

US Lacrosse Foundation

Keeper of the Game: What are the six core values?

◆ **The Spirit of the Game:** Participating in lacrosse for the love of the game, with the pure intention of playing hard and fair while nurturing the soul is pursuing lacrosse in the spirit of the game. Play lacrosse because you love it. Play because it's fun. Any other reasons are not in keeping with the true spirit of the game.

◆ **Tradition:** The handing down of information, beliefs, or customs from one generation to another, especially through storytelling, invites you to be a part of something bigger than yourself. These stories form the basis of the culture of lacrosse and the character of those who participate. The history of lacrosse and its origins within Native American culture are a significant part of the sport. If you are involved with the sport, you have a duty to share the history of the sport as a means of continued connection, enjoyment and honoring the game for the next generation.

◆ **Virtues: Respect, Honor, and Integrity:** These virtues are positive traits that transcend most creeds, cultures and communities, and are fundamental to the development of good character. All lacrosse participants - players, coaches, officials, spectators - who consistently hone these traits, form enduring habits of head, heart and hand, faithful to the spirit of the game.

- **Respect** - To act in a way that shows you are aware of and fully value the participants, rules and spirit of the game means that you hold the sport's traditions in the highest regard and esteem. Respect permeates throughout, on and off the field.
- **Honor** - To behave with high moral standards that show you fully appreciate the privilege of playing lacrosse. Honor the opportunity to participate through grace and humility.
- **Integrity** - To serve the game well means that you will act with honesty and sincerity on and off the field, undivided in head, heart and hand.

◆ **Good Sportsmanship:** displaying qualities of conduct and attitude highly regarded in sport - fair play, courtesy, generosity, observance of the rules, striving spirit and grace in losing - is paramount. Each person, teammate or opponent, is part of the same game. Valuing the experience over the outcome serves the greater good and is integral to the spirit of the game.

◆ **Teamwork:** A joint action performed by a group of people in which each person subordinates his or her individual interests and opinions to the unity and efficiency of the group. No one is bigger than the game; the whole is greater than the sum of its parts. Increasingly, lacrosse "stars" are elevated and revered; it is important to recognize the team as the defining entity in lacrosse, and the reason for the game.

◆ **Connection:** Long after the last game, something else remains: connection, camaraderie, community. Lacrosse forges friendships, unity and family. As the game grows, you must embrace the spirit and philosophy of a shared identity. The lacrosse field derives meaning and value solely from our presence. Without the people, it is just another competition.