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[cals.arizona.edu/
pubs/family/
az1367d.pdf](http://cals.arizona.edu/pubs/family/az1367d.pdf)

This information
has been reviewed by
university faculty.

Fairness

"It's not fair," seems to be the anthem of youth. Youth want to be treated equally, yet each child has different strengths and is unique. What causes one to accept responsibility, might enrage another. Fairness is a special challenge for coaches.

Game: Relay Race

Group size: 10-50

Time: 6 minutes; 1 minute to review rules, 3 minutes to play, 2 minutes to debrief participants

Supplies: none

Setting: Gym or field

Goal: Build an understanding of fairness.

Teach

- Establish a turn-around point and divide the group into two teams.
- For the race, a person on each team runs to the turn-around point and then runs back to the team, tags the next player who runs to the point and back, and so forth until the entire team is finished.
- For one of the teams, however, the person must do two push-ups at the turn-around point before they run back.
- The first team finished, wins.
- Objective: Each team has different rules. The goal is the same for both teams.
- Debrief participants:
 - Was the game fair? Why or why not?
 - How is this game similar to the game we play as a team when someone does not play fair or cheats?
 - Is there a sense of accomplishment if you win but the game was not fair?

Enforce

- Expect and reward fair play.
- Expect all players to follow the rules of the sport.
- Expect all players to treat each other fairly, on and off the field.

Advocate

- Point out when players take turns.
- Before games, emphasize that players above all else play fair and by the rules.
- Emphasize that there is more dignity in playing fair than winning.

Model

- Model fairness when talking to other coaches and referees.
- Show respect for fair calls by referees, even when not in your team's favor.
- Demonstrate fairness, by allowing all athletes regardless of skill to participate.
- Praise each person's unique strengths being sure each person is praised for something.



Activities to Build Fairness

- Balloon war: Two teams. Each person has a balloon tied to their leg. Each team tries to stomp the other team's balloons. Give larger balloons to one of the teams.
- Debrief Participants:
 - What happens when two groups don't play by the same rules?
- Alphabet Soup^b: Give each player a letter. Challenge the team to spell as many words as possible during the time allowed.
- Debrief participants:
 - The vowels were very popular. The letters "x, q, and z" may have felt left out. Discuss the importance of using everyone on the team.

Thoughts for the Day

"The purpose of any athletic endeavor is to challenge human limits both on and off the playing field." Unknown

"Doing what is right, fair and honorable is more important than winning or losing." Chick Moorman

- a. Nish, S.(ed.) (2001). Good Ideas to Help Young People Develop Good Character (3rd ed). Ca: Joseph and Edna Josephson Institute of Ethics.
- b. Fark, J.V. Together Everyone Achieves More: Challenge Adventure Initiatives. Ohio: Marion County Extension Agent.

The 6 Pillars Of Character^a

TRUSTWORTHINESS: Be honest. Don't deceive, cheat or steal. Be reliable—do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal—stand by your family, friends, team, and country.

RESPECT: Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners and sportsmanship, not bad language or "trash talk." Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

RESPONSIBILITY: Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act. Consider the consequences. Be accountable for your choices.

FAIRNESS: Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly.

CARING: Be kind. Be compassionate and show you care. Express gratitude; thank coaches and officials. Forgive others. Help people in need.

CITIZENSHIP: Do your share to make your school and community better. Cooperate. Stay informed; vote. Be a good teammate. Obey laws and rules. Respect authority.

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