#### 1 BE CLEAN NEVER FIX AN EVENT

Play fairly, honestly, and never fix an event or part of an event. Whatever the reason, do not make any attempt to adversely influence the natural course of a sporting event or part of an event. Sporting competitions must always be an honest test of skill and ability and the results must remain uncertain. Fixing an event, or part of an event goes against the rules and ethics of sport and when caught, you may receive a criminal prosecution and a lifetime ban from your sport.

Do not put yourself at risk by following these simple principles:

- Always perform to the best of your abilities.
- Never accept to fix a match. Say no immediately. Do not let yourself be manipulated - unscrupulous individuals might try to develop a relationship with you built on favours or fears that they will then try to exploit for their benefit in possibly fixing an event. This can include the offer of gifts, money, and support.
- Avoid addictions or running up debts as this may be a trigger for unscrupulous individuals to target you to fix competitions. Get help before things get out of control.

### 2 BE OPEN TELL SOMEONE IF YOU ARE APPROACHED

If you hear something suspicious, if anyone approaches you to ask about fixing any part of a match or if someone offers you money or favours for sensitive information then you should use the established reporting mechanism in your country. Any threats or suspicions of corrupt behaviour should always be reported.

Know the institutions that can help you (for instance your players' association and/or someone you trust) in case you are approached especially if you are playing in an unsafe environment.





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# DON'T FIX IT

### 3 BE CAREFUL NEVER SHARE SENSITIVE INFORMATION

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### 4 BE SMART KNOW THE RULES

Find out the integrity rules of your international and national federation, team, club, players' association, competition, and your country's laws, before the start of each sporting season so that you are aware of your sport's most recent position, especially regarding betting. Many sports and countries either have or are developing regulations on sports betting and you need to be aware of these - even if you don't bet.

If you break the rules, you will be caught and risk severe punishments including a potential lifetime ban from your sport and even being subject to a criminal investigation.

## 5 BE SAFE NEVER BET ON YOUR SPORT

Never bet on yourself, your opponent, or your sport. If you, or anyone in your entourage (coach, girlfriend, family members etc.), bet on yourself, your opponent, or your sport you risk being severely sanctioned.

It is best to play safe and never bet on any events within your sport including:

- never betting or gambling on your own matches or any competitions (including betting on yourself or your team to win, lose or draw as well as any of the different side-bets);
- never instructing, encouraging or facilitating any other party to bet on matches you are participating in;
- never ensuring the occurrence of a particular incident, which is or can be the subject of a bet and for which you expect to receive or have received any reward;
- never giving or receiving any gift, payment or other benefit in circumstances that might reasonably be expected to bring you or football into disrepute.

