

Section 4: RIGHTS AND OBLIGATIONS OF GYMNASTS

I. ATHLETES

All Athletes are obligated to:

- A. Obtain an Athlete Member number from USA Gymnastics and be prepared to show her membership card at any sanctioned event in which she participates.
- B. Follow the USA Gymnastics Code of Ethics.
- C. Perform to the best of her ability, in a disciplined and elegant manner.
- D. Be courteous, respectful and polite to all meet officials, coaches, hosts, hostesses, competitors and associated persons.
- E. Be familiar with the rules of the meet, schedule of the meet events and lineup.
- F. Be present at the meet site, be properly warmed-up and ready to compete by start time.
- G. Obey warm-up regulations and rotations schedules.
- H. Conform to the regulations of the meet. Upon violating its rules, she may be warned by the Meet Referee once, the second time she shall be told that her right to continue competition is terminated for the remainder of the meet.
- I. Stay in the area designated for her as a competitor or spectator.
- J. Have all of her belongings in her competition bag neatly placed out of sight.
- K. Present herself in the proper attire. Leotard and/or warm-up suit for the Opening, Closing and Award Ceremonies, slippers or bare feet.
- L. Be well groomed in her appearance - clean attire, hair secured away from the face, no jewelry, free from any object which may endanger her safety.
- M. Use hand apparatus which meets official specifications.
- N. Report to the equipment check promptly when her name is called, prior to competition and during spot checks.
- O. Have her music recorded on separate cassettes, properly labeled with the event, her name and her club name, and to hand the cassettes to the music manager prior to competition.
- P. Be ready to go on from the moment she is in position of "waiting" (two or three gymnasts ahead of her) with her competitor's number available.
- Q. Be present on the competitive floor after her name is called or the green flag is raised. There is a .5 point deduction for tardiness. After the third call, the gymnast is considered scratched from the event.
- R. Accept the received score without criticism or comment.
- S. Eat or drink in designated areas only.
- T. Exhibit self-control and calmness in case of injury.
- U. Have a designated coach, who is a professional USA Gymnastics member in attendance at the competition.

II. ATHLETES RIGHTS

All Athletes have the right to:

- A. Compete in the meet if she has met all of the requirements for eligibility and is properly entered.
- B. Enter in the competition by completing the individual gymnast's entry form which is signed by her parent (if under 18 years of age), and then mailed in by her coach with the correct entry fee attached before the deadline for entries.
- C. Enter into any USA Gymnastics competitions without being affiliated with an organization or team.
- D. Use any of the facilities provided by the meet organizing committee.
- E. Use the services of any personnel officially connected with the meet (i.e., trainer, music manager).
- F. Expect her award to be mailed to her address free of charge (in case of a tie) no later than one month after the completion of the meet.
- G. Expect that the competition site provides a safe and adequate environment, allowing her to perform to the best of her ability.