

## Fair Play - Mediterranean Games

By Chrystalleni Trikomiti

When Pierre de Coubertin revived the Modern Olympics, he set out to accomplish many goals – one of which was to bring the world together to compete in sport in “a spirit of Fair Play”. Fair Play is a virtue of rule devotion whereby players and athletes stand by the rules of competition. Is a complex concept that comprises and embodies a number of fundamental values that are not only integral to sport but relevant in everyday life.

Fair competition, respect, friendship, team spirit, equality, sport without doping, respect for written and unwritten rules such as integrity, solidarity, tolerance, care, excellence and joy, are the building blocks of fair play that can be experienced and learnt both on and off the field.

It is also a commitment to contest in a good spirit and encourages a good attitude towards. Since Coubertin’s time, the Olympic Games have met more challenges to Fair Play than perhaps at first imagined. It is now more important than ever to educate players and athletes in the principles of Fair Play and to spread its lessons not only within the sporting world – but everywhere.

The three core values of the Olympic Movement, which inspire us on individual and organisational levels, are:

**Excellence:** This value stands for giving one's best, on the field of play or in the professional arena. It is not only about winning, but also about participating, making progress against personal goals, striving to be and to do our best in our daily lives and benefiting from the healthy combination of a strong body, mind and will.

**Friendship:** This value encourages us to consider sport as a tool for mutual understanding among individuals and people from all over the world. The Olympic Games inspire humanity to overcome political, economic, gender, racial or religious differences and forge friendships in spite of those differences.

**Respect:** This value incorporates respect for oneself, one's body, for others, for the rules and regulations, for sport and the environment. Related to sport, respect stands for fair play and for the fight against doping and any other unethical behaviour.

