

## **GYMNASTICS CANADA GYMNASTIQUE**

### **1.0 SPECIFIC TEAM POLICIES, REGULATIONS, DIRECTIVES AND PROCEDURES FOR DELEGATION MEMBERS ASSIGNED TO AN INTERNATIONAL EVENT (COMPETITION, DEMONSTRATION, GALA, ETC.)**

#### **1.1 General Behavior**

All participants are required to abide by the following directives:

- a) All participants (athlete, coach judge, therapist, manager, team leader, NTD, etc.) must abide by GCG Coaching Code of Ethics and the WP Code of Ethics.
- b) All participants (athlete, coach, judge, therapist, manager, team leader, NTD, etc.) must abide by the FIG Technical Rules/Regulations and Code of Points.
- c) All participants (athlete, coach, judge, therapist, manager, team leader, NTD, etc.) abide by GCG and/or WAG policies, regulations, directives and procedures.
- d) All participants must behave according to the norms generally accepted in the Canadian Society.
- e) Participants must refrain from making negative public comments that will affect the reputation of gymnastics in general, the FIG, GCG, Canadian gymnastics and other participants.
- f) No delegation member may leave the city(ties) identified in the travel itinerary and in the program without the written consent of the PD-AG. Such consent must be obtained before departure unless there are special circumstances.

#### **1.2 Athlete Care/Comfort and Behavior**

Each coach is responsible for the care/comfort and behavior of his/her athlete(s) at all times, even when the activity is not technical in nature. The NTD / Team Leader may choose to assist the coach however, each coach is responsible for the care/comfort and well being of his/her athlete(s) on the delegation.

#### **1.3 Communication Process**

The team information will be communicated by the NTD / Team Leader to the athlete(s), coach(es) and judge(s) as soon as possible. Team meetings will be held regularly on an as needed basis by the NTD / Team Leader.

#### **1.4 Specific Regulations**

Delegation members must:

- a) Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with the competition or the preparation for the competition.
- b) Athletes: once on-site, take part in the event unless ill or injured.

- c) Avoid, inadvertently or not, the use of banned substances in contravention to the rules of the CCES, FIG, COC and Sport Canada policy; check the content of over-the-counter medicines with local medical authorities when in doubt.
- d) Avoid possession of anabolic drugs and refrain from supplying such drugs directly or indirectly to others, encourage their use, nor condone the use of these substances by knowingly aiding in any effort to avoid detection of the use of banned substances or banned performance enhancing practices.
- e) Participate in any doping control testing conducted by the OC on-site, provided that the testing protocol is done according to Canadian standards.
- f) Attend official team activities and functions unless exempted by the NTD / Team Leader.
- g) Conduct themselves at any official function including technical meetings with fair play and respect for the OC.
- h) The NTD / Team Leader posts a team schedule every day indicating the following: time for meals, training schedule (time and location), specific activities (nature, time, location), general information and timelines. All team members must be on time and follow the established schedule.
- i) The WP dress code applies to all occasions:
  - proper clothing and appearance is expected from delegation members at all times;
  - current sponsor's training suit, leotards and other training clothing items must be worn for all training sessions, competitions and ceremonies unless otherwise agreed upon with the WAG PD before departure;
  - for competitions under the responsibility of the COC, the rules of these organizations regarding clothing will prevail over the rules of GCG;
  - improper training items such as ripped T-shirts, "boxer" shorts, etc. are not allowed.
- j) The curfew is set by the NTD / Team Leader and is no later than 22:30 for all athletes unless otherwise stated.
- k) Alcohol consumption is forbidden for all athletes.

## 1.5 Team Image

Team members are expected to behave according to the Canadian Team Image:

- a) Principle We want to promote and sell a product (Canadian gymnastics) with a strong and positive image to several key groups (Canadian and foreign public, judges, media, sport organizations, etc.) during training, competitions, demonstrations and other activities.
- b) Competition Image
  - Competitiveness: Delivered by demonstrating a contemporary technical level with excellent (sharpness, crispness and neatness).
  - Consistency: Delivered through the overall stability of performances.
  - Confidence: Delivered by demonstrating individual and team confidence/drive.

Cohesiveness: Delivered by showing that each member is aware of his/her important role and responsibilities and is capable of assuming them.

Cooperation: Delivered by showing constant support among all team members.

c) Training Image

Regular Training: During regular training a positive and confident attitude must be projected. Cooperation and team cohesion are expected at all times. Proper appearance is expected from all team members. Hair must be neatly done, National team leotards must be worn at all times unless otherwise stated, no bra straps visible outside the leotard. Improper training items are not tolerated. Body piercing other than ears must be dealt with appropriately.

Athletes must have two pairs of grips ready for training and competition.

Podium Training:  
(if any) Athletes and coaches are scrutinized during the podium training sessions. It is vital to project a positive and confident image. It is also essential to demonstrate team cohesion and cooperation. The content and execution of the exercises must be of a high quality. We must demonstrate that we are good and ready to compete.

## 1.6 DISCIPLINARY PROCEDURES

- a) Failure to comply with the FIG and/or GCG rules, regulations, policies or directives will be addressed by the head of delegation/Team Leader and/or GCG (upon return) who will follow with proper action or sanction before, during and/or after the competition.
- b) The nature and extent of the infraction will determine the severity of the sanction. In each case a due and fair investigation will be conducted and an opportunity for defense offered to the respondent(s).
- c) Sanctions could include but are not limited to: verbal warning or reprimand, written warning or reprimand, suspension from some team functions or activities during the competition, and early return to Canada.
- d) After the competition, sanctions could include but are not limited to: written warning, written reprimand, suspension of international representation/ participation on behalf of Canada, National Team benefits and services, and suspension of access to athlete or coaching or judging support funding and services including but not limited to athlete, coach and/or club funds, coaches recognition funding and international achievement coaches recognition funding.