

# PART ONE USA GYMNASTICS MEMBERSHIP

## SECTION III DUTIES AND RESPONSIBILITIES OF PROFESSIONAL MEMBERS

### I. COACHES

All Coaches are obligated to:

- A. Maintain a USA Gymnastics Professional, Jr. Professional (if 16-17 years old) or Introductory Coach (for Level 1-3 and PREP Optional meets only) Membership. A Background Check and Safety Certification are pre-requisites of Membership. A confirmation paper from Member Services copied from the web site is valid proof of membership.
  - **Professional, Jr. Professional and Introductory Members must be prepared to produce their current Membership card or event-specific credential at sign-in at all USA Gymnastics-sanctioned events and, if requested, also show their membership card in the field of play.**
- B. Follow the USA Gymnastics Code of Ethics.
- C. Function ONLY as a coach during a competition. They may not serve in a dual capacity (i.e. Coach/Judge).
- D. Be professional.
  1. Display good sportsmanship.
  2. **Dress in appropriate attire that reflects the best image of gymnastics. At State meets and above, the coaches' dress code is as follows: Closed toe athletic shoes; Athletic warm-up pants or "Docker-style" pants (No jeans). Athletic or tailored shorts that are of a reasonable length (7" inseam). No holes, tears or short shorts. Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts). No hats or visors.**
  3. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
  4. Turn off cell phone (or set to vibrate mode) while in the "field of play" to avoid disturbing the competition.
- E. Attend all coaches' meetings and be familiar with the meet set-up and organization.
- F. Be present at all warm-up and competition sessions. **Check the time of floor exercise music (must provide music on CD or MP3) on the official music playback equipment** prior to competition and report any problems to the Meet Referee.
- G. Be respectful of and responsible for his/her athletes at all times during the travel to and from the competition, at the training prior to competition, during the off hours, and during the competition itself.
- H. Follow all guidelines for the competition and the *USA Gymnastics Rules and Policies*, including entry regulations.
- I. Continually update coaching knowledge and experience on a planned regular basis, by means of study, review of films, attending workshops, and participating in clinics, etc.
- J. Treat all competitions the same, regardless of the skill level.
- K. Set an example for the athletes by displaying a positive attitude and exemplary conduct. Constant criticism of officials gives the gymnast a negative perspective of the sport.
- L. Show respect for all gymnasts, coaches, judges, and meet personnel.
- M. Coach gymnasts from their own team only, unless another coach asks for assistance or a gymnast has no coach available. It is inappropriate to conduct a coaching clinic during the competition.
- N. Direct any inquiries regarding apparatus, judging or meet schedules through the meet referee or the director of the competition.
  1. Refrain from approaching a judge directly.
  2. Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
- O. Inform the gymnasts and gymnasts' parents of all competitive requirements, as well as their rights and obligations.
- P. Obtain an Accident Report Form signed by the Meet Director and/or medical personnel in the case of any injury to a gymnast for whom they are responsible. Accident Report forms will be included in the Sanction packet sent to the Meet Director, who will duplicate and provide copies for the medical personnel. The coach or parent of the injured athlete must be sure to secure this form, completed by the medical personnel and signed by the Meet Director, prior to leaving the competition.
- Q. Show respect for the United States flag and the National Anthem. Remember that we teach young people by example.

## II. JUDGES

Judges are obligated to:

- A. Maintain their USA Gymnastics Professional (or Jr. Professional if 16-17 years old) Membership. **A Background Check and Safety Certification are pre-requisites of Membership.** A confirmation paper from Member Services copied from the web site is valid proof of membership.
  - **Professional and Jr. Professional Members must be prepared to produce their current Membership card or event-specific credential at sign-in at all USA Gymnastics-sanctioned events and, if requested, also show their membership card in the field of play.**
- B. Maintain Judges' Accreditation ratings for the appropriate level of competition and be current with Continuing Professional Education requirements.
- C. Follow the USA Gymnastics Code of Ethics.
- D. Be professional.
  1. Dress appropriately in the required uniform (Navy skirt/pants and jacket, USAG Official's patch, white blouse/shirt), regardless of the level of competition. (Exception: theme invitationals)
  2. Be mentally and physically prepared and rested in order that the evaluations be as accurate as possible for all gymnasts.
  3. Be quick, cooperative and efficient in resolving differences during a conference.
  4. Remain at their event station until the entire competition is completed.
  5. Turn off cell phone (or set to vibrate mode) while in the "field of play" to avoid disturbing the competition.
- E. Serve only in the capacity of an official during warm-ups and competition. They may not act in a dual capacity (i.e., coach/judge, parent/judge, etc.).
- F. Be familiar with the meet setup and organization. No judge has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way unless there has been a violation of the *Rules and Policies*.
- G. Fulfill all assignments according to the contractual agreement. Only dire circumstances should prohibit a judge from fulfilling an assignment. If a judge must cancel an assignment, she/he must notify the appropriate officials at the earliest possible moment.
- H. Refrain from conversation with other judges and coaches during the competition. In addition, the judges' responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Any conversation or comments with the athlete should be made only if requested by the coach or athlete.
- I. Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
- J. Be confidential about meet matters, their own scores or other judges' scores or opinions.
- K. Update judging knowledge and experience on a planned, regular basis, which includes studying, practice judging with videos or live athletes, attending courses, and judging as much as possible.
- L. Treat all competitions the same, regardless of skill level.
- M. Avoid judging a meet in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect their ability to judge objectively.
- N. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- O. Show respect for the United States flag and the National Anthem. Remember we teach young people by example.

## III. PROFESSIONAL MEMBER BEHAVIOR POLICY

- A. **Any falsification of official documentation (scores, athlete date of birth, athlete member number, etc.) will result in the removal of the athlete from competition and may result in disciplinary action against the responsible professional member.**
- B. AT USA GYMNASTICS SANCTIONED EVENTS  
Unacceptable coach behavior can be defined as:
  1. Verbal, emotional, sexual, or physical abuse of the gymnast.
  2. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the *Rules and Policies*.
  3. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel)
  4. Derogatory remarks to the press in regards to USA Gymnastics, its designated representatives, meet officials or personnel.
- C. Such above described behavior will be penalized as follows:
  1. **First Offense:** Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
  2. **Second Offense:** Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).

**PART ONE  
USA GYMNASTICS MEMBERSHIP**

**SECTION IV  
RIGHTS AND OBLIGATIONS OF ATHLETE MEMBERS**

**I. THE GYMNAST HAS THE RIGHT TO:**

- A. Compete in the meet if she has met all the requirements for eligibility and is properly entered.
- B. Enter into any of the USA Gymnastics sponsored competitions without being affiliated with any organization or team. However, the gymnast must be accompanied by a coach who is also a Women's USA Gymnastics Professional Member.
- C. Use any of the facilities provided by the meet organizing committee.
- D. Use the services of any person connected officially with the meet (i.e. physician, trainer, music manager, etc.).
- E. In the case of a tie, expect her award to be mailed to her club address, free of charge, not later than one (1) month after the completion of the meet, if the award is not available at the meet.
- F. Expect courteous and respectful treatment from all participants and meet personnel.
- G. Expect that the competition site will provide a safe and adequate environment, allowing her to perform to the best of her ability.
- H. Repeat a routine in total or from the point of interruption, if an equipment failure occurs during the competition. The decision to repeat must be made prior to the flashing of the score.

**II. THE GYMNAST IS OBLIGATED TO:**

- A. Obtain an Athlete or Introductory Athlete (Levels 1-3 & PREP Optional) Member number from USA Gymnastics Member Services and be prepared to show her membership card at any USA Gymnastics sanctioned event in which she participates.
- B. Follow the USA Gymnastics Code of Ethics. (See Part One, Section 2)
- C. Be competent at Level 1 through 4 prior to participating in Level 5 meets.
- D. Perform to the best of her ability in the meet.
- E. Be familiar with the rules of the meet and schedule of the meet events and lineup.
- F. Be present at the site of the meet for sufficient warm-up.
- G. Remain in the area of competition designated for gymnasts, as competitors or as observers.
- H. Obey warm-up regulations and rotation schedules. 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. Present herself in the proper attire (No bare midriffs, backless leotards, *leotards with "spaghetti" straps*, T-shirts or Boxer shorts). NO underwear (including sport bras) should be exposed. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone. A deduction for inappropriate attire will be applied for any infraction. Sleeveless leotards **and unitards**, as well as gymnastics footwear, are permitted for competition. Leotard and/or warm-up uniform should be worn for opening, award, and closing ceremonies.
- J. Be well groomed in her appearance:
  - 1. Clean attire.
  - 2. Hair secured away from the face.
  - 3. No jewelry, with the exception of one pair of stud earrings (one in each ear).
- K. Accept the received score without criticism or comment.
- L. Remain in the areas designated for competitors at all times while not performing, with all of her belongings in her competition bag neatly placed out of sight.
- M. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible in order for athletes to stay hydrated.)
- N. Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons.
  - Turn off cell phone (or set to vibrate mode) while in the "field of play" to avoid disturbing the competition.
- O. Exhibit self-control and calmness in the case of a fall or injury.
- P. Be aware that infringement of obligations could lead to deduction and/or expulsion by the jury.
- Q. Flash her vault number at state level and above optional meets.

