



Z3 Athlete Code of Conduct

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of discipline and seven team pillars for which we lead ourselves:

- Respect
- Accountability
- Humility
- Integrity
- Goal Setting
- Sportsmanship
- Safety

OBLIGATION TOWARD THE SPORT:

- Make every effort to develop their own sporting abilities, in terms of skill technique, tactics and stamina.
- Give maximum effort and strive for the best possible performance during a race, even if their team is in a position where the desired results has already been achieved.
- Set a positive example for others, particularly young athletes and supporters.
- Avoid all forms of gamesmanship and time wasting.
- Always have regard to the best interests of the sport, including where publicly expressing an opinion on the race and any particular aspect of it, including others involved in the race.

- Not use inappropriate language.

OBLIGATION TOWARD THE TEAM:

- Make every effort consistent with fair play and the laws of the sport to help the team win.
- Resist any influence which might, or might not be seen to bring into question their commitment to the team winning.

RESPECT FOR THE LAWS OF THE SPORT AND COMPETITION RULES:

- Know and abide by the laws, rules, spirit of the sport and the competition rules. Accept success and failure, victory and defeat, equally.
- Resist any temptation to take banned substances or use banned techniques.

RESPECT TOWARD COMPETITORS:

- Treat competitors with due respect at all times, irrespective of the result of the race.
- Safeguard the physical fitness of competitors, avoid violence and rough play, and help injured athletes.

RESPECT TOWARD OFFICIALS:

- Accept the decision of the race official without protest.
- Avoid words or actions which may mislead a race official.
- Show due respect toward race officials.

RESPECT TOWARD TEAM OFFICIALS:

- Abide by the instructions of their coach and team of directors, provided they do not contradict the spirit of this code.
- Show due respect toward the team of the opposition.

OBLIGATION TOWARD THE SUPPORTERS:

- Show due respect to the interests of supporters.

RULES FOR POSSIBLE DISMISSAL:

- Riding without helmet or unbuckled.
- Boys in girls hotel rooms or girls in boys hotel rooms.
- Breaking team established curfew.
- Use of alcohol or banned substances - zero tolerance.
- Disrespect to coaches.