

BOOLARRA PONY CLUB INC

CLUB RULES AND POLICIES

For the Information of : Boolarra Pony Club Members

You are a member of a worldwide youth organization that is affiliated with the Pony Club Association of Victoria. (PCAV). During your term of membership with the Boolarra Pony Club we hope to :-

- (a) Encourage you to ride and learn all types of sport connected with horses and riding
- (b) Provide instruction in horsemanship and riding and instill in you the proper care of your animals.
- (c) Promote high ideals of sportsmanship, citizenship and loyalty, therefore cultivating strength of character and self discipline.

The club works on a syllabus of instruction and at various ages and standards, efficiency tests will be available for those members wishing to sit them. Children are also graded to compete at Gymkhana's, Shows, Combined Training Days and other events at their own level.

Zone

Geographically the State is divided into 10 areas that are called Zones, and we area members of the East Gippsland Zone. Throughout the year the Zone runs three State Qualifying rounds for us. They are :-

- (i) State Games and Flat Teams
- (ii) State Showjumping and Dressage
- (iii) Zone ODE qualifying for State Horse Trials.

Uniforms

As a member of the Boolarra Pony Club the uniform is :-

- Plain wool Club approved red coloured jumper (Royal Blue Sash)
- White shirt.
- Blue Tie
- Jodhpurs in fawn, banana or oatmeal.
- Short leather jodhpurs boots, (smooth sole)
- Medical armband
- PCAV badge
- Crash Helmet (PCAV approved)

On rally days, Jodhpurs, red polo shirts and blue pony club windcheaters are permissible. All jewellery including watches must be removed if the wearer is involved in Pony Club activities. Earrings can either be removed or taped up. No singlet tops are to be worn. Members shall at all times when mounted wear an approved crash helmet.

Our club stocks the wool jumpers, polo tops, medical armbands and PCAV badges. Contact can be made with the Secretary for purchasing of these items.

Blue ties are available to order through Horseland in Traralgon.

Boolarra Pony Club Saddle Blanket

Boolarra Pony Club saddle blankets, are navy blue jersey wool with red binding. They are available for purchase from Dale Williamson telephone 5174 0664. At times there are also second hand saddle blankets available for purchase.

Membership Subscriptions

Subscriptions are due and payable on the 15th May each year. Members will not be permitted to ride after the 30th day of June if their subs have not been paid, as they ceased to be a member of the Club.

Members are supplied with attendance cards once their subscriptions are paid and these must be brought to each rally for updating.

- (a) Prior to the 30th April each year all current members wishing to remain as such, must have returned to the executive a completed membership form, as per the rules laid down under the PCAV By-Laws
- (b) The Executive will hold a meeting after the 30th April to consider each application for renewal.

Current member will be reviewed and must satisfy the following criteria :

- (1) They must have shown a willingness to actively participate at club working bees and fund raising events.
- (2) They must have shown a willingness to attend and assist where needed at club rallies
- (3) They must have abided by club rules & PCAV by-laws.
- (c) Any person applying to become a new member of Boolarra Pony Club must complete a membership application and submit it to the club Secretary.

An Executive member will interview the applicant and submit a report on the suitability of the applicant which will then be put to the committee for consideration.

The applicant must satisfy the following criteria :

- (1) They must show a willingness to actively participate at club working bees and fund raising events.
- (2) They must show a willingness to attend and assist where needed at club rallies
- (3) They must abide by club rules
- (4) They must provide character references and / or recommendations supporting their application (eg form a previous club)

To be accepted into the Boolarra Pony Club as an Adult Riding Member he/she needs to have a current junior/senior riding member registered with the Boolarra Pony Club.

Members Transferring from another Club

In addition to a suitability check being conducted on this member, there will be a transfer fee of **\$45 riding member Junior / Associate/ Senior**, and **\$15 adult supporter fee**.

Parental Support

It is a condition of membership that parents help out during the year. We are a small but active club, which holds 3- 4 outside events each year. We are dependent on these fundraisers for financing equipment, instructors and upkeep of our extensive grounds. We are all volunteers and everyone is expected to contribute irrespective of child's age, ability or interest. Being a member of Boolarra Pony Club means a commitment, not only for the child but for parents also, at both rallies and organized events, which may include such things as setting up jumps or games equipment, helping out in the canteen or stewarding on a cross country jump. We also require help with grounds maintenance in the form of being placed on a spraying or weeds roster and group working bees throughout the year.

Competition and Cards

For members wishing to compete in Pony Club Events where the D.C's signatures is necessary, forms will be signed on rally days or by arrangement.

To compete at Pony Club functions a member must have two attendances on their horse and 50% of attendances over the past 12 months, this also means a member must keep two cards, last years and a current card. At these pony club events the up to date pony club card signed by either the DC or Card Secretary of the Club must be presented.

Keeping your card up to date is YOUR responsibility NOT up to the DC or Card Secretary. If you have any queries with your card please ask.

Rally Days

Rally days are generally held on the second Sunday of each month at our grounds located at the Memorial Park, Boolarra, unless otherwise informed. If the weather is unsuitable to ride an e-mail will be sent to members, and a notice will be posted on the Club's face book site, between 7.45 am – 8.00 am, on the day of the rally.

Over the summer months we may run two rallies per month and notification will be sent out via the newsletter of these dates

Parking at the Pony Club Grounds

For safety reasons, and to allow more room to conduct riding events within our grounds, parking of cars and horse floats are to be left outside the Pony Club Grounds

Dogs

No dogs are permitted on the Pony club ground during a rally. They must be restrained in the car and horse float parking area of the ground.

General

A few other rules that must be observed while a member of the Boolarra Pony Club area ;-

- (a) People must use the toilets near the football club rooms, we have no toilet facilities at the Pony club grounds..
- (b) People should be at rallies ready to ride by 9.45 am, for a gear check. Rallies conclude around 3.30 pm to 4 pm.
- (c) **A parent or guardian must at all times be with their child under the age of 16 at rallies/ camps etc.** (These people must be registered Adult supports of the Club)
- (d) Members going to and from lessons must ride at a walk or lead their mounts.
- (e) **There is a \$5 fee at each rally. This money is payable on the day of the rally..**
- (f) Any person seriously injured at a club rally, an ambulance will be immediately called for, if the member's adult supporter is not in attendance. (The club strongly advises that all members be covered by ambulance insurance.)
- (g) The holding yards are to be cleaned of horse manure by those using that yard at the end of the rally. The manure is to be disposed of at the sign posted area.
- (h) **Adult supporters are not to instruct their child from the side lines while that child is under instruction**
 - (i) If an adult supporter withdraws the riding member from a lesson :
 - it is to be done in consultation with the instructor at the time.
 - It is to be done with minimum distraction to the class.
 - The rider is to secure their horse and sit out the lesson.
 - They are not permitted to join any other class.
 - They are not permitted to continue riding unsupervised.
 - (j) If an adult supporter is concerned about the instructions their child rider is receiving they must raise their concerns with the Club District Commissioner, not the instructor.

The Club owns its own BBQ and will make lunch available at a reasonable price to members on rally days. The funds raised from the BBQ lunches provide members with free tea and coffee at rallies.

Guidelines for Pony Club ground usage by members only, between rallies.

- (1) The grounds are to be used ONLY by current junior/senior/adult riding members of the Boolarra Pony Club and their immediate family members (who hold personal insurance). The Key provided is not to be lent or given to other non members.
- (2) A key will be issued to a member at no cost, however if that member reports that the key is lost and requires a replacement key, there will be a fee of \$10
- (3) As per PCAV rules, all riders must wear a helmet and ride in a safe manner not putting themselves or others at risk with unsafe riding practices.

- (4) **All junior riding members using the ground must be accompanied by an adult supporter/ parent.**
- (5) The grounds are only to be used in daylight hours.
- (6) Members are to pick up manure off the arena using their own tools and dispose of it appropriately.
- (7) Members are to pick up manure from the holding yards they use and dispose of it appropriately.
- (8) No rubbish is to be left on the grounds
- (9) Neither the Boolarra Pony Club Inc, nor any person acting on behalf of the organizing committee, accepts any liability whatsoever for any loss, damage, accident, injury, illness to ponies, horse, riders, ground spectators or any other persons or property.
- (10) It is compulsory that all riders using the grounds outside of rallies advise the Club Secretary in advance. It's also compulsory that their adult supporter is present.
- (11) Junior Members at any club organized event must be at all times supervised by their adult supporter.
- (12) An Adult Supporter (with relevant personal insurance) cannot use the Boolarra Pony Club grounds free of charge unless he/she has a child who is currently a member of the Boolarra Pony Club. Special consideration will be reviewed by the Executive Committee upon request.

Cease to be a Member of the Boolarra Pony Club

All outstanding debts to the club must be paid in full by the 30th June.

Members who have club keys must return them to an Executive Committee Member within 7 days of ceasing to be a member of this club or will be charged \$10.00 per key.

Outstanding debts owed to the club after 1st July will be pursued by the club by way of written invoice from the Club's Treasurer.

The club will not sign any transfer or any clearance forms associated to that member (being junior/associated/senior or adult supporter) until the outstanding debt is paid in full.

Abuse of horses

All forms of cruel, inhumane or abusive treatment of horses are strictly forbidden. Such acts include but are not limited to

- (i) Rapping
- (ii) Riding an exhausted horse
- (iii) Excessive pressing of a tired horse
- (iv) Riding an obviously lame horse
- (v) Excessive use of whip/ bit or spurs
- (vi) Dangerous riding
- (vii) Riding in an unsafe way or losing control of the horse
- (viii) Series of dangerous jumps

If, in the opinion of the appropriate official(s) (Instructor / District Commissioner / Assistant District Commissioner) including all behavior defined in this rule, the combination will be eliminated from the relevant part of the activity, (including rallies and competition) and disqualified from any further participation in that activity.

The length of time the riding member is to be stood down after that particular activity has concluded will be at the discretion of the District Commissioner / Assistant District Commissioner. This matter will be then be referred to the Boolarra Pony Club Committee to be reviewed, and the committee may impose further disciplinary action.

Excessive uses of whip : The use of whip must be for a good reason, at an appropriate time, in the right place, with appropriate severity. The whip must only be used either as an aid to encourage the horse forward or as a reprimand. It must never be used in the following manner.

- (1) The whip cannot be used to vent a rider's temper. Such use is excessive.
- (2) The whip is not to be used after elimination or after a horse has jumped the last fence on a course.
- (3) The whip is never to be used over hand (i.e. whip in right hand being used on the left flank)

- (4) The use of a whip on a horse's head is always excessive use.
- (5) A horse should never be hit more than three times for any one incident.
- (6) If the horse's skin is broken with the whip, the use is excessive.

Excessive use of spurs ; Spurs must not be used to reprimand a horse. Such use is always excessive, as is any use that results in a horse being marked by a spur.

Excessive use of bit : The bit must never be used to reprimand a horse. Any such use is excessive.

Illegal use of reins or objects : Whipping a horse with the reins or any object, other than a whip is forbidden.

Rapping :

- (i) Any form of rapping is strictly forbidden, under penalty of elimination, where done by hand or by some means of a pulley, at any time in any place, whether in view of the public or not.
- (ii) **The term "rapping" includes**, all the artificial techniques to induce the horse to jump higher or more carefully in competition. It is not practical to list every possible means of rapping. In general it consists of the competitor and / or dismounted assistants, for whose behavior the competitor is responsible, either hitting the horse's legs manually with something (no matter what or by whom) or deliberately causing the horse to hit something itself, whether by building fence too large and / or too wide, setting false ground lines, placing trotting poles of a combination at a false distance, intentionally pulling or pushing the horse into a fence or otherwise making it difficult or impossible for the horse to negotiate the practice obstacle without hitting it.

Code of Behaviour

Members of the Boolarra Pony Club, Riding members, (both Junior and Senior) and registered Adult supporters, are to display a high standard of conduct when participating at club events, or representing the club at outside activities or events.

Unacceptable behaviour such as, but not limited to ,

- Bullying
- Harassment
- Racial and religious vilification

(Bullying / Harassment) defined :

- (i) *Shouting, verbal abuse, insults, intimidating language, sarcasm or innuendo*
- (ii) *Constant criticism, denigration or demeaning conduct, either privately or publicly*
- (iii) *Spreading rumours or innuendo about someone*
- (iv) *Isolating or excluding a person*
- (v) *Interfering with someone's personal property or riding equipment.*
- (vi) *Offensive jokes, suggestions or comments of a sexual nature*
- (vii) *Offensive hand or body gestures*
- (viii) *Offensive staring or leering*
- (ix) *Distribution or display of material which is offensive or obscene.*

(Racial and religious vilification) defined :

- (i) *When a person behaves in a way that encourages hatred, revulsion or ridicule of another person, because of the other person's race or religion.*

This type of behaviour has no place in the Boolarra Pony Club and will not be tolerated. If it comes to the notice of any club official during a rally, the District Commissioner / Assistant District Commissioner/ Club President/ Assistance Club President, will use their discretion to impose whatever sanctions that they deem necessary at the time. **The matter will then be referred to the next Club Committee Meeting, for disciplinary process.**

Where a members code of conduct comes into question, during an outside activity or event, :-

- Believed to be in breach of any PCAV by-law, (such as riding unqualified horse at the event)
- Unacceptable behaviour whilst wearing the clubs uniform or representing the Club.

The matter will be then referred to the next Club Committee meeting for whatever action is deemed necessary.

Newsletter

Our Secretary compiles a Newsletter to keep members up to date with what's happening within the club. If you have any information for the newsletter please contact our Secretary. Also any coming events (entry forms) are available from the Secretary.

Meetings

Committee meetings will be held 2nd Tuesday of the month, 7.30 pm at the Boolarra Football Club rooms.

Our Annual General Meeting is held in April each year where new office bearers are elected.

Affiliation with the Boolarra Parks Committee

The Boolarra Pony Club is affiliated with the Boolarra Parks committee.

Mobile Phone

The Club will not prohibit mobile phones being taken to pony club by riding and associated members, however for safety reasons, they must be turned off and surrendered for safe keeping at the time of gear checking, and will be returned at the end of the rally. Instructors during the time of providing a lesson, must have their mobile phone on silent mode.

Tractor & Slasher

Although the Tractor is registered in the name, "Boolarra Pony Club Inc". Funding to purchase the tractor and the slasher, was raised as a joint project between the Boolarra Memorial Parks Committee and the Boolarra Pony Club. It must be acknowledged that the Boolarra Memorial Parks Committee, has a 50% share in both the tractor and slasher.

Only authorized members within the club, will be permitted to use this equipment.

Executive of the Boolarra Pony Club

President :	Gary Mills
Vice President :	Greg Dunn
Secretary :	Lisa Dunn
Treasurer :	Lydia Cameron
District Commissioner :	Sandra Mills
Assistant District Commissioner :	Marie Gestrin and Cheryl Howard
Card Secretary:	Marie Gestrin

Smoke Free Policy

Rationale – This club recognizes that passive smoking is hazardous to health and that non-smokers should be protected from tobacco smoke. This policy applies to all members, administrators, officials, coaches, riders and visitors to the Club.

Policy – requires

- (i) Administration, dining, eating and office areas to be smoke free
- (ii) Change rooms and toilets to be smoke free
- (iii) Cigarettes not to be sold (including from vending machines)
- (iv) Coaches, trainers, volunteers and officials to refrain from smoking while they are acting in an official capacity.
- (v) Riders to refrain from smoking while in uniform.

Non Compliance

Non-compliance with this policy will result in disciplinary action by the Club

Sun Safe Policy

Rationale – The health of participants in Pony Club activities is of primary concern to the Club. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognized that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While the Club will endeavor to assist in sun protection when at meetings, rallies, training and competitions, it is recognized that ultimately, the responsibility is that of each individual.

Policy :-

- (i) In days of extreme temperatures, the club will endeavor to schedule activities outside the peak sun damage hours of 11.00 am and 3.00 pm, during daylight saving time.
- (ii) The Club encourages and promotes the use of high SPF Broad Spectrum sunscreen by members
- (iii) The Club will strive to conform to guidelines for sun safe clothing when choosing uniforms. In that the Club will consider the harmful effects of open weave clothing when choosing uniforms.
- (iv) Riding members are encouraged to wear brims on helmets for extra protection of face, ears, neck and shoulders, whilst participating in Club activities.
- (v) Club members are encouraged to wear long sleeved shirts and collars.
- (vi) Maximum use will be made of existing natural shade.
- (vii) The Club encourages coaches, officials and Club members to act as strong role models, making use of all sun protection available.
- (viii) The Club will endeavor to constantly revise and upgrade sun protection measures

Parents and Guardians of members participating in club activities, will be shown the Sun Safety Policy and encouraged to comply with the policy.

Parents and Guardians are encouraged to :

- (i) Provide high SPF Broad Spectrum Sunscreen for their child
- (ii) Promote sun protection behaviour to their child.
- (iii) Provide correct 100% UV filtered sunglasses for their child if providing glasses.
- (iv) Purchase sun safe protective uniform and extra sun safe protection for the head.

Non Compliance

Non-compliance with this policy will result in disciplinary action by the Club.

Alcohol Policy

Rationale – The Club is a youth movement and is obliged not to encourage the consumption of alcohol. Coaches, officials and parents should be aware anytime they consume alcohol of the example they set.

Policy

- (i) The consumption of alcohol by officials and riders is prohibited for eight hours prior to and during a riding event.
- (ii) The consumption by others at an event should not be encouraged.
- (iii) Underage drinking of alcohol is not permitted.
- (iv) At other times, such as the completion of the day's activities, alcohol may be consumed by legally entitled persons but with the due regard to responsible behaviour and the safety and care of riders, teams and the horses.

Non Compliance

Non-compliance with this policy will result in disciplinary action by the Club.

Risk Management Policy

Rationale - The Boolarra Pony Club is totally committed to continuous improvement in respect to Risk Management

Policy :

- (i) Whilst the rally is in progress, the entrance gate into the Pony Club ground, will be kept closed at all time. This is to restrict access to non authorised persons, and to prevent any horse not under control leaving the pony club ground.
- (ii) During the rally when horses are not being used. They will be secured in a designated controlled area, and non authorised persons will be restricted from entering this area.
- (iii) All coaches at the Pony Club Rallies will have to be accredited with a minimum of a level 'O' NCAS (National Coaching Accreditation Scheme) or equivalent.
- (iv) The District Commissioner, or someone appointed to act as a Safety Officer for the rally, will carry out a safety inspection of the ground surface, prior to the rally being held.
- (v) The person responsible for doing the Gear Checking at the Pony Club Rally will have to be accredited with a minimum of a level 'O' NCAS, or equivalent.
- (vi) Approved Riding Helmets will be worn at all times whilst the rider is on the horse.
- (vii) During the rally all lessons to mounted riders will be in a designated controlled area. Should any unauthorised person enter this restricted area. The coach taking the lesson, believes that there is a safety issue, will stop the lesson immediately, and demand that the unauthorised person to leave the restricted area, before continuing, with the lesson.
- (viii) A basic first aid kit must be on site at the rally, along with the register of injuries. Someone trained in an accredited first aid level will be on site at the rally.
- (ix) All injuries at the rally will be recorded in the register of injuries.
- (x) Riders and Associated riders must be paid up members and registered with the PCAV, before being permitted to participate at any of the Pony Club Rallies.
- (xi) At all Pony Club Rallies, body vests will be made available for riders and associated riders to wear. The Club strongly recommends that they be used.

Non Compliance

Non compliance with this policy will result in disciplinary action by the club.

Parents / Guardians : (Code of Conduct)

- Remember that children participate in sport for their enjoyment, not yours
- Encourage children to participate, do not force them
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate skilful performances by all participants
- Support all efforts to remove verbal or physical abuse from sporting activities.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Administrator : (Code of Conduct)

- Involve young people in planning, leadership, evaluation and decision making related to their club and activities.
- Give all young people equal opportunities to participate.
- Create pathways for young people to participate in Pony Club not just as a rider but as a coach, official, administrator etc.
- Ensure that equipment, length of activities and rally schedules are modified to suit the age, ability and maturity level of young riders.
- Provide quality supervision and instruction for junior riders.
- Remember that young people participate for their enjoyment and benefit. Do not overemphasize awards.
- Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
- Ensure that everyone involved in junior sport emphasizes fair play, and not winning at all costs.

- Give a Code of Behaviour sheet to spectators, official, parents, coaches, players and the medic, and encourage them to follow it.
- Display all Code of Behaviour sheets in a prominent place so that all spectators, officials, parents, coaches, players and the media, can view them at any time.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials ; (Code of Conduct)

- Understand and accommodate the skill levels and needs of young people.
- Compliment and encourage all riders.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all individuals
- Emphasize the spirit of the activity / event rather than the errors.
- Encourage and promote rule changes, which will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example. Your behavior and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.

Media ; (Code of Conduct)

- Provide coverage of young people's competitive and non-competitive sport as well as reporting adult sport.
- Be aware of the differences between adult sport, professional sport and modified sports programs for young people.
- Don't highlight isolated incidents of inappropriate sporting behavior.
- Focus upon a young rider's fair play and honest effort.
- Do not place unfair expectations on young people. They are not miniature professionals.
- Describe and report on problems of young people participating in organized sport.
- Focus on the abilities and not on the disabilities of young people.
- Avoid reinforcing stereotypical views on the involvement of boys/girls in particular sports.
- Give equal time and space to reporting boys and girls sports.
- Familiarize yourself with the National Junior Sport Policy.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Spectators : (Code of Conduct)

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young participant for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or riders.
- Show respect for all participants. Without them there would be no rallies or competition.
- Encourage riders to follow the rules and the officials' decisions.
- Do not use foul language, sledges or harass participants, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Coach/ Instructor : (Code of Conduct)

- Remember that young people participate for different reasons, for many winning is only part of the fun, participating, learning and enjoying other company is often just as important.
- Never ridicule or yell at a young person for making a mistake or not coming first.
- Be reasonable in your demands on young people time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your Pony Clubbers to do the same.
- Ensure that the time spent with you is a positive experience. All Pony Clubbers are deserving of equal attention and opportunities.
- Avoid focusing on the talented riders; the just average participants need the deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all riders.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your Pony Clubbers to do the same.
- Show concern and caution towards sick and injured riders. Follow the advice of a physician when determining whether an injured Pony Clubber is ready to recommence riding at rallies or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the Pony Clubber's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Participants/ Riders : (Code of Conduct)

- Participate and compete within the rules.
- Never argue with an official. If you disagree, discuss your concerns with the organizing committee or use official protesting procedures to lodge your complaint.
- Control your temper. Verbal abuse of officials, organizing personnel or other individuals are not acceptable or permitted behaviors in any sport.
- Work to better yourself there is always satisfaction in improving your performance.
- If working in a team, work to support your teammates and be positive about your teammates performance.
- Be a good sport.
- Treat all participants in your sport, as you like to be treated.
- Cooperate with your coach, teammates and organizing personnel. Without them there would be no competition or activities to be involved with.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.