopman Cup in 2016, American tennis player Jack Sock offered one of his challenges to Australian player Lleyton Hewitt to verify whether his serve was truly «out». Surprisingly, the referee accepted the request, and it turned out that the ball was indeed in. A chivalrous gesture that allowed Hewitt to have another service opportunity.



► READ MORE

DAY 362

EDUCATE THE YOUNG ABOUT THESE ESSENTIAL POSITIVE VALUES

It is essential teach children the concepts of respect and Fair Play from a young age.



BEING FAIR PLAY MEANS using the educational videos available.

FOLLOW THEIR EXAMPLE : The book «Learn to be Fair Play » has been turned into a video with the goal of educating young children on Fair Play in a very enjoyable way.

► READ MORE



363

DAY 363

AS A REFEREE, ENCOURAGE PLAYERS THAT HAVE BEEN PENALIZED TO MOTIVATE THEM

Self-confidence is crucial, and younger players can lose it quickly when they are targeted.

BEING FAIR PLAY MEANS taking on the role of a mentor and standing by the athlete in these challenging circumstances, offering kind and encouraging words to help them regain a positive mindset.

FOLLOW THEIR EXAMPLE : A surreal scene unfolded at the 2018 US Open during a match between Australian Nick Kyrgios and Frenchman Pierre-Hugues Herbert. During a changeover in the middle of the second set, Nick Kyrgios was struggling, and the referee left his chair to motivate him. The referee told him, «I want to help you, I know what you're capable of.»



► READ MORE



364

DAY 364

AGREE TO BREAK THE RULES TO ENSURE THE MATCH TAKES PLACE

Teams traveling for games sometimes face unforeseen challenges that can jeopardize the match.

BEING FAIR PLAY MEANS, as the home team, not immediately resorting to a forfeit and showing some flexibility.

HOW ? By being open to playing a little later, on a different field, with fewer players, without a referee, and so on.



365

DAY 365 **YOUR TURN TO SHINE!**

Fair Play is indeed everyone's responsibility and can be demonstrated in countless ways. However, these initiatives and examples that have marked the grand and beautiful history of sports are not exhaustive.

So, it's your turn to shine! Feel free to share your actions that are making a difference and making the sport we love even more beautiful and Fair Play.

Send your stories to info@panathlon.be.



