APPROVED BY:

The International Grappling Federation

President

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**GRAPPLING CODE OF MORALITY**

* **POLITENESS**
* **COURAGE**
* **SICERITY**
* **SELF-CONTROL**
* **HONOUR**
* **MODESTY**
* **FRIENDSHIP**
* **RESPECT**

**Politeness** – everywhere and at all times behave in such a way as to create appropriate standards of behaviour towards each other. Polite communication, showing respect, correct body posture, knowledge of etiquette, and decency are the main factors influencing courtesy.

**Courage** is a personality trait that allows a person to act decisively to achieve a goal in a specific (usually difficult, extreme) situation. Determination, initiative, self-control and self-confidence are the characteristics of a brave person. A person can prove courage not only by action (challenging a strong opponent), but also verbally, i.e. to speak openly, even though they would know he/she would not be accepted by the majority. A person usually does so in the best interests not only of himself, but also of other people and society.

**Sincerity** is the foundation of a relationship leading to understanding and trust. It is the opposite of lies and hypocrisy. A sincere person is the one who wishes good, is heartfelt and open.

**Self-control** is the ability to control or restrain oneself. It is a personality trait most often displayed in a difficult, uncomfortable situation when making decision or taking actions. Self-control helps to avoid unjustified and thoughtless decisions. A person with a high degree of self-control is usually described as a level-headed person with strong nerves.

**Honour** – publicly recognised respect for merit, high achievement, noble deeds and actions. The honour cannot be taken away, it can be lost.

**Modesty** is the quality of being unassuming. A modest person avoids boasting about his/her abilities, achievements and wealth.

**Friendship** is valued differently by each person. Most often it is the relationship based on trust, sincerity, emotions, secrets, and devotion. Friendship is created, raised, and nurtured.

**Respect** is a characteristic of behaviour that expresses a high evaluation, recognition, and, at the same time, a certain appreciation to another person for the effort, knowledge or sacrifice he/she has made. In sport, respect is often identified with the expression ‘Noble behaviour’.