

# SPIRIT SELF-SCORING SHEET

**Your whole team should be involved** in rating YOUR OWN team!  
Determine the score in each of the five categories and sum up the points to determine YOUR OWN Spirit score.

## SCORING SCALE:

Poor = 0, Not so Good =1, Good = 2, Very Good = 3, Excellent = 4

### 1. Rules Knowledge and Use

Examples: You did not purposefully misinterpret the rules. You kept to time limits .When you didn't know the rules you showed a real willingness to learn

### 2. Fouls and Body Contact

Examples: You avoided fouling, contact, and dangerous plays.

### 3. Fair-Mindedness

Examples: You apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches

### 4. Positive Attitude and Self-Control

Examples: You were polite. You played with appropriate intensity irrespective of the score. You thanked them for the game.

### 5. Communication (NEW)

Examples: You communicated respectfully. You listened. You kept to discussion time limits.

### Summing the results

Sum the score for every category to a final number and write it into these boxes (the end result should be between 0 and 20).

## Your Team

Opponent 1	Opponent 2	Opponent 3	Opponent 4	Opponent 5	Opponent 6	Opponent 7	Opponent 8	Opponent 9	Opponent 10
(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)
(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)
(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)
(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)
(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)	(0-4)
Total	Total	Total	Total	Total	Total	Total	Total	Total	Total

### Comments

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