# Logo.jpg CODES OF BEHAVIOUR FOR ATHLETES

Codes of Behaviour for Athletes include:

* Compete for the ‘fun of it’. Be a good sport and a keen yet friendly competitor.
* Play by the rules. The rules of competition ensure a safe and equal footing for all competitors.
* Never argue with the volunteers running events. Be respectful and obedient to all volunteers. Without them we would not have a competition. To hear “thank you” means a lot to our helpers.
* Be a good sport. Cheer other athletes when they perform and try to shake hands with your fellow competitors at the end of an event.
* Never put down another person. Do not ridicule others either in their performance or personal appearance.
* Never threaten or use violence against another person. Verbal abuse/provocation of athletes, volunteers or spectators is not acceptable.
* Rude and / or inappropriate gestures or language will not be tolerated.
* Athletes shall not interfere with another athlete’s gear (ie. Sprint shoes, bags, bottles, etc) unless given express permission by the individual. Athletes will not throw or attempt to hit other competitors with any item.
* Athletes will be responsible for clearing each site of their personal items including empty drink containers and general rubbish.
* Listen for your events to be called. Be quick to your marshalling area. This makes it a lot easier for volunteers to get your events underway as quickly as possible. Once called, events will not be held up waiting for the athlete.
* Any athlete who displays antisocial behaviour on any Social Media site... eg, Facebook, Tik Tok, Snapchat, Instagram etc toward another athlete or member or ILAC, will receive one week ban from competition (see table below).
* Wear your Centre Uniform with pride. When you wear your uniform you represent the Centre. Be proud of who you are.

**Parents please note:**

* The principles of natural justice are to be observed when making decision on breaches of the Codes of Behaviours and any penalties for such breaches.
* Any penalties that are imposed are to be appropriate to the seriousness of the breach.
* Any Site Official on site may issue a warning to an athlete who has broken the Code of Behaviour and the Arena Manager must be informed immediately.
* Any Executive Committee member may issue a warning to an athlete who has broken the Code of Behaviour. This warning must be noted immediately to the Centre President, and the athlete’s parents advised.
* Any Site Official or Executive Committee member may initiate a second warning but must do so through the Arena Manager or Centre President immediately.
* An athlete who has received two previous warnings will then be issued a penalty under the Centre guidelines.
* Below are recommended guidelines for the Centre for breaches of the codes of behaviour. All penalties imposed by Centres/Clubs that involve suspensions that extend beyond the day on which the breach occurred must be notified to the Association Office.

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**Note**: The guideline penalties below are a recommended minimum only.

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|  | **1st Offence** | **2nd Offence** |
| Physical Abuse | Remainder of that competition day and the next competition day. | Remainder of that competition day and a ban for the next 3 weeks of competition. |
| Abusive/Threatening Language (including Social Media) | 1 week ban from competition | 2 week ban from competition |
| Disrespect for rules | 1 week ban from competition | 2 week ban from competition |

**Spikes**

* Spike Shoes are not permitted in the following events:
* U7 to U10 age groups for all events.
* U7 to U12 in Track Relay events.
* U11 and U12 in all events which are not run entirely in lanes.
* Spikes must be no longer than 7mm (synthetic track) – ‘Christmas Tree’ only.
* Spikes must be no longer than 9mm (synthetic field).
* Spikes must be no longer than 12mm (grass - track or field).
* Spike shoe must be worn with all holes filled with a complete set of spikes with a maximum of no more than **TWO** blanks.
* Spikes must be carried onto the track and to the field event areas.
* Spikes may only be worn from the commencement of an event and MUST be removed immediately at the finish of the event.
* Spiked shoes MUST NOT be worn in the stand or outer areas of the track.
* Spiked shoes must be carried with spikes (soles) facing, in order to prevent risk of accidental injury.
* Any athlete not exercising care when using spikes will result in the athlete being suspended from wearing spikes for two weeks, a further breach will result in suspension from wearing spikes for four weeks, any further breach will be regarded a misbehaviour and may result in suspension from all competition.
* Any spike shoe, without spikes attached, may be worn in unlaned events by the U11 to U12 age groups.
* Spikes are NOT allowed in Relay Events for U11 athletes
* Maximum number of spikes allowed is seven (7)

**Marshalling**

Athletes who fail to go to Marshalling on time, go to a site without marshalling, or otherwise disrupt the program, may be ruled out of the event.

**Mobile Phones**

Use of mobile phones on the Arena is **NOT** permitted at any time.