



BUNDOORA

CALISTHENIC CLUB



Competition Etiquette Policy

Effective 12 December 2018



Competition Etiquette

Written by:	The Committee of Management Bundoora Calisthenic Club Incorporated
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Participation & Scheduling

Bundoora Calisthenics is a competitive Club and participates in approximately four-five (4-5) competitions each year. Attendance and participation in competitions is a compulsory requirement of your membership with Bundoora Calisthenics. Competitions are usually held on Saturdays and Sundays and sometimes on weeknights. Competitions may also be scheduled during Victorian School Holiday Periods.

How to prepare

- Please arrive at the competition venue one full hour before the starting time and dressed in appropriate Club uniform (jacket, leggings and black shoes).
- Tan, base make-up and false eyelashes must be applied prior to arriving.
- Hair must be groomed prior to arriving, unless an alternative is arranged.
- When in between items, legs and feet must be covered.
- As with arriving, Club uniforms must be worn leaving the competition.

Royal South Street Eisteddfod (RSSS)

Bundoora Calisthenics Sub-Juniors, Juniors, Inters and Seniors compete at RSS in October each year. Competitions are held during weekdays, evenings and weekends - as such, participants will need to be absent from school and / or



employment for one to two days, and will also be required in Ballarat the night prior to the competition.

Dates will be published as soon as they are available to allow appropriate notice and motel accommodation is organised by the Members, with payment the responsibility of individuals.

What to expect at competitions

- Entry fees are conjointly set by competition organisers each year to cover venue costs and must be paid by everyone except competitors.
- Admission tickets/wristbands must be worn by all other attendees.
- Most competition venues have a canteen available.
- Children must be supervised by parents for the duration of competitions.
- Photography/videography in the auditorium is strictly prohibited and flashlights, mobile phones and pagers are not to be operated while competitors are performing.
- Adjudications are final and not subject to parent comment.
- Do not speak to the Adjudicator during the competition, even if you know them.
- For safety reasons, no hot thermoses/travel mugs are permitted in dressing rooms.
- Keep all your belongings together as dressing rooms are often shared with other Clubs.
- Personal items and valuables should not be left unattended in dressing rooms.
- Calisthenics Victoria and its ancillary organisations/committees and theatres will not be responsible for any losses, theft or breakages.

Competition Preparation

Some helpful hints to prepare yourself for competitions.



Day Before Competition

- Keep your practice light - work on technique rather than flex or strength.
- Check and pack all the equipment you will need for competition.
- Use a checklist to ensure nothing is left behind.
- Organise your own food and drinks for competitions, including water to stay hydrated.
- Check directions to the venue as well as the time your Coach has asked you to arrive, which is normally one hour earlier than the competition start time.
- A dinner high in complex carbohydrates will give you plenty of energy to perform at your peak.

Morning of Competition

- Allow plenty of time between waking and leaving for the competition venue.
- Have a light stretch before breakfast.
- Have a run through of items in your head.
- Have a good, healthy breakfast.
- Leave plenty of time to reach the venue, allowing time for traffic congestion & road works.

Pre-Competition

- Once you arrive at the venue to check in with your Coach.
- Have a run through of your items in your head, or with team mates.
- Make sure all costumes and equipment are taken into the dressing rooms.
- Keep warm, relaxed and focus on your objectives for the competition.



Post-Competition

- Double check that you have all your costumes and equipment before you leave.
- Leave the dressing rooms within 15 minutes of the end of the competition.
- Give your body a cool down to avoid injury by having a light stretch after each item and at the end of the competition.
- Celebrate your achievements and focus on the positives of the competition (i.e. how much you improved or the sections you performed well).
- If your team moves on to another venue to celebrate after the competition remove your make up and make sure you are representing Bundoora Calisthenics and our sport in a positive light.

Competition Make-Up

Individual Purchase and will be advised by the Coach and/or Group Representative:

- Foundation (brand and colour advised in Term 2)
- Lipstick (brand and colour advised in Term 2)
- False eyelashes (brand and colour advised in Term 2)

Group Purchase:

Other makeup items are purchased by Coaches (e.g. eye shadow, blush). Coaches apply eye makeup and blush at the competition venue. Members wishing to purchase their own supplies must adhere to the brands and colours requested by the Coach. If participants are allergic to makeup items or leg tan they should speak to the Coach and together find a viable alternative.

Hairstyling for competitions

Styles are determined by Coaches and individuals must supply their own hairpins, hair nets, 'doughnuts', lacquer and gel.



Hair Pieces are to be purchased by individuals at the request of the Coach. Secondhand hair pieces may be available for purchase. Your Group Representative will advise.

Bundoora Calisthenics Competition Etiquette

- Refrain from sitting in front of four (4) rows to eliminate unnecessary distraction to the participants onstage.
- Participants should sit together as a team when watching from the theatre.
- As representatives of Bundoora Calisthenics, participants should also mind their conduct and comments at competitions that influence public perception of our Club.
- We ask that participants do not engage in critical/negative talk about individual Team Members, Coaches, Parents, our teams or other competing Clubs.
- Wear Club Uniform, jacket and leggings and socks/shoes in theatres and foyers, covering costumes as necessary.
- Celebrate all wins and mentions with appropriate applause, and stay in the theatre for all speeches and aggregate presentations.
- Be gracious in defeat and refrain from bitter remarks, as your language and behaviour may be offensive to others and is a reflection on your team.
- Remain seated and quiet during every Club's performance.
- Polite applause is expected for every Club's performance.
- Show respect for the volunteers and officials who help run competitions - obey their instructions and thank them where appropriate.
- Observe all theatre rules on where you can eat and drink.
- Observe all Smoke Free designated areas.
- Be quiet around the stage area as competitors are onstage.
- Refrain from using walls to stretch or practise handstands.
- Clean and tidy dressing rooms at the completion of competitions



Cheering Advice

Parents are asked to advise family members that it is not allowed, according to competition rules and etiquette, to call out a Team's Name or Team Member's Name whilst cheering.

Adjudicators are not given the names of competing Clubs in order to maintain an objective view. In addition, cheering for individuals detracts from the Club's ideal of team spirit and could be damaging to the name/reputation of the Club.

Dressing Room Advice

Men older than 6 years of age are not permitted in the dressing rooms at competition, dress rehearsal and concert venues.

Our participants are entitled to maintain their modesty and feel comfortable whilst dressing and undressing without having to be concerned about who may be present and observing.

- If a Participant attends a competition with their father only, then it will be necessary for the parent to inform the Group Representative so that the Participant can be assisted as required in dressing rooms.
- Only Parents/Guardians with a valid Working With Children Check are permitted in dressing rooms and must have their WWCC card at all times.