

Sportsmanship and Conflict Resolution

Sportsmanship is fair play, respect for opponents, and polite behavior by someone who is competing in a sport or other competition. It is the ability to treat all players, officials, and fans fairly during competition. Sportsmanship includes the ability to win without gloating, lose without complaining, and treat your opponents with respect.

How to Show Sportsmanship

- Follow the rules of the game.
- Try to avoid arguments.
- Include everyone in the game.
- Respect the other team's effort.
- Offer encouragement to teammates.
- Accept the calls of the game officials.
- Shake hands with the opposing team.
- Keep a positive attitude.
- Give your best effort at all times.

Sportsmanship Tips

- If you make a mistake, don't pout or make excuses. Learn from your mistake, do a better job next time, and be ready to continue to play.
- If a teammate makes a mistake, offer encouragement, not criticism.
- If you lose, don't make excuses.

Conflict is a fight or disagreement between two people or a group of people.

Factors That Can Lead to Conflict

- Feeling threatened
- Unmanaged anger
- Lack of respect
- Bullying
- Gangs

Conflict Resolution: the process of finding an agreeable solution to a conflict.

Conflict Resolution Strategies

- **Compromise** - a solution in which each person gives up something to reach a solution that pleases everyone
- **Collaboration** - a solution to a conflict in which neither side has to give up anything to reach a solution that pleases everyone
- **Pick your battles** - sometimes you have to decide whether it is worth your time and energy to stay in a conflict
- **Walk away** - final strategy for dealing with conflict, simply walking away from conflict
- **Do Overs** - play the game/point again
- **Rock-Paper-Scissors** - to decide whose opinion or idea to use

