

Participation in athletic activities should depend upon a thorough understanding of the health status of the participant.

Special restrictions upon participation, such as participation during the menstrual period should be determined by individual differences. In the absence of final evidence conservative procedure should be the rule.

The program of athletic activities should be based upon the relating factors of the environment in which the participant plays, such as: physical setting and facilities in the community and the organization responsible for the program.

Each community should be studied to use, to improve and to increase all available space and facilities for wholesome play.

The program should be carefully adapted to specific local conditions and built in terms of local needs.

The environment for play should be planned, supervised and controlled by the best standards of health and safety.

The element of competition present in all organized group play should be made to function as an important fundamental constructive factor.

The program should offer opportunity for competition to all according to the ability of the individual.

Competition should be wide in range rather than centered in one activity.

Competition should be adapted to the needs and interests of the participants in every respect.

For competition, those types of organization should be selected which will yield the greatest number of desirable outcomes.

Competent women officials should be used for athletic competition.

Official rules either developed or authorized by the National Section on Women's Athletics should be used.

The athletic program should progressively educate the participant away from the need for artificial incentives and tangible awards.

Good publicity should develop a sound public attitude concerning the program, its standards, aims and outcomes, and the importance of the welfare of the players.