

1		Promote the values of Modern Pentathlon on and off the field of play throughout your lifetime
2		Always respect the rules of Modern Pentathlon
3		Perform to your best, have self-respect and treat your fellow athletes, coaches, officials and spectators with courtesy and respect
4		Never discriminate against any individuals based on race, color, religion, gender, sexual orientation or national origin
5		Condemn every instance of unsportsmanlike or unfair play or manipulation of results
6		Never engage in the use of crude, foul, threatening or abusive language and/or abusive gestures and/or negative body language
7		Be humble in victory and gracious in defeat
8		Accept officials' decisions with good grace
9		Reject corruption, doping, racism, violence, gambling, harassment and other dangers to our sport
10		Be organized, be on time and have the adequate equipment

