



# *Louis Fourie* REDEFINING PERFORMANCE GYMNASTICS

## Rules and Regulations

- All gymnasts will be treated and coached in such a way as to ensure their safety and enjoyment of gymnastics.
- Gymnasts who continuously prove to be disrupting the discipline of the class will be asked to sit out the session and their parents will be contacted.
- Gymnasts must be dropped off and fetched no later than 5 minutes before and after their class.
- Please ensure that your child is in time for class, so that we can start classes on time.
- Please, ensure that your child knows where you will collect them. If possible, please collect smaller gymnasts from the gymnasium.
- No gymnast will be allowed on the equipment in the gymnasium outside his / her training times.
- Clothing:
  - Boys - Leotard and / or T-shirt and shorts / longs.
  - Girls - Long or short sleeved leotard. Ski pants are allowed.

Boys and Girls -Tight long sleeved shirt and ski pants during winter.
- No jewellery and/or watches to be worn during class. If your child wears earrings, only studs please.
- Do not bring valuables to class, leave cell phones and monies in the office if necessary.
- A gym bag must be brought to class, to keep all loose items in, as well as warm clothes. Bags must be placed neatly in the area provided for them.
- NO food or drink will be allowed in the gym, only sealable water bottles in the Gym Bag.
- All higher-level gymnasts are responsible for their own strapping plasters, pain killers etc.

- If your child is on any medication or suffers from any allergies, please ensure that the information is correctly supplied on the information form. Extra medication can be left in the office.
- NO spectators will be allowed in the gym during training. The last week of every quarter, parents and grandparents are invited to watch training sessions.
- No gymnast is allowed to leave the gymnasium without the permission from his or her coach.
- All competition entry fees MUST be paid before the relevant events closing date.  
**Non-compliance will result in the gymnast not being entered for the competition.**
- Registration does not automatically qualify you for participation in competitions.
- If all relevant registration forms are not fully completed gymnast may be asked to sit out until such time as we have received all relevant forms.
- Class fees are payable for a place in the class and not towards a specific coach.
- No parent is allowed to contact the SAGF or Gauteng North directly, all member must follow the SAGF's communication protocol. Member - club – district – province - SAGF – UAG/FIG.
- Adhere to all the rules and regulations associated with the sport and as set out by the FIG/SAGF and their affiliates.
- Participant shall refrain from any activities that has the potential to bring the clubs with which they are associated into disrepute.

Signed at \_\_\_\_\_ on this the \_\_\_\_ day of \_\_\_\_\_ 2016.

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Signed

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