



## Individual & Team Character in Sport Questionnaire

THIS QUESTIONNAIRE IS NOT A TEST.

We hope you will answer every question, but you may skip any question you do not wish to answer.

Mark one answer on each line

Like this: ● Not like this: ✓ ✗ /

1. Below are descriptions of the way different people think or act. Please mark the answer that describes how much these people are like you.	Not like me at all	Mostly not like me	Somewhat like me	Mostly like me	Exactly like me
1) These people work hard in practice on things they are not good at.	①	②	③	④	⑤
2) These people would cheat to win or get ahead.	①	②	③	④	⑤
3) These people show respect to their teammates, even if they do not agree with them.	①	②	③	④	⑤
4) These people often forget to bring their equipment to practices and games.	①	②	③	④	⑤
5) These people try to get out of practicing things that are difficult or boring.	①	②	③	④	⑤
6) These people keep trying after they have made a mistake.	①	②	③	④	⑤
7) These people are never rude to players on the other team.	①	②	③	④	⑤
8) These people take time outside of practice to work on improving their skills.	①	②	③	④	⑤
9) These people make negative comments about their coaches to each other.	①	②	③	④	⑤
10) These people feel good when they have done their best, even if they haven't won the game.	①	②	③	④	⑤
11) These people congratulate opponents who won or played well.	①	②	③	④	⑤
12) These people believe it is okay to break the rules if they won't get caught.	①	②	③	④	⑤
13) These people admit when they make a mistake.	①	②	③	④	⑤
14) These people would hurt an opponent if it would help them win the game.	①	②	③	④	⑤
15) These people continue playing hard, even when their team is losing.	①	②	③	④	⑤
16) These people can be counted on to do their part for the team.	①	②	③	④	⑤

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**2. Think about your teammates.**

**Do you agree or disagree with these statements about them?**

Completely disagree      Somewhat disagree      Not sure      Somewhat agree      Completely agree

17)	Players trust each other.	①	②	③	④	⑤
18)	When players do something hurtful to another team member, they try to make up for it (for example, they apologize or do something nice).	①	②	③	④	⑤
19)	Players get mad at their teammates for making mistakes during games.	①	②	③	④	⑤
20)	Players care about each other.	①	②	③	④	⑤
21)	Players on this team are kind to one another.	①	②	③	④	⑤
22)	Players on this team encourage one another, even when the team is losing.	①	②	③	④	⑤
23)	Players use fights, insults or threats to resolve conflicts among teammates.	①	②	③	④	⑤
24)	When players on this team see someone being picked on, they try to stop it.	①	②	③	④	⑤
25)	Players give positive encouragement to each other, even to those who aren't very good athletes.	①	②	③	④	⑤
26)	Players who aren't very good athletes get picked on or are excluded on this team.	①	②	③	④	⑤
27)	Players are willing to forgive those who hurt them.	①	②	③	④	⑤
28)	Players work together to develop new skills.	①	②	③	④	⑤
29)	Players don't care if their teammates cheat to win.	①	②	③	④	⑤
30)	Players try to get their teammates to follow the team rules.	①	②	③	④	⑤
31)	Players take extra time to help teammates who are struggling.	①	②	③	④	⑤
32)	Players gossip about one another.	①	②	③	④	⑤

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**3. Think about coaches and your team.****How often did the following happen over the last 4 weeks?**

Almost  
never      Rarely      Some-  
times      Often      Almost  
always

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33)	The coaches talked to me about moral values (such as respect, responsibility, fairness).	①	②	③	④	⑤
34)	The coaches were available to talk with players about problems that were bothering them.	①	②	③	④	⑤
35)	The coaches held me accountable for my actions.	①	②	③	④	⑤
36)	The coaches talked to me about the importance of my role on the team.	①	②	③	④	⑤
37)	The coaches praised me for giving my best effort.	①	②	③	④	⑤
38)	The coaches talked to me about their expectations and goals for practice.	①	②	③	④	⑤
39)	The coaches listened carefully to my explanation of why I disagreed with them.	①	②	③	④	⑤
40)	I thought about how the coaches would act before making an important decision.	①	②	③	④	⑤
41)	As a team, we talked about how well we met our personal and team goals.	①	②	③	④	⑤
42)	Players on this team were given rewards for good behavior.	①	②	③	④	⑤
43)	Before setting up rules, the coaches asked for my opinion.	①	②	③	④	⑤
44)	The coaches explained the reason for a team rule or punishment.	①	②	③	④	⑤
45)	The coaches helped me track progress toward my chosen goal.	①	②	③	④	⑤
46)	The coaches got mad when our team didn't win.	①	②	③	④	⑤
47)	The coaches went out of their way to help every player.	①	②	③	④	⑤
48)	The coaches were fair to everyone.	①	②	③	④	⑤

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**49) What is your gender?**

- Male  Female

**50) Which of the following categories best describe you? (mark all that apply)**

- Asian or Pacific Islander  Native American  
 Black (African American)  Hispanic (Latino/a)  
 White (Caucasian) Other (please specify) \_\_\_\_\_

**51) What is your grade in school?**

- |                         |                         |                          |
|-------------------------|-------------------------|--------------------------|
| <input type="radio"/> 4 | <input type="radio"/> 7 | <input type="radio"/> 9  |
| <input type="radio"/> 5 | <input type="radio"/> 8 | <input type="radio"/> 10 |
| <input type="radio"/> 6 |                         | <input type="radio"/> 11 |
|                         |                         | <input type="radio"/> 12 |

**52) What is your age?**

- |                                    |                          |                                   |
|------------------------------------|--------------------------|-----------------------------------|
| <input type="radio"/> 9 or younger | <input type="radio"/> 12 | <input type="radio"/> 15          |
| <input type="radio"/> 10           | <input type="radio"/> 13 | <input type="radio"/> 16          |
| <input type="radio"/> 11           | <input type="radio"/> 14 | <input type="radio"/> 17 or older |

**53) What is your team? \_\_\_\_\_**

**THANK YOU!**