



**WHAT IS THE "SPIRIT OF SPORT"?  
(described in the "Fundamental Rationale for the World Anti-Doping Code")**

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport."

It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person's natural talents.

It is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is reflected in values we find in and through sport, including:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for or rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.