



Gymnast Code of Conduct

- ❖ Play by the rules.
- ❖ Work equally hard for yourself and for your team
- ❖ Be a good sport. Acknowledge all good skills or routines whether they be by your team-mates or from other clubs.
- ❖ Treat all other gymnasts as you would like to be treated.
- ❖ Do not interfere with, bully or take unfair advantage of another gymnast.
- ❖ Co-operate with your coach, team-mates and opponents. Without them there would be no competition.
- ❖ Do not criticise judges or officials – they are there for your benefit. Accept all scores and decisions with good grace and sportsmanship.
- ❖ Train for yourself and for the “fun of it” and not just to please parents or coaches.
- ❖ Do not use derogatory language based on gender, race or disability.
- ❖ Be prepared to lose sometimes. Everyone wins and loses at some time. Be a fair winner and good loser.
- ❖ Do not touch or use other people’s property at the club or at any gymnastics events.
- ❖ Accept all decisions regarding team selection and competitions with good grace and sportsmanship
- ❖ Give it a “go” – many gymnastics skills are scary when you first learn them. Trust your coach and give them a try!