

# COMPETITION ETIQUETTE



## Participation:

If an athlete is performing a skill/routine in a manner in which the inherent risk of the sport is greatly increased then she will have to omit the skill/routine from her competition until the specific risk is reduced.

## Pre-competition

- Get plenty of sleep the night before the meet.
- Arrive at the competition site at least 30 min. before open warm up.
- Hair should be pulled back in a competition style. The style needs to be secure, out of the face and off the neck, which is a requirement. No jewelry or painted nails are allowed to be worn for competition.
- Eat a light meal at least an hour before the meet.
- Make sure all items that may be needed on the competition floor are all in one bag: (grips, tape, pre-wrap, hair spray, snack, water, wrist braces, wrist bands, etc...)
- Be sure to always have your USAG number

## Warm-up and Competition

- Once the gymnast is on the competition floor she is to stay with the team at all times. Gymnast are not to leave the competition floor without permission.
- Parents are never allowed on the competition floor without a meet official. This is a violation of the sanctioning rules outlined in the USAG rules and policies.
- Parents are to be spectators **ONLY**. Let the coaches be responsible for any preparations, or corrections needed. The way you can best serve your child is to let them know that you love them and that you are proud of them no matter what.
- Parents are to be supportive of all athletes.
- If there is ever a need to communicate with someone on the floor inform a coach or meet volunteer.
- Respect any meet officials (judges, coaches, meet helpers, meet hosts, etc...)
- For the safety of the gymnast there is to be **NO** flash photography, as it is a danger to the gymnast.

## Snacks

- Snacks appropriate for workouts include fruits, vegetables, pasta, crackers, bagels, potatoes, or any other complex carbohydrate. There should never be any candy, soda, high sugar content foods eaten before or during practice.
- Other foods to stay away from are high fatty foods and spicy foods.
- As a general rule, an athlete performs better when he/she is slightly hungry rather than full, therefore, it is recommended to eat at least an hour to an hour and half before activity.
- Hydration of an athlete is very important for optimal performance. Drinking water at regular intervals is suggested. The "sports drinks" such as, "Gatorade" are very concentrated, therefore, it is recommended to dilute these drinks for better absorption.

## Attitude

- All athletes are to show sportsmanship to their fellow teammates and coaches at all times.
- Respect your coaches by listening to and acknowledging their instructions with appropriate communication and work ethic.
- Utilize time efficiently in order to maximize the productivity of the workout for yourself and others.
- Encourage other athletes and contribute to the positive motivation of the group you are training in.
- Appreciate the facility by throwing your trash away, and helping to keep the gym clean for all to enjoy.