



IHG Team Gym Rules and Regulations

Missed Classes & Make-Ups

There are no available makeup classes for team. Special arrangements may be made on an individual basis to make up missed time during another class. All make-up classes must be scheduled and approved via email. A minimum of one week notification is required to ensure proper staffing. It is not permitted to drop a team gymnast off during a recreational class. Medical leave will be considered by the head coach when necessary.

Inclement Weather Closings

IHG will normally follow the Little Rock Public School District's Policy for Inclement Weather. However, the gym reserves the right to hold team practice. In that case it will be posted on the website, otherwise the gym is closed.

Drop off and Pick up Instructions

It is the full responsibility of the parent/guardian to ensure that students are dropped off and picked up safely. However, in efforts to help keep your children safe, IHG has the following policy.

1. Once your child/children are inside IHG they are prohibited from exiting the facility without a parent or IHG staff member.
2. At the closure of class, a staff member will attend the door and watch them walk out to you.
3. Approximately 5 minutes after the closure of class, students yet to be picked up will be instructed to remain inside the facility until a parent comes inside to pick them up.
4. Your child will not be standing outside waiting on you if you are running late.
5. Children, who drive, will be watched as they exit the facility and get into their cars.
6. We apologize for any inconvenience, but our efforts are to ensure safety for the students by strictly enforcing this policy.

Babysitting

IHG staff are not permitted to babysit registered students.

Rules for practice as a Team Gymnast

1. Team gymnasts are expected to be on time to practice. The warm-ups at the beginning of a practice are an integral part of your gymnast's progression in the sport.
2. It is especially important to attend practice prior to a competition. If your child misses practice within two weeks prior to a competition and are not deemed competition ready by the head coach, they may not be allowed to compete in the upcoming competition.
3. Attendance will be taken and less than 80% attendance will require an evaluation of the gymnast as to whether she should remain in her current level. Decreased attendance reduces the rate of progress and competition readiness.
4. Talking back to coaches, eye rolling, etc... will not be tolerated.
5. No unkind or vulgar language directed toward fellow gymnasts or coaches.
6. No unsportsmanlike conduct directed toward fellow athletes. Gymnastics is an individual sport, however, we are a team and will support our fellow team members.

Rules for Practice as Team Parent

1. Please make every effort to have your gymnast at practice on time.
2. Encourage a good diet and good sleeping habits.
3. Make only positive remarks about your gymnast and others. The greatest contribution you can make to your gymnast's progress is to be a loving, supportive parent.
4. Emphasize fun, skill development, and other benefits of sports participation, such as: cooperation, competition, self-discipline, and commitment.
5. Parents are welcome to observe training provided they remain in the designated observation area. USAG mandates parents not be permitted in the training area. Observers can at times be a distraction, and therefore may present a safety concern.
6. Abstain from coaching and commenting during any training session. Coaching should be left to the coaches in the training area. If you would like to critique your child's performance please refrain from doing so during class, this can be a distraction to not only them but to their teammates and coaches.
7. If you attend your child's workout, please do not try to talk to the coach. Coaches are busy focusing on all the gymnasts in the training area.
8. If, at any time, you have questions about an aspect of your child's involvement, please feel free to schedule an appointment via email with a coach to discuss this.

Meet Etiquette for the Team Gymnast

1. Wear competition Leotard and warm-ups when arriving to meet.
2. All hair up and back. No flyways in face.
3. No fingernail or toenail polish allowed.
4. Only one pair of stud earrings allowed in ears.
5. Have everything in bag that will be needed during meet (list can be found on team information page).
6. Gymnasts are expected to stay with the team at all times during warm-ups and competition. Gymnasts are not allowed to go to the stands at any time during the meet.
7. All gymnasts are expected to stay through awards.
8. Gymnasts must wear their team warm up when receiving awards.
9. Good sportsmanship is a priority and IHG gymnasts are expected to display good sportsmanship at all times. Never talk negatively about another gymnast, team, or judge during a meet.

Meet Etiquette for the Team Parent

1. Provide a healthy perspective to help understand success and failure. Reward effort rather than results.
2. Look relaxed, calm and positive and energized when watching your child compete. Your attitude influences how your child feels and performs. Try to enjoy yourself at competitions. Your unhappiness may cause your child to feel guilty.
3. **Do not call host gym prior to meet.** Realize that detailed information regarding your gymnast's competition session is usually not available until the week prior to the actual meet date. Please check the team link, information will be loaded as soon as IHG receives it.
4. Get to the meet 15 minutes early so your child is ready to warm-up at the appointed time.
5. To read and abide by all USAG rules and regulations at all USAG sanctioned events, these include but are not limited to the following:
 - i. Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
 - ii. Spectators shall not disturb the order of the meet, its competitors or its officials.
6. Individuals causing violations shall be asked to leave the competition site.
7. No contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel)
8. No entry into the competition area by any family members (only USAG members are permitted in the designated competition areas)

9. Not to defame other gyms, gymnast, coaches and especially judges.
10. There is a link to the actual USA gymnastics rules and policies on the team page of the IHG website.
 - i. Always remain in spectator area even in the event of an injury. Parents are not permitted on the gym floor during meets. This could result in disqualification of the gymnast or entire team. If there is a problem regarding the child that the coach cannot handle, they will come find you.
 - ii. If you have a question about the results of the meet, please wait until after the entire meet before approaching your coach. **Never** approach a judge or meet official!
 - iii. Only coaches can determine the competitive readiness of the athlete. The coach may scratch an event at any time prior to or during a meet.
 - iv. Cheer for all team kids, not just your own.
11. Make friends with other parents at competitions. Socializing will make the event more fun for you.

Penalties for not following the rules, etc

Since parental negligence regarding these rules cannot result in disciplinary action against the parents, USAG penalizes the team (IHG). Therefore, IHG will have a zero tolerance policy. Failure to abide by this may result in your gymnast being scratched either from an individual event or from an upcoming competition regardless of previous payment. IHG would prefer not to penalize the gymnast in such cases, but it seems to be the only incentive for family members to abide by these rules.

Team dismissal

IHG reserve the right to re-evaluate a gymnast's team status based on factors that include, but are not limited to, the following:

- Performance standard issues
- Discipline or behavioral issues
- Lack of attendance or tardiness
- Lack of participation
- Balance due issues

The dismissal of a gymnast is solely at the discretion of the program director and coaching staff of IHG. Anyone who leaves or is dismissed is responsible for all remaining debts and any legal fees, which may be incurred in our attempts to collect valid charges.

Communication

Please contact the coaches if there is a problem or concern by scheduling an appointment via email. Emails will be addressed promptly. Due to the volume of students and questions, phone calls should be a last resort. Communication is important; we can only help if we are aware that there is a problem. Complaining to another parent won't help. We spend a lot of time with your child and play a large role in your child's life. Please understand we always have your child's best interest at heart.