

Abiding by the Rules

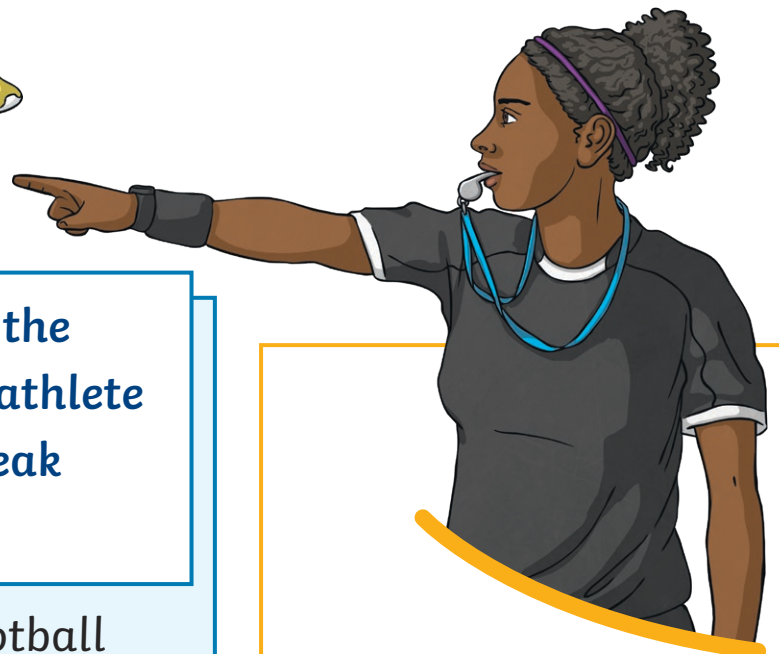


Having a clear set of rules for all sports and at all levels is essential for making sure that they are played and practiced in a fair, safe, and enjoyable way.

Here are some examples of the different ways a player or athlete can be penalised if they break the rules:

- a yellow or red card in football
- a warning in tennis
- being disqualified from an event
- a time penalty in motor racing
- being sent to the 'sin bin' in rugby or hockey
- a monetary fine
- points deducted
- banned from competing

Can you think of any others?



It is important that players and athletes learn and respect the rules from the grass roots level (recreational sport) all the way up to the top level of competitive sport.