



Gymnastics Ontario
Technical Rules and Regulations

Section E:
Athlete Policies and Guidelines

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Athletes Policies and Guidelines

SCOPE

These Rules of Conduct outline the principles of conduct, obligation and duties governing the behaviour of all members of Gymnastics Ontario. Conduct shall at all times reflect honesty, good sportsmanship, courtesy and respect towards others.

The Rules of Conduct apply to **ALL** Gymnastics Ontario members (gymnasts, coaches, judges, volunteers, spectators, team officials and staff) when participating in any activity, program, event and competition sponsored or sanctioned by Gymnastics Ontario.

All policies, procedures, rules and regulations of Gymnastics Ontario must be followed at all times.

When one is part of the Ontario delegation, in the Rules of Conduct,

- The term “delegate” refers to any athlete, coach, manager, judge, chaperone, or other official.
- The term “team official” refers to head of delegation, team managers, coaches or persons appointed by Gymnastics Ontario to have responsibility for athletes during a competition or event.
- All delegates are expected to abide by the decisions of team officials.
- All delegates are expected to comply at all times with the rules, regulations and protocol as laid out by the organizing committee of the competition.
- When Ontario athletes travel as part of another team, such as a national team for Gymnastics Canada, they shall also be subject to the Rules of Conduct of GCG which shall supercede those of Gymnastics Ontario.
- Incidents of violation shall be addressed by the head of delegation and the team officials.

2) RESPONSIBILITIES

All athletes (and their parent/guardian if athlete is under eighteen (18) years of age), are required to read and abide by the Rules of Conduct while participating in any program, event or competition sanctioned by Gymnastics Ontario. All athletes travelling as Ontario representatives shall receive a copy of the Rules of Conduct and are required to sign the acceptance of the Rules of Conduct.

3) REGULATIONS

i) Dress Code

Athletes are representatives of their clubs and of Gymnastics Ontario. Therefore, proper attire and behaviour are imperative.

- i) All delegates are expected to comply with discipline dress codes. This includes traveling attire and attire at the competition locations, warm up and competition
- ii) Stud-type pierced earrings only may be worn (as per FIG Code of Points).

- iii) All athletes officially representing Ontario are required to wear the Gymnastics Ontario tracksuit and leotard/singlet (as outlined in each discipline).
- iv) The following guidelines are in place for athletes' attire outside the gymnasium while representing Gymnastics Ontario:
 - Wear clothing without holes or tears
 - No cropped tops (i.e. midriffs must be covered)
 - When traveling to and from the event destination, participants are required to wear their Ontario tracksuit jacket.
 - No jeans may be worn when traveling to or from the event destination.
- v) For Team Ontario functions the Team Manager/Coach/Judge will be responsible for enforcing the Dress Code.

ii) Curfew

- All athletes are expected to comply with curfews before, during and after competition (see Technical Rules and Regulations).
- Curfews shall be set by the head of delegation/team manager. Requests to change curfew must be approved by the head of delegation.
- Curfews shall be set on the basis of age and not discipline or gender.
- When athletes of different ages are rooming together, the curfew applicable to the youngest athlete shall apply to all athletes assigned to the room.
- Curfews will be adjusted if competition or training is scheduled or continues beyond the established curfew.
- The head of delegation may set a reasonable curfew to be followed by any other delegation members staying at the same facility as athletes.
- All managers shall reside at the official hotel/residence and supervise athletes.

iii) Travel/Accommodation

All delegates are expected to comply with the team arrangements and schedules. Any delegates requiring special arrangements due to extenuating circumstances must make such arrangements through the team manager prior to travel.

All athletes are expected to remain with the team during travel, at the competition location and at the residence area unless special permission is granted from team officials. Prior to the trip, for those old enough and mature enough to be responsible for themselves, arrangements should be agreed upon between athlete, coach and team manager. Athletes must ensure that their coach and/or team manager know of their whereabouts at all times.

When Ontario athletes travel to competition with their own club, the club is responsible for the athletes' conduct.

Accommodation changes, if different from those formally arranged by Gymnastics Ontario for the official hotel or official residence when attending any Gymnastics Ontario sanctioned competition, training camp or demonstration must be approved by the head of delegation or the team manager.

iv) Alcohol/Drugs/Banned Substances

- “Legal drinking age” means nineteen (19) years of age. If the legal age of the country or province where a competition is located is higher than nineteen (19) years of age, then such older legal ages shall apply.
- All delegates are subject to restrictions as to the use of alcohol, drugs or any banned substances as prescribed by law, any sport governing body or Sport Canada, or any conditions or restrictions imposed by any local authority.
- Use of banned substances for improving performance is prohibited as specified within Sport Canada’s anti-doping policies and testing procedures.
- It is the responsibility of the athlete or the parent/guardian to ensure that the proper authorities are made aware of any medication being taken by the athlete.
- Possession and/or consumption of alcoholic beverages at any competition, training camp or demonstration venue is prohibited.
- Using or dispensing drugs is prohibited.
- Being impaired by alcoholic drink or drugs is prohibited.
- Obtaining or supplying intoxicating beverages to anyone under the legal age is prohibited.
- Possession and/or consumption of alcoholic beverages in individual’s room of residence/ hotel/university/college or public area of residence (i.e. corridors, general lounges, etc.) that is visible and/or accessible to the participating athletes is prohibited.

v) Vandalism/Theft

Any member guilty of a willful act of damage to the property of others, theft or vandalism shall be held totally responsible and shall be required to make reimbursement or restitution.

vi) Sportsmanship

Members are expected to conduct themselves in a sportsmanlike manner.

vii) Language

Use of language that is foul or offensive to others is prohibited.

viii) Harassment

Verbal, physical, sexual or psychological abuse is prohibited. Harassment in any form or discrimination contrary to the Canadian Charter of Rights and Freedoms or the Ontario Human Rights Code is prohibited. For further information, please consult the Gymnastics Ontario Harassment Policy.

Team Ontario Expectations

- i) Complete and submit signed code of Conduct agreement
- ii) Complete and Submit the medical waiver
- iii) Complete and submit photo Release Waiver

Athlete Opportunities

- i) Opportunity to compete in discipline specific Ontario Championships
- ii) Ontario Champions at each level in each discipline are invited to attend and be recognized at the Gymnastics Ontario annual awards presentation (Champions Day).
- iii) Opportunity for selection to Ontario Teams (Eastern Canadian Championships, Canadian Championships etc.)
- iv) Opportunities to participate in GO sanctioned Activities (Training camps, Clinics and courses)
- v) Opportunity for participation in GO promotional activities (Special Events, and Demonstrations)

4) DISCIPLINARY ACTIONS/SANCTIONS

- Delegates violating the Rules of Conduct/Ethics and Standards Policy may be subject to disciplinary action(s) in addition to any sanctions or penalties applied by law or other agents.
- The head of delegation, in consultation with team coaches and managers is empowered by the Board of Directors to impose the following sanctions on any delegate who fails to comply with the Rules of Conduct when participating in or travelling to or from any activity sanctioned by G.O. and/or when representing G.O. in any capacity:
 - verbal reprimand
 - written reprimand
 - restriction or limitation of on-site activities, including the removal of certain privileges
 - restitution of property or reimbursement
 - removal of the delegate from competition or event
 - sending delegate home at own expense

Should it be necessary for a head of delegation to impose a sanction, the head of delegation shall properly document the incident and ensure, to the maximum extent possible, that the principles of natural justice are followed prior to imposing the sanction.

See Disciplinary Actions/Sanctions and Procedure for Disciplinary Actions in the G.O. Discipline and Sanctions Policy.