



CODE OF SPORTS ETHICS





CODE OF
SPORTS ETHICS

Entities/individuals who have contributed to the drawing up of the

CODE OF SPORTS ETHICS

- // Association of Private and Cooperative Educational Establishments
- // National Association of Football Agents
- // Portuguese Association of Physiotherapists
- // Portuguese Association of Women and Sport
- // Portuguese Confederation of Judges and Referees Associations
- // Olympic Athletes Committee
- // Portuguese Sports Confederation
- // CNID - Association of Sports Journalists
- // National Confederation of Parents' Associations
- // Portuguese Confederation of Coaches Associations
- // Higher Council for the Administrative and Tax Courts
- // Portuguese Olympic Committee
- // School Sports
- // General Staff of the Navy
- // University Sports Academic Federation
- // Portuguese Aeromodelling Federation
- // Portuguese Bridge Federation
- // Portuguese Football Federation
- // Portuguese Camping and Mountaineering Federation
- // Portuguese Powerboating Federation
- // Portuguese Orienteering Federation
- // Portuguese Rugby Federation
- // Portuguese Sailing Federation
- // INATEL Foundation
- // National Republican Guard
- // Portuguese General Medical Council
- // Portuguese General Psychological Council
- // Alexandre Mestre
- // António Gentil Martins
- // Carlos Gonçalves
- // Diogo Guia
- // Esmeralda Gonçalves
- // Humberto Ricardo
- // João Bagulho
- // Jorge Silvério
- // Luís Horta
- // Manuel Sérgio
- // Mário Bacelar Begonha
- // Mário Moreira
- // Paulo Marcolino

This Code of Sports Ethics started from a project presented by a Working Group created by the Secretary of State for Sport and Youth of the 19th Constitutional Government consisting of the following: António Sérgio dos Santos Magalhães, Guilherme Muller, José Carlos Lima and Rui Alexandre Jesus.

To all our sincere thanks!

PUBLICATION:

Instituto Português do Desporto e Juventude, I.P.
Rua Rodrigo da Fonseca, 55
1250 - 190 Lisbon

TITLE

Code of Sports Ethics

DESIGN AND PRODUCTION

BrunoBate-DesignStudio

PRINT RUN:

500 copies

ISBN

978-989-8330-06-2

1st Edition - May 2015

TABLE OF CONTENTS

1st Part

- p07 1. INTRODUCTION
- p08 2. PREAMBLE
- p09 3. OBJECTIVES OF THE
CODE OF ETHICS
- p09 4. RECIPIENTS OF THE
CODE OF ETHICS
- p10 5. SPORTSPERSONSHIP
- p10 6. THE VALUES OF
SPORTS ETHICS
- p11 7. RESPONSIBILITIES

2nd Part

- p15 COMMITMENT TO SPORTS ETHICS
- p15 ■ Bodies with competency for Sport
- p16 ■ Sports Practitioners
- p16 ■ Parents and Guardians
- p17 ■ Educational Establishments and the Teachers
- p17 ■ Coaches
- p18 ■ Referees, Judges, Timekeepers and other
implementers of the laws of the game.
- p18 ■ Doctors and Health Sports Technicians
- p19 ■ Directors or Sports Managers
- p21 ■ Sports Federations
- p21 ■ Associations, Clubs,
Collectives and Sports Societies
- p22 ■ Sports/Business Agents
- p22 ■ Spectators and Sports Fans
- p23 ■ Volunteers
- p23 ■ Organisers and/or Promoters of Sports Shows
- p24 ■ The Media

Message from the Honourable Secretary of State for Sport and Youth

In my capacity as Secretary of State for Sport and Youth of the 19th Constitutional Government of the Portuguese Republic, it is an enormous honour to have the privilege of writing and signing the introductory message to this foundation document for national sport, namely the Code of Sports Ethics.

Sport can justify its presence in society through being an educational and training tool, for personal and social development and entrepreneurship, of extraordinary power.

4

In and through sport we believe we are capable of building a better world for ourselves and for future generations.

Sport involves an intersectorial, intergovernmental, intergenerational structured dialogue of a transverse and multidisciplinary nature which transforms it into a valuable social, educational and prophylactic resource.

The coming together of sport and values and ethical principles associated with sport, in particular those resulting in sportpersonship, is a key component and the denominator that should be common to all achievements within the sporting world.

Sport has acquired a dimension on a global scale. Its gigantic nature has led to problems occurring which threaten the integrity of this phenomenon: corruption, now at a new level – *match fixing* – the lack of transparency, violence and manifestations of xenophobia, intolerance or racism, the consumption of drugs, whether *doping* in competitive sport or their use in recreational sport, as well as in sport for the disabled, which now present a worrying upward trend, but also other discriminatory expressions and even *bullying*.

This is the sporting mirror reflecting the transformations and new configurations of the society which we live in.

For those who feel the responsibility of governing it has been impossible to remain indifferent to this reality.

As such the programme of the 19th Constitutional Government included the design and implementation of an National Plan for Ethics in Sport, which has become part of the Major Options of the 2012-2015 Plan. As part of the scope of its mission, the PNED, in association with all the entities and individuals connected with the sporting world, in a fruitful synergy and statesmanship, has offered this code of conduct to national sport, with the natural potential to be disseminated to the Community of Portuguese Speaking Countries, which marks a turning point in the collective mobilisation for the defence of a sport with ethics.

The Code of Sports Ethics is a legacy we leave for sport and society. It contains the standards of conduct which should guide the action of various individuals involved in sport, whether these are holding power, practitioners, teachers, the school, coaches, judges and referees, managers, agents, parents and guardians, doctors and other health professionals, sporting entities and organisations, spectators and the media.

Ethics is not limited to these recommendations of conduct and behaviour, nor to these agents and stakeholders involved in the practice of sport. These are not categorical impositions nor does this manual put an end to debate.

However, what is most important is that in life as in sport we apply the suggestions here which have been jointly agreed upon and worked on together.

Emídio Guerreiro
Secretary of State for Sport and Youth

First Part

CODE OF SPORTS ETHICS

1. Introduction

Hellenic Greek thought arose as a landmark in ethical thinking that would determine, in a particular way, knowledge and human behaviour in its various aspects. It was with Pierre de Coubertin in the sporting area at the end of the 19th century that we can find the first reflections on a set of principles and values that are embodied in the "Olympic Spirit". These involve recommendations to be followed by athletes, when making the Olympic pledge, which translate into esteemed behaviour such as friendship, conviviality, mutual support, mutual respect, knowing how to win and knowing how to lose and the importance of just competing.

More recently, and going beyond the Olympic Movement, the European Ministers responsible for Sport, when meeting at their 7th Conference in May 1992 in Rhodes, adopted the Code of Ethics in Sport of the Council of Europe, providing a solid ethical framework to combat the pressures exerted by modern society around sport and that prove threatening to traditional foundations based on the principles of sportspersonship.

It was stated at that time that sport was an enriching sociocultural activity for society and friendship between nations, promoting social interaction, and allowing individuals to know themselves better, to express themselves, to act and develop into their fullness.

However, it was stressed that those requirements would only be perfectly fulfilled if developed with strict respect for ethical principles.

It is a priority of the XIX Constitutional Government, with regard to public policies for sport, to reaffirm the importance of ethics in sport, bearing in mind that sport nowadays experiences a challenge of an ongoing dialogue with ethics, in various scenarios and stages involving millions of spectators. Many of those stages are very demanding, under the interference of social, market and competition forces, forcing the inevitability of "choice", which is intended to be carried out through the path of ethics.

Taking into consideration that this "choice" lacks guidance and awareness, the Code of Sports Ethics was presented at the end of the "National Year of Ethics in Sport - 2012", a document drawn up in direct conjunction with the sports associative movement, which seeks to serve as a base for the construction of the sport founded on a set of accepted values, understood and experienced by all citizens, particularly by the younger elements.

2. Preamble

Modern society, highly influenced by models globally shown by the media, which appeal to worldly values, power and money, overriding all principles, could and should define its path in accordance with moral and ethical values.

Sporting activity, due to its social and cultural wealth, is a privileged means to increasingly help put into practice the ethical values which, by their nature, should constitute an example to be followed by other sectors of society.

Today, sport should increasingly be a true School for Freedom and an authentic School for Citizenship.

Given that sport already is in some countries, including Portugal, one of the largest industries contributing to national wealth, it is essential to establish a Code which promotes and regulates good sports practices and protects sports and the socio-educational and bio-psycho-social values which surround it.

Sports ethics is a practice conditioned by the attitudes and beliefs of its stakeholders. The main training instrument is that of the example which is available to all who wish to multiply the number of those acting according to such values.

The Code of Sports Ethics is, above all, a promotional banner which contains the main values for correct sporting behaviour.

3. The objectives of the Sports Code of Ethics

Key objectives of this Code involve not only the idea of setting up an essential standard of ethics in sport, but also an array of good customs, good practices and a framework of human values in the fields of sport.

Under the terms of the Framework Law for Physical Activity and Sport – Law No. 5/2007, of 16 January – sports activity is carried out in compliance with the principles of ethics, in defence of sportpersonship, sporting truth and the full training of all participants. To speak of ethics in sport is to focus ourselves on values which should be present when guiding practitioners, all those involved in sport and its associative movement, so that sport can be a true educational force, offering integration and social inclusion. In addition, it contributes to the development of all human potential and raises the awareness of all those involved in sport concerning the responsibility to show behaviour which is loyal and which may serve as a positive model for younger individuals.

Sportpersonship is essential to the success of promoting and developing sport, and also shows itself equally beneficial for individuals, sports organisations and society. Sports based on ethical principles will be more appealing, motivating, fulfilling and useful for all those who participate in it.

Special focus will be given to the responsibility of all those involved in the transmission of sports values, so as to make it possible for children and young people to develop a reference framework which will enable them to make responsible choices when faced with any pressures created around sport.

In this sense, the recipients of this Code will be defined and the responsibilities of the various individuals involved in the phenomenon of sport will be clarified, so as to establish a commitment which embodies the intention of those actively participating in setting up sport so that it becomes more responsible, more loyal and more respectful of sportpersonship.

4. The recipients of the Sports Code of Ethics

The recipients of this Code are all those who in some way are involved with sport, such as athletes, coaches, referees, judges, health professionals, managers, journalists, educators, guardians, sports bodies, business agents, spectators and fans.

Given that in essence ethical principles apply to all those involved in sports development, it is essential to think of those principles in a specific manner, from the point of view of those more directly involved in the practice of sport, to form an example and a reference to all, especially for younger people.

5. Sportspersonship

Sportspersonship includes a wide range of values and principles which should be taken on board and felt in the practice of sport. This is a set of values which are meant to imbue the practice of sport with a positive meaning and, without which, the latter loses its main purpose, which is to contribute to the harmonious and overall development of the human being.

Sportspersonship should be felt by all those involved and who are key elements in setting the example to younger people. It should be carried out both in and out of sports competitions, and should guide its practice and constitute its "backbone".

Therefore sportspersonship means respecting codes, regulations, honouring your word and the commitments assumed, refusing the use of any means or methods, even if legal, to win or take advantage, as well as renouncing behaviour or attitudes which prevaricate or influence others in that way.

6. The Values of Sports Ethics

10

Sport, by its nature, enables and promotes the exercise and development of personal and social values. Values which, when applied in and through sport, are easily transposed to the daily life of each one of us.

It should be borne in mind that, in addition to a set of values common to all citizens, there are values which, by their nature, are inherent to the practice of sport, particularly the following: respect for the rules and the opponent, referee or judge; *fair play* a clean game; tolerance; friendship; truth; acceptance of the results; recognition of the dignity of human beings; knowing how to be in the moment and more generally; persistence; discipline; socialisation; the habits of a healthy lifestyle; mutual aid; responsibilities; honesty; humility; loyalty; respect for your body; impartiality; cooperation with and defence of social inclusion in all its aspects.

In this Code three essential dimensions are considered:

- a) **Sports ethics in all** its aspects, but particularly as a means of preventing social phenomena which, in any form or level, threaten the essence of sport, such as violence; doping; racism; xenophobia; social discrimination; and all acts and/or omissions which misrepresent sporting truth.
- b) **Education through sport**, as a way of promoting the practice of numerous human values, and also as a way of defending healthy lifestyle habits, the environment, play areas, leisure and sport. In this educational aspect, sport stakeholders take on a high level of responsibility by setting an example, in particular for younger people.

- c) **Fair play/Clean game in sport**, with the inherent promotion of respect and strict compliance with rules, as well as friendship, mutual respect and cordially interacting with everyone they come across in sport, particularly towards opponents.

7. Responsibilities

In order to guarantee sports ethics permanently, it is essential for everybody to face up to their responsibilities. The spirit of this Code should lead to voluntary adherence to its principles, assuming the full intention of those involved with sport in implementing mechanisms to ensure respect for sports ethics.

It is up to Governments to implement structures and instruments which enable sports ethics to be carried out by those involved in sports, adopt mechanisms that foster the creation of sports rules and self-regulation of sports promotion bodies, in particular sports federations. It is also the duty of any public administrative service or body with competences in the area of sport to ensure, in each sports season, that this is being carried out in compliance with the provisions of the Code of Sports Ethics.

Sports organisations must approve rules which emphasise, first and foremost, ethically positive behaviour. In the case of promoters and/or organisers of sporting events, namely sports federations, leagues, athletic clubs, educational establishments, sports promotion associations and others, these should comply with applicable legal standards regarding safeguarding sports ethics, particularly through the respective disciplinary regulations.

Sports agents, whether athletes, coaches, referees, judges, health professionals, managers, journalists, educators, guardians, sports bodies, business agents, spectators or fans, should accept, ensure and comply with all rules of an ethical nature, acting with the understanding that they provide an example and a reference to athletes and the public in general. They should also participate in the process of disseminating sports ethics at the level of school activity, cooperating with educational projects, concerned to make young people aware of the values and principles established in this Code.

An excellent way of carrying out these responsibilities is for those involved with sport to undertake corresponding commitments to these values. To do this, effective guidelines should be set up which form a minimum framework of conduct for the various stakeholders.

Any form of sporting behaviour, whether of a competitive nature or not, only makes sense if organised and participated in with dignity, respect and fairness among all participants, in an appropriate form of Sportspersonship.

All participants in sporting events - family members of athletes, spectators, organisational helpers, etc. – have to bear in mind that sport always has to be practised according to the principles of ethics, so it is also up to them to promote and defend the objectives within this Code. Everyone is required to make a commitment to assume and promote the principles and values within this Code.

Sec ond Part



CODE OF
SPORTS ETHICS

COMMITMENT TO ETHICS SPORTS

The commitment to sports ethics is, by its nature, not merely a general statement of principles of concrete behaviour towards sport but also behaviour required at any moment, which guides the *praxis* of life in everything with which sport interacts and relates.

The recipients of the aforementioned commitment are considered to be all the entities which, in some way, are connected to sports, in particular those listed below and for whom the following are the most important commitments to be made:

Bodies with competency for Sport

- Implement legislation and other instruments on behalf of sports ethics;
- Promote and defend sport as a universal right, as well as its pedagogic and educational aspects;
- Promote the practice of sport, taking into consideration its ethical values;
- Ensure fairness in sports events and competitions;
- Ensure that there are legal mechanisms leading to fairer distribution of resources for sport as well as those generated by it;
- Stimulate, recognise, support and distinguish good practices in the field of sports ethics.
- Promote the inclusion in primary and secondary school curriculum programmes of a module on ethics in sport.
- Provide support to initiatives and actions on sports ethics, in particular setting up the

National Award for Sports Ethics, to be awarded annually by the Government.

- Promote the carrying out of in-depth studies on sports ethics and research work regarding its meaning and the many uses of it.
- Encourage federations and other sports organisations to establish their own Codes of Sports Ethics, particularly in line with section 6 of the first part of this code, giving this adequate public visibility.

Sports Practitioners

- Respect the rules of the game or competition.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Always give your best in competition, regardless of the opponent.
- Consider sports opponents as partners and not as enemies, treating them politely and with respect.
- Respect your own body, as well as those of your opponents, safeguarding them from any harm to their physical and mental integrity.
- Reject doping in any form, thereby protecting your health and preserving sporting truth.
- Recognise the value of your opponents and congratulate them when they win the game or competition. Do not look for excuses or hold a grudge for having lost the game but, on the contrary, know how to use defeat as a means of improvement.
- Learn how to win: maintain, in your happiness at victory, humility and simplicity and acknowledging the effort of each one of those who has been defeated.
- Respect other sports agents (managers, coaches, referees and judges, etc.) and spectators, in all circumstances and times, during or outside competition, treating them in a respectful and courteous manner.
- Be respectful and correct to all entities providing support services.
- Remember that as you get better results your obligations to safeguard sportspersonship will be greater, as these will become a public example of ethics for all, especially for younger people.
- Get to know and comply with the Code of Sports Ethics which has been approved by associations representing the area of activity in which you take part.

Parents and Guardians

- Convey to your children or learners the meaning and purpose of sport and its values, from the view of the essence of being human and what sport represents in human, family and social relations.
- Respect the decisions of sports referees, judges, timekeepers and others who are responsible for the laws of the game, coaches, managers and other sports agents.
- Understand and make clear to your children or learners the need to practice ethical values, inside and outside competitions.
- Tell your children or learners about the issue of the fight against doping, particularly regard-

ing the duties and rights of young sports athletes and inform their general practitioners that they are actual sports athletes.

- Instil in your children or learners the spirit that the essence of sport is not in the awarding and display of titles, but rather in the idea that the practice of sports makes an excellent contribution to improving their health and also their civic training.
- Disseminate and, along with your children or learners, value good examples which have taken place in sport and in life.
- Have a correct and cooperative relationship with the parents and guardians of other athletes.

Educational Establishments and Teachers

- Teach and convey to students the values of Sports Ethics.
- Give value, through your technical notations, to values of sports ethics.
- Recognize the activities of School and University Sports as a means of promoting sports ethics within the educational community.
- Promote, disseminate and practise the global teaching of human values where sport ethically practised serves as a tool and a special means to achieve this.

Coaches

- Respect, in all forms and at all times, and equally, athletes for whom you are responsible, by preserving their health and physical and mental integrity.
- Promote sportsmanship among athletes, and also in their own training.
- Respect the technical rules of the sport and contribute to their qualitative improvement.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Consider activity colleagues as partners regarding the development of the sporting disciplines they train.
- Foster a healthy relationship among all classmates.
- Provide an ethical model for all, especially for younger people.
- Promote the ethical values underlying sport and life for all age groups.
- Oppose the use of any prohibited substances or methods that artificially improve the performance of athletes, in accordance with applicable anti-doping rules, and the use of methods that do not comply with medical ethics or regular scientific data.
- Do not use training methods, practices or rules that may endanger the health and welfare of athletes, and assess and take into account growth stages and the stage of development,

seeking to provide adequate nutrition, leisure and recovery time and integrating the system with school and social activities.

- Avoid any situation that may lead to conflicts of interest. Conflicts of interest are understood to be cases when there are, or appear to be, private or personal interests which may call into question your integrity and independence in the performance of your duties.
- Comply with the Code of Sports Ethics which has been approved by the representative associations of the area of activity of which your professional category is part.

Referees, Judges, Timekeepers and other implementers of the laws of the game.

- Respect and enforce, to the fullest extent, the technical rules of the game or competition to contribute to their development.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Respect sports agents you come into contact with, treating them all with due consideration.
- Perform duties in a full, free, independent and impartial manner, informing the competent authorities of any situations which may call into question these same values.
- Respect teammates, promoting a healthy and supportive relationship between all, as well as contributing to the achievement of common goals for the sporting activity they are carrying out.
- Set up, even in your private life, a public example of ethical behaviour for all, especially for younger people.
- Apply suitable weighting in taking decisions and being impartial in your decision criteria.
- Adopt a serene, firm, and fair position promoting equality.
- Avoid any situation that may lead to conflicts of interest. Conflicts of interest are understood to be cases when there are, or appear to be, private or personal interests which may call into question your integrity and independence in the performance of your duties.
- Comply with the Code of Sports Ethics which has been approved by the representative associations of the area of activity of which your professional category is part.

Doctors and Health Sports Technicians

- Ensure the privacy of athletes, and do not share medical information without their specific authorisation.

- Share medical information and specific points on health of their children and learners with parents or guardians.
- Provide practitioners, at all times and when necessary, in a loyal and faithful manner, with medical information concerning them, under the terms of the law.
- Respect the autonomy of the sports practitioner with regard to their health, as a safeguard of their well-being, health and physical integrity.
- Oppose the use of any prohibited substances or methods that artificially improve the performance of athletes, in accordance with applicable anti-doping rules, and the use of methods that do not comply with medical ethics or regular scientific data.
- Do not use training methods, practices and rules that may endanger the health and welfare of athletes, and assess and take into account growth stages and the stage of development of the athletes.
- Consider, as a priority, the healing of athletes' wounds and their best and faster recovery using, where needed, the support of professionals with recognised knowledge and experience on the subject.
- When treating athletes, do not discriminate against them on the basis of social or political reasons, culture, ethnicity, religion, nationality, race or any other form of social discrimination.
- Provide athletes with all information about methods of treatment used, use of medication and their possible consequences or effects.
- Decide, based on the health and safety of the athlete, when the latter can restart training and games and competitions.
- Avoid endangering the physical, psychological and social well-being of the young sports athlete, providing adequate nutrition, leisure time and recovery and integrating them into the system of school and social activities.
- As the head doctor or health technician responsible for the athletes, take on responsibility, along with the managers and technicians, for the health, physical integrity and well-being of the latter.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Avoid any situation that may lead to conflicts of interest. Conflicts of interest are understood to be cases when there are, or appear to be, private or personal interests which may call into question your integrity and independence in the performance of your duties.
- Comply with the Code of Sports Ethics which has been approved by the representative associations of the area of activity of which your professional category is part.

Sports Directors or Managers

- Act by primarily taking into consideration the interests of and service for communities, through the principles laid down in the aims of its statutes – ***Service to the Community***.
- Comply with the law and the Codes of Sports Ethics which the organising and regulatory body of the discipline implements as part of its internal regulations – ***Legality***.

- Be fair and impartial to all citizens, acting according to the principles of neutrality - **Impartiality**.
- Do not discriminate against any citizen on the basis of race, sex, language, religious or political ideologies or social or economic conditions - **Equality**.
- Require from your members only what is necessary for their membership activity - **Proportionality**.
- Act according to the principle of Good Faith in the interest of the community seeking to promote sporting activity, and promote the participation of all, at all levels, in sports associations- **Cooperation**.
- Strive to disseminate information about the activity being promoted with your members - **Information and Quality**.
- Always act in a loyal, supportive and cooperative manner - **Loyalty**.
- Be governed by principles of honesty and integrity of character - **Integrity**.
- Act responsibly and competently, being actively involved in carrying out the aims of the institution you form part of - **Responsibility**.

And also:

- Do not in any way make derogatory statements of merit or value about other associations or sports bodies, as well as managers, athletes, coaches, referees and others involved in sport.
- Encourage and praise the good practices and ethical behaviour of other directors or managers, athletes, coaches, referees and other individuals involved in sports such as members, fans of sports associations or companies which you direct or manage.
- Take a proactive stance in the fight against doping, acting preventatively, promoting the rights and duties of athletes and their support staff, as well as refusing to exert pressure on professionals (doctors or others), in order to improve sporting performance of the athletes and their teams.
- Respect the technical rules of the sport and contribute to their dissemination, knowledge and qualitative improvement.
- Respect the decisions of sports referees, judges, timekeepers and others who are responsible for the laws of the game.
- Do not take any or fail to take actions, such as making public statements, that provide or that are means to encourage or promote attacks on sportsmanship, or discrimination against any individuals involved in sports.
- Avoid placing excessive value on, particularly at younger levels, the awarding and displaying of titles as the main or key objective of any sports game or competition.
- Working side-by-side with coaches, do not use training methods, practices or rules that may endanger the health and welfare of athletes, and assess and take into account the growth stages and the stage of development, seeking to provide adequate nutrition, leisure time and recovery and integrating the system with school and social activities.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Avoid any situation that may lead to conflicts of interest. Conflicts of interest are understood to be cases when there are, or appear to be, private or personal interests which may call into question your integrity and independence in the performance of your duties.

Sports Federations

- Implement regulations and standards concerning ethical content in their internal legal system.
- Promote measures which contribute to the democratisation and transparency of all acts carried out within their organisation.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Set up a Council of Sports Ethics which recognises acts of good ethical behaviour by those individuals involved in sport which are related to their sports disciplines (athletes, clubs, sports associations, among others), which can create ways of ensuring respect for the principles of sports ethics and sanction any infractions referring to acts of disrespect and violation of the principles of sports ethics.
- Carry out campaigns on ethical values in sport, promoting them as suitably as possible, within internal and external media.
- Establish lasting institutional relationships with sports organisations promoting good practices in sports ethics.
- Set down in your Statutes or Regulations, rules providing for those assuming office, when taking up their post, to take an oath to be bound by respect for the rules of the Code of Sports Ethics or any identical Code created within your sports Federation.
- Plan and establish suitable competitive frameworks for the state of development of your athletes, in particular younger individuals, and so contribute to all-round development and in this way avoid early tendencies to specialise.
- Ensure compliance with the principles laid down for other individuals involved in sport who fall under their remit.

Associations, Clubs, Collectives and Sports Societies

- Enable your associates and those involved in sport to become aware of regulations and technical and sports rules applicable to events and competitions.
- Treat all athletes in the same fair and equitable manner.
- Establish lasting institutional relationships with sports organisations promoting good practices in sports ethics.
- Involve younger athletes, and their parents or guardians, in the planning and decisions concerning their training and competitions.
- Prevent and take disciplinary measures against unsporting and unethical behaviour by their sports agents and associates.
- Carry out campaigns, through all means, actions and practices relevant to sports ethics, and promote them as suitably as possible, within internal and external media.

- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Set down in your statutes or regulations, rules providing for the promotion of and respect for ethical values in sport, in accordance with this Code of Sports Ethics and/or any identical Code created within the sports federation under your remit.
- Plan and establish suitable competitive frameworks for the state of development of your athletes, in particular younger individuals, and so contribute to all-round development and in this way avoid early tendencies to specialise.

Sports/Business Agents

- Preserve the private life of your clients, not disseminating any facts regarding their personal professional life which they have become aware of as a result of your duties.
- Carry out your activity conscientiously and adopt behaviour worthy of respect towards all those involved with sport with whom you maintain professional relations.
- Act with truth, clarity and objectivity in your dealings with all those involved with sports related to your activity.
- Protect the interests of your clients in accordance with the law and fairness, while establishing effective legal relations.
- Respect the rights of your business partners and third parties. In particular, you should respect the contractual relations of professional colleagues and should abstain from any act which may lead clients to withdraw from third parties.
- Recognise the activities of clubs as a means of promoting Sports Ethics to sports practitioners.
- Avoid any situation that may lead to conflicts of interest. Conflicts of interest are understood to be cases when there are, or appear to be, private or personal interests which may call into question your integrity and independence in the performance of your duties.
- Comply with the general principles governing the Code of Sports Ethics

Spectators and Sports Fans

- Have an ethically correct relationship among yourselves and with others involved in sports, whether individuals or collective bodies.
- Do not use methods in their relationships with others involved in sports, whether individuals or collective bodies, which constitute acts which:
 - Are violent in nature, whether this be social, psychological or physical;
 - In sporting games of competitions, or outside these, be offensive or disrespect good ethical practices in their attitude to other individuals involved in sport;

- Be offensive with regard to sexual orientation, social status, ethnicity, religion or race of those involved in sport.
- Comply with the general principles governing the Code of Sports Ethics

Volunteers

- Carry out your activity in a voluntary, responsible, generous and disinterested manner, imbued with civic duty and supportive of those you are serving.
- Always show availability, generosity, solidarity, altruism, sympathy and dedication.
- Cooperate with all bodies and authorities involved in or part of the sports activity which you are supporting.
- Respect the ethical principles that govern the activity which you are participating in.
- Observe, comply with and enforce the rules governing the functioning of the body promoting the activity.
- Respect the organisation and the promoting body without using this to your own advantage.
- Become aware of, respect and defend the dignity of the individual, condemning any gesture or word which promotes racism, xenophobia or any type of discrimination.
- Become aware of the sociocultural reality, promoting fellowship and friendship.
- Refrain from any risky behaviour, such as smoking, taking drugs or drinking alcoholic beverages.
- Show values and ethical principles through your attitudes and behaviour.

Organisers and/or Promoters of Sports Shows

- Comply with the general principles governing the Code of Sports Ethics
- Implement regulations and standards concerning those principles within your internal legal system.
- Encourage all practices which contribute to the democratisation and transparency of all acts carried out within your events.
- Turn down and denounce fraud or the manipulation of results, always arguing for sporting truth.
- Create sports incentives which enhance sports ethics, particularly through the awarding of bonuses in ratings and points scoring, especially in favour of athletes, clubs, associations or sports societies.
- Set up a Council of Sports Ethics which recognises acts of good ethical behaviour by those individuals involved in sport which are related to their sports discipline, which can create ways

of ensuring respect for the principles of sportspersonship and sports ethics and sanction any infractions referring to acts of disrespect and violation of the principles of Sportspersonship and sports ethics.

- Carry out sports ethics campaigns, disseminated as much and as well as possible, particularly on your websites.
- Set down in your Statutes or Regulations, rules providing for those assuming office, when taking up their post, to take an oath to be bound by respect for the rules of the Code of Sports Ethics or any identical Code created within the entity in question.
- Establish lasting institutional relationships with sports organisations promoting good practices in sports ethics.

The Media

- Give appropriate coverage of issues which, in the news and op-ed pieces, presuppose objectivity and equality among those involved in sport and the groups within it.
- Do not issue opinions or ways of thinking which do not preserve the assumption of full equality of rights and obligations of all those involved in sport.
- Do not distort or hide relevant information on facts which may come into conflict with sporting truth.
- Promote and disseminate, as much as possible, good practices within the field of sports ethics, both with regard to games and sporting competitions as well as all areas of life which are, directly or indirectly, are related to sport.
- Preserve the private life of all those involved in sport, and do not disseminate data or information which strictly concerns them and, in the fullest and most effective ways possible, restore the truth of facts when incorrectly disseminated.
- Create a Commitment to Sports Ethics, to be signed by the heads of media bodies and their employees.



5



PNED EDITIONS:

1. CARTA OLÍMPICA
2. ÉTICA DESPORTIVA
- CONFERÊNCIA NO PANATHLON CLUBE DE LISBOA
3. NATIONAL PLAN FOR ETHICS IN SPORT
4. CÓDIGO DE ÉTICA DESPORTIVA
5. CODE OF SPORTS ETHICS

INSTITUTO PORTUGUÊS
DO DESPORTO E JUVENTUDE - IPDJ, IP
RUA RODRIGO DA FONSECA, N.º 55
1250-190 LISBOA