

## Rules and Requirements for Competition

- Athletes are to arrive a minimum of 15 minutes before check-in and are to immediately report to their coach after check-in.
- ALL athletes must wear their hair in a tight secure bun at the crown of the head wrapped with the scrunchie provided with your competition leotard. If your athlete's hair is too short for a bun, hair must be tightly secured away from the face.
- ALL bobby pins, hair clips, etc. must be of neutral color with no visible design or garnish and must blend with hair.
- ALL hair and hair accessories must be secured tightly and firmly in place (hairspray works great for stiffening and securing).
- NO jewelry is permitted. If you have ear piercings, one pair of small post earrings may be worn.
- NO visible fingernail or toenail polish.
- NO candy or soda in the competition area.
- NO flash photography. Picture taking is permitted, but the flash as well as any staging or signaling lights must be off. The flashing of lights can distract the athletes putting them or possibly others at risk of injury.
- NO parents, guardians, friends, relatives, etc. permitted at any time in the competition area. There are NO exceptions to this rule. In the rare instance of injury, both minor and/or major, those accompanying the athlete must remain in the public seating area. If there is an issue, your coach will step out of the competition area to speak with you about your athlete.
- NO parent coaching or communication from the viewing areas. Athletes are not permitted to communicate with their parents during competition as the distraction could put your athlete or possibly others at risk of injury.
- ALL athletes must remain in the competition area throughout the entire competition. Restroom breaks are permissible. Coaches are not permitted to enter the restroom with their athlete/s. Athletes leaving the competition area during competition must be accompanied by their coach. Athletes leaving the competition area without their coach will forfeit competition. There are exceptions to this rule.
- ALL athletes must remain at the meet through the entirety of the award ceremony. Once all awards for all levels and gyms have been awarded, the athletes will be released to their families.
- NO electronic devices will be permitted in the competition area. (ipods, tablets, cell phones, etc.)
- ALL athletes will pack a small duffel or backpack containing the following:
  - Change of clothing for after competition (optional)
  - Pair of flip flops or other easy slip on shoe/sandal for leaving the competition area for restroom breaks.
  - Hair accessories incase of hair malfunction (bobby pins, clips, hair spray, etc.)
  - Wet wipes or sanitizing wipes for hands.
  - No more than 2 healthy snacks (baked crackers, protein/clif bar, fresh cut/peeled fruit or vegetable in container, etc.) Absolutely NO cookies, candies, or sugary snacks.
  - No more than 2 water bottles or sport hydration beverages. All beverages must be secured in a resealable bottle. Absolutely NO soda pop, canned drinks, or glass bottles.

Not all athletes finish first. Regardless of how each athlete finishes, it is important to support not only our teammates but also our competitors. Please remind your athlete to be respectful of others.

A session fee is invoiced and due after each meet. The session fee is separate from the competition registration fee. The session fee varies from meet to meet depending on the levels of athletes attending, how many athletes attend, and how many sessions are required for the athletes. The session fees are totaled and then averaged against the number of attending athletes.

Please be sure to keep up to date with all registrations, tuitions, and competition fees. See Gayle for any questions comments and concerns.