



Uniform Policy

Last amended: 9/8/11, Alan Keating
Approved: 18/7/11, Committee

1. Purpose of Policy

Eastern Gymnastics Club wishes to present a professional image at external events, and within the gym itself; this policy serves to ensure that all members and staff are attired in line with this aim, and that they are compliant with the relevant regulations of organising bodies.

2. Competition Attire

2.1. Definition of Coverage

- a) This section applies to all external gymnastics events including competitions and displays for which no other arrangements are specified.
- b) This section also applies to internal events such as Club Championships.

2.2. All programs

- a) Gymnasts must have long hair securely tied back so as not to obscure vision and in such a manner that does not require retying during the event.
- b) Jewellery may not be worn, including bracelets, anklets, and earrings.

2.3. Acrobatic Gymnastics

- a) Groups wear optional, matching or complementary clothing in line with the ACRO Code of Points.
- b) For warm up and presentations, acrobats in levels 4 and above will wear the full club tracksuit.
- c) For warm up and presentations, acrobats in levels 1-3 may wear either the club tracksuit, or black tracksuit pants and a plain white shirt.

2.4. Gymfun

- a) Gymfun gymnasts competing where no other uniform is specified will wear:
 - (i) a plain black leotard; or
 - (ii) the club training leotard; or
 - (iii) a white t-shirt and black shorts.

2.5. Gymstar

- a) Gymnasts must wear the club Gymstar leotard (level 1-3 or level 4-6 as appropriate).
- b) The club tracksuit is optional for Gymstar 1-3.
- c) The club tracksuit is required for Gymstar 4-6.
- d) The only attire other than a club tracksuit and club leotard to be permitted will be black tracksuit pants.

2.6. Men's Artistic Gymnastics – National Stream

- a) Gymnasts must wear full uniform, including:
 - (i) Club tracksuit
 - (ii) Club MAG leotard
 - (iii) White longs
 - (iv) White socks
 - (v) Black club shorts (FX & VT only)

2.7. Men's Artistic Gymnastics – State Stream

- a) Gymnasts must wear the club MAG leotard.
- b) Gymnasts at level 3 and above must wear white longs & white socks, and optionally may add black shorts.
- c) Gymnasts at level 2 or below may wear black shorts in place of longs.
- d) The club tracksuit is not required but may be worn.
- e) Gymnasts not wearing the club tracksuit must wear black tracksuit pants and a plain white shirt.

2.8. Rhythmic Gymnastics

- a) Gymnasts at levels 1-6 must wear the team Rhythmic leotard.
- b) Gymnasts at level 7 & above wear optional leotards to match apparatus or music, in line with the RG Code of Points.
- c) Gymnasts must wear the club tracksuit for competitions at level 7 and above.
- d) The club tracksuit is highly recommended but not required at levels 4-6.

2.9. Women's Artistic Gymnastics – Squad

- a) Gymnasts must wear full uniform, including:
 - (i) Club tracksuit
 - (ii) Club WAG leotard (level 1-3, level 4-6 or level 7-10 as appropriate)
- b) Gymnasts strongly encouraged but not required to wear the club WAG leotard to compete at day 2 of the Victorian Championships.
 - (i) Gymnasts choosing to wear an optional leotard to day 2 of competition must gain the approval their coach beforehand to ensure it is appropriate, and otherwise wear the club leotard.

3. Training Attire

3.1. Definition of Coverage

- a) This section applies to all training sessions held by Eastern Gymnastics Club

3.2. All Gymnasts

- a) Gymnasts should wear clothes which do not restrict movement, and are form-fitting to allow coaches and judges to observe form and shape whilst ensuring modesty is appropriately preserved.
 - (i) Suitable clothes include shirts, singlets, leotards, shorts, leggings and tracksuit pants.
 - (ii) In warmer weather, competitive gymnasts are advised to wear close-fitting singlets and shorts or a leotard.
 - (iii) Crop tops and bike shorts are not appropriate training apparel.
- b) Gymnasts must have long hair securely tied back so as not to obscure vision and in such a manner that does not require retying during the session.
- c) Jewellery may not be worn, including earrings with the exception of sleepers or studs.
- d) Gymnasts must ensure they do not wear anything which may catch on apparatus or coaches. In particular, navel piercings etc. must be either removed or taped over before training.
- e) Club training leotards for both boys and girls will be available from the club uniform shop.

3.3. Gymstar

- a) Gymnasts must wear a leotard to training, optionally with bike shorts or leggings

3.4. Men's Artistic Gymnastics – National

- a) At certain times of year it may be necessary for MAG National stream gymnasts to train on some apparatus without tops to allow the coach to see the gymnasts' body line, technique and position on apparatus. Shirts are permitted to be off for a short time at the apparatus at the request of the coach. At no time may gymnasts be moving around the gym without their tops.
- b) Training topless is not permitted in any other case.

3.5. Women's Artistic Gymnastics – Squad

- a) Gymnasts must wear a leotard to training.
- b) Gymnasts may optionally wear leggings or bike shorts to training.
- c) The club competition leotard may not be worn to training.

4. Coaching Attire

- 4.1. Coaches should at all times aim to present a professional image, as the faces of the club.
- 4.2. Coaches must wear the coaches' shirt at all times when coaching.
- 4.3. At training, coaches may wear black shorts or black tracksuit pants.
 - a) Plain black leggings to below the knees are also acceptable for training.
- 4.4. At training, coaches may wear shoes, socks, or have bare feet.
- 4.5. Coaches must have club uniform as their outermost garment whenever coaching.
- 4.6. At competitions, coaches must wear shoes which are predominantly white.
- 4.7. At competitions, coaches must wear the club tracksuit, except:
 - a) In warm weather, when the tracksuit jacket is not required (shorts are permitted, but tracksuit pants strongly encouraged);
 - b) At Gymfun, Gymstar and MAG State levels competitions where the club polar fleece jacket and black tracksuit pants may be substituted for the club tracksuit;
 - c) For Apprentice Coaches, who may wear the club polar fleece jacket and black tracksuit pants in place of the club tracksuit.
- 4.8. At competitions, all items of clothing must be in club colours, including but not limited to:
 - a) Socks
 - b) Hair accessories
- 4.9. At no time should the following be worn while coaching:
 - a) Bike shorts;

- b) Shorts or pants which are not black in colour with minimal markings;
- c) Jewellery or garments which may catch on gymnasts or apparatus.
- d) Visible shirts, jumpers, socks etc which are not in club colours and/or do not present a professional image.

5. Requirements & Responsibilities

5.1. All members and staff

- a) Be aware of and abide by the requirements of this policy

5.2. Program Coordinators

- a) Ensure the uniform requirements of the relevant Program are kept up to date, and in line with technical requirements.

5.3. Uniform Coordinator / Club Coordinator

- a) Ensure an adequate supply of club uniform is maintained
- b) Publicise the uniform policy
 - (i) Publicity should be sufficiently far in advance of events so as to allow members to order and receive uniform items