



Code of Behaviour for Competitions

All team members must support each other at all times and display a good sporting attitude.

Athletes not competing should attend all competitions of the same level. This is for team support and knowledge. Team uniform should be worn in support of team mates.

Athletes should not let any problem they may have affect other athletes. Keep this between you and the coaches. If you are upset about something in your performance it should be worked on during training. It should never be displayed on the competition floor.

A positive 'go for it' attitude must be presented before stepping onto the competition floor.

Athletes must enter the competitions with the goal of performing the routines to the best of their ability at that time.

Once a competition has commenced, athletes must not communicate with any spectators.

The athletes must ask the coach and competition official to leave the competition floor at any time.

Athletes must not eat junk food 24 hours prior to the competition. Their diet should be low in fat, with high carbohydrates prior to competition. If you are unsure, check with you coach about what is appropriate.

The athletes must be respectful of all judges and coaches no matter how their routine is performed, or what has happened. The athlete will always present properly to the judges, then go immediately to the event coach.



Code of Behaviour for Spectators

Remember that young people participate in sport for their enjoyment and benefit, not yours.

Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the outcome.

Respect the decisions of officials and teach young people to do the same.

Never ridicule or scold a young athlete for making a mistake. Positive comments are motivational.

Condemn the use of aggression in any form, whether it is by spectators, coaches, officials or athlete.

Show respect for your team's opponents. Without them, there would be no competition.

Encourage athletes to follow the rules and the officials' decisions.

Do not use foul language, sledge or harass athletes, coaches or officials.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

