



## Competitive Meet Guidelines

1. **Arrival:** All gymnasts must arrive 15 minutes prior to the “open stretch” time listed on the meet schedule
2. **Departure:** All Gymnasts are required to stay for the entire meet through the completion of the awards ceremony. This applies to all Olympiad gymnasts whether you will be receiving an award or not.
3. **Dress Code:** Arrive in your Olympiad Team Jacket, generic plain black stretch pants (full length only, no yoga style, no writing on pants), & your team leotard with no underwear showing. Earrings may be a small stud only. NO Fingernail and NO Toenail polish at all. Hair must be pulled back tightly and neatly sprayed into place. Wear your team leo, & matching scrunchie only, do not use additional ribbons, bows or other colored scrunchies. Not having your team leo will result in NOT competing
4. **Drinks & Snacks:** You may send a water bottle ONLY for a drink during the meet. A small snack such as a granola bar, banana or small bag of goldfish may be placed in your gymnasts team bag to only be eaten at the completion of the meet or before awards.
5. **Cold Weather Clothing:** Once in the gym, gymnasts should leave bulky jackets and snowy boots or shoes with a parent or guardian as most times the meet area is very crowded and it will also help keep the equipment clean.
6. **Electronic Devices/Cell Phones:** NO devices will be allowed throughout the duration of the meet. Any device seen will be taken by your coach and returned at the end of the meet.
7. **Photo & Video Rules:** Video and photo taking is always permitted, however during the Competitive portion of the meet, DO NOT use flash photography of any kind. None at all! The meet director will reprimand you if any flash bulb goes off as it poses a risk of injury to a competing gymnast.
8. **Rules of Engagement:**
  - a. **With Your Gymnast** - Throughout the duration of the meet you should plan on NOT speaking with your gymnast and especially do NOT interact with your gymnast during their routine. Once they complete their routine on each event, please plan on providing a huge smile and a cheer from afar. Once the competitive portion of the meet ends and before the awards ceremony begins there may be some lapse in time, all Olympiad gymnasts will still be required to stay together with your team’s coach. Once the awards are completed, gymnasts will be released and will likely be anticipating your exuberance of their greatness or your reassurance of better meet results to come.
  - b. **With Your Gymnasts’ Coach** – before and during the meet; please limit your questions to ensure that your coach can focus on the many responsibilities we have during a meet. Once the meet is over we will be available to answer questions.
  - c. **With Judges** – Please DON’T approach a judge. If you have a concern, complaint or maybe even a compliment, tell your coach.
9. **Additional Meet Rules:** Each hosting gym may also have local rules they will announce at the start of each level’s meet. Please adhere to all rules so we are ALL welcome back in the future.
10. **In case of questions or emergency:** Contact your coach during the meet.