I understand that my compliance with the Code is a requirement for my participation in HPU and on any official duties carried out on behalf of the BFI. I recognize that this Code does not establish a complete set of rules that prescribes every aspect of appropriate behaviour. Further, I will:

- 1. Abide by the policies and rules of the BFI(Attached)
- 2. Compete/participate in a spirit of fair play and honesty.
- 3. Comply with anti-doping rules as outlined by the Sport Authority of India (SAI) and the World Anti-Doping Agency (WADA) Attached
- 4. Conduct myself at all times when training, competing or on duty as a high-performance athlete in both sporting and non-sporting activities in an appropriate manner and display a positive approach and cooperative behavior towards the team, the High Performance Unit and the BFI. Athletes should not behave in a manner that is likely to bring our Sport, the high-performance unit and the BFI into disrepute.
- 5. Attend all team functions, including team meetings, training sessions, competitions, media days, etc. unless otherwise agreed by the High-Performance Director
- 6. Ensure that I will meet agreed weight management targets set by high performance nutritionist and high-performance director to help me achieve optimum performance.
- 7. Time keeping and punctuality in attendance of team meetings, training sessions, competitions, media days etc. will be considered as non-attendance unless agreed in advance with high performance director and will be dealt with accordingly
- You will be supplied with a BFI Kit bag which will contain all your BFI apparel which must be worn at all times whilst in training and while representing the BFI on international duty or at corporate events.
- 9. Attendance when requested at training camp is compulsory unless otherwise agreed by the High-Performance Director.
- 10. If you are a member of the HPU, you will not participate in any bouts outside of those arranged by the HPU unless otherwise agreed by the High-Performance Director.
- 11. Behave in a manner that shows proper respect for other athletes, to all members of the HPU and staff of the BFI when in training, competition and during all commercial and media activity.
- 12. Maintain an appropriate level of fitness at all times, and competitive readiness that will permit my performance to be at the maximum of my abilities
- 13. Treat all accommodation, whilst in training or competition, with the utmost respect, ensuring that they are not the subject of damage and are left tidy when vacating.
- 14. Not participate or assist in any gambling or betting activities associated with any event related to my sport or my participation
- 15. Agree to a zero-tolerance policy with respect to alcohol consumption during training camps, at competitions or in victory celebrations at the competition.
- 16. Refrain from illegal or inappropriate behavior that would detract from a positive image of myself and the BFI
- 17. Refrain from using profane, insulting, harassing or otherwise offensive language during training camp, at competitions, toward teammates, coaches and all members of the HPU and BFI.
- 18. Address fellow athletes, coaches, officials, volunteers, event organizers, spectators and others associated with HPU and the BFI in a courteous and respectful manner.

- 19. Act in a manner that will bring credit to the Boxing Community and yourself, both within and outside the competition arena and/or competition area.
- 20. Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable.
- 21. Wear the BFI team uniform that has been provided to you when traveling or representing the BFI in any official capacity.
- 22. Refrain from using social media to bring the name of the BFI or the HPU into disrepute
- 23. Agree to maintain a training log and food diary on a weekly basis as required by the High performance director or coaches.
- 24. Remember that I am an ambassador for the BFI and my country when in training camp or away on international duty

## Penalties include:

- 1. Temporary or permanent removal from the HPU.
- 2. Suspension from BFI activities for a specified period.
- 3. Withholding of a portion, or all of, any grant received from BFI, Sport Authority of India
- 4. Immediate dismissal from the team and return home at athlete's expense if on international duty.
- 5. Repay any costs associated with non-adherence to the code of conduct.