When does someone show good sportsmanship?

Is it when someone is good at playing a bunch of sports like soccer, baseball, sailing and volleyball?

The dictionary say "Sportsman like" is someone who behaves fairly and is generous.

Here are some examples as they apply to Sailing:

You loan your extra sail to someone who has accidentally left theirs at home

When you show a new sailor how to improve what they maybe doing wrong

Right before the starting signal someone's mainsheet goes through the blocks and they can't get it put back in place. You come over and help out

When you stop racing to help another sailor because you see them scared, crying or maybe capsized and can't get the boat back up.

Can you think of some similar ideas of a good sportsman?

During this Regatta if you see someone showing good sportsmanship could you tell one of us who they are and what they did?