



FLIP GYMNASTICS RULES

To provide a safe and enjoyable environment for all FLIP Gymnastics participants we ask ALL

to obey the following rules:

1. Arrive at class on time. This is extremely important as arriving late is disruptive to the class and latecomers will miss part of the warmup. This is a major problem as the warmup is essential and it reduces the risk of injury through physical and mental preparation of the participants. Gymnasts arriving late by 15 minutes or more will not be allowed to participate.
2. No jewelry is to be worn during classes. (Stud and sleeper earrings are allowed)
3. Hair that reaches the shoulders should be tied back
4. Nails are to be kept short
5. Appropriate clothing should be worn. NO DENIM OR CARGO PANTS AND NO MIDRIFS (no crop tops), shoes, socks, belts etc. All level 4 and above gymnasts must wear a leotard / boys competition uniform at all training sessions.
6. Gymnasts are required to bring drink bottles to class and these must only contain WATER. Food and chewing gum are not allowed as it may lead to choking.
7. Gymnasts are not to leave the gymnastics area once admitted by a coach. Once gymnasts are taken into the gym by their Coach, they are to stay in the gymnastics area until dismissed by their coach at the class's end.
8. Gymnasts are not to leave their group without permission from their coach. If you wish to go to the toilet or get a drink during the class, please first ask permission from your class coach.
9. Gymnasts must stay off the equipment unless they are supervised by a coach.
10. Parents / Spectators are not to enter the gymnastics area. If any gymnast needs to communicate with their parents or any other spectators, they should talk to their class coach. If any parent or spectator needs to communicate with a gymnast, they should talk to a staff member.
11. Inappropriate language and behaviour will not be tolerated. This includes swearing, teasing, bullying and all other types of inappropriate language or behaviour.
12. Gymnasts not adhering to these rules will result in the following disciplinary actions which have been taken from the Club's Behaviour Management Policy:
 - a. The gymnast will be warned that this behaviour is unacceptable.
 - b. If this behaviour continues, the gymnast will be placed on a supervised time-out. The gymnast will then be allowed to continue to participate in the class and the coach will talk to their parents at the conclusion of the class.
 - c. If this behaviour continues further, the gymnast will be excluded from the remainder of the class.
 - d. Extreme breaches of the Club Rules, such as extreme aggression, can result in immediate exclusion from the class.

ENJOY YOUR GYMNASTICS PROGRAM

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