



Bloemfontein

Gimnastiek Klub

Gymnastics Club

Skougronde/Showgrounds
The Pets/Arc Hall

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Rules and regulations

- **TRAINING FEES:** Payable in advance for each quarter, except in cases where other written agreements were made. Payments should be done before the 7th day of the first month of the quarter. Negligence to pay in this way, the amount due will be claimable and the guardian will be held responsible for any legal fees deriving from such a case. Members can and will be excluded from competitions and/or practice sessions if their fees are still due on the return date. Fees are payable for the quarters in the financial year as follows: January till March, April till June, July till September, October till December. Class fees are payable for a place in the class and not towards a specific coach.
- **REGISTRATION:** Fees for registration are due annually as prescribed by SAGF. Registration does not automatically qualify the gymnast for participation in competitions. Enrolment forms should be filled out completely, before the gymnast will be allowed to train continuously.
- **COMPETITION FEES:** All competition entry fees must be paid before the relevant event's closing date.
- **TERMINATION OF GYMNASTICS CLASSES:** Written notice is compulsory a quarter in advance. If not, the guardian will be held responsible for fees until such notice is received.
- **SPECTATORS:** No interference, negative comments and spectators on the practice area will be tolerated. Spectators are responsible for keeping toddlers in the spectator area.
- **HALL/SHOWGROUNDS:** Parents, gymnasts and visitors are restricted to visiting the gymnastics hall only and are not allowed to wander around on the rest of the showgrounds. Vehicles will only be allowed to enter the showgrounds by the main gate if an entrance card is produced or by means of signing in.
- **OWN RISK:** All participation is at own risk. Bloemfontein Gymnastics Club and/or their coaches will not accept any responsibility or claim for injuries obtained during practice. No gymnast is allowed to leave the hall during his/her training session without permission from a coach.
- **PRACTICE:** Gymnasts should attend practice regularly and on their prescribed times, for their own benefit and to ensure organised sessions. If a gymnast continuously disrupts the class, he/she will be asked to sit with the spectators, while the guardian will be contacted. No gymnast will be allowed on the equipment outside of their training session. Guardians should please notify management of their child's absence.
- **MEDICATIONS:** Any allergies should be clearly stated on the registration form. Any extra medication can be given to management. Higher-level gymnasts are responsible for their own strapping plasters and painkillers.
- **DRESS FOR PRACTICE:** No denim, unsuitable/loose clothing or jewellery allowed. Long hair must be tied down neatly.
- **DRESS FOR EVENTS:** The prescribed leotard and tracksuit must be worn during competitions.
- **NEATNESS OF THE HALL:** Gymnasts and spectators will be held responsible for keeping the hall tidy. Gymnasts should bring a sports bag to store their personal items in. No responsibility for lost or stolen items will be accepted by the personnel or club.
- **FOOD & DRINKS:** No food or drinks will be allowed on the training area. Chewing gum in the gymnastics hall is prohibited at all times!
- **SAGF:** All gymnasts and guardians should adhere to all the rules and regulations associated with the sport and set out by the FIG/SAGF and their affiliates. No guardian is allowed to contact the SAGF directly – all members must follow the SAGF communications protocol, which is: Member: Club: District: Province: SAGF: FIG.