

Competitive Member Handbook



**PEARL COAST
GYMNASTICS CLUB**

2025

EVENT ENTRY/REGISTRATION

PCGC will notify parents of children able to compete in the scheduled event of the process of registration. Generally, PCGC will distribute an online event registration form, which must be filled and submitted prior to the close of event registrations. It is important that you review all your child's information prior to submitting the form! For the state events, athletes must have qualified at a competition prior to registration for State Championship. PCGC will inform you whether your child has qualified or not.

WORKPLAN

GWA (or the managing club) will distribute the Event Workplan to PCGC approx 2 weeks prior to the event start (this timeframe is only an estimation). The Event Workplan contains all the information about the event, as well as your child's session dates/times and other information such as presentation times and registration. PCGC will then distribute copies to parents via email, and on the event pages located on our websites.

UNIFORMS

During a competition, there are a number of strict uniform regulations that athletes must follow:

MAG ATHLETES

- PCGC Leotard
- PCGC, clean competition longs
- PCGC shorts (same color as longs)
- Clean, socks
- PCGC Polo
- Underwear must be skin colour, and not visible (deductions apply)
- Hair must be gelled back, off the face, and suitable for rolls, etc - Make sure you are using strong gel

WAG ATHLETES

- Level 1-3 Short Sleeved leotard
- Level 4+ Long Sleeved Leotard
- PCGC Polo (all levels)
- PCGC Shorts (optional)
- Competition scrunchie is to be used in athletes hair
- Hair is to be the same as the image to the right
- Underwear must be skin coloured, and not visible (deductions apply)

All athletes must have clean feet, removed nail polish and no jewellery is permitted during a competition. These requirements are the responsibility of YOU, not coaches or other parents!

ENSURING YOUR ATHLETE IS READY!

PCGC has compiled the below list of recommendations for you and your child to enjoy a smooth, fun competition:

- Ensure your child has at least 8hrs of good quality sleep the night before
- Ensure your child has eaten a healthy meal, full of nutritious goodies prior to the competition - about 2hrs before (this timeframe can be different for every individual child)
- Make sure to arrive at least 20mins prior to the registration time for your child's session - If you are unfamiliar with competitions or the venue, we recommend arriving at least 30-40mins prior to the registration time for your child's session
- PCGC coaches are super busy before a competition starts - organizing athletes, coaches meetings, preparing equipment, etc, which is why we encourage parents to direct any enquires to our committee members who are at the event, or to our admin staff at least 5 days before the day of the competition
- Make sure your child's bag is packed with the following items:
 - Hair Gel/Spray
 - Spare hair bands
 - Spare Safety Pins
 - Small, mess free, healthy snacks (not a full lunch box!)
 - Clean, white socks (MAG athletes)
 - Club polo - Can be worn over leotard when not competing
 - Club shorts - Can be worn while not competing
 - Water Bottle
 - Longs (MAG athletes)
- Coaches are unable to prepare your gymnast for you, please have hair, uniforms, bag packed, etc before arriving at the venue, or arrange for another parent to help your child at the venue
- Make sure your child has gone to the toilet prior to the start of their session, to minimise distractions/disruptions during the competition

SPECTATORS DURING THE COMPETITION

During the competition, spectators are required to follow some basic rules/guidelines to keep our competitions enjoyable, safe and fun for all!

- Spectators must remain in the spectator area at all times and are prohibited from entering the competition arena at any time
- Spectators must not communicate in any way to their child, including passing food or other items that your child may have forgotten, or using hand gestures
- Communicating with athletes throughout the event can result in the immediate disqualification of your child from the event - Please don't risk it!
- Spectators must conduct themselves in a respectful, calm, supportive and inclusive manner at all times!
- Spectators are only permitted to take photographs/videos of their own child and follow the Gymnastics Australia photographic policy
- Spectators should refrain from becoming 'too competitive' during a competition - Focus on your child having fun, and doing their best!
- Spectators must not communicate with any personnel on the competition arena, at any time!
- Remember - Coaches and judges decisions/scores are final!
- PCGC has no control over the final scores participants receive

MINIMUM ATTENDANCE

Pearl Coast Gymnastics Club requires a consistent high level of attendance at all training sessions and additional training sessions that may be on offer.

Athletes who do not attend their training sessions consistently, may not be invited to enter into a competition. Our team are here to provide the very best, we ask that as part of our partnership with families, that athletes attend consistently and commit to their training in order to remain in our competitive programs.

FEES

Competition fees are an essential part of participating in gymnastics competitions and help cover the costs associated with running these events. These fees typically include expenses for venue hire, equipment setup, event staffing, judging, medals, and other operational needs. Being a competitive member also involves higher overall costs compared to recreational programs due to the increased hours of training, specialized coaching, additional uniform and equipment requirements, and the commitment to attend multiple events throughout the year. These expenses reflect the enhanced opportunities provided to competitive members, including access to advanced training, skill development, and the chance to showcase their abilities at competitions. We encourage families to view these costs as an investment in their child's growth, confidence, and memorable experiences in the sport.

EXPECTATIONS OF ATHLETES

During an event, PCGC holds high expectations of the athletes competing, and representing our club! All athletes are required to follow standard PCGC and GWA policies, as well as the below rules/expectations:

- Athletes will come prepared, on time and in the correct uniform
- Athletes will ensure all their belongings are well labelled, and looked after while competing
- Athletes will follow all instructions given to them by PCGC staff, other coaches, GWA staff, and other event personnel, and act with professionalism and sportsmanship at all times during a competition
- Respect other gymnasts, staff and the equipment they are using
- Respect the scores and decisions made by judging staff, respectfully and with good sportsmanship
- Notify their coach should an athlete require use of the bathroom, or drink fountain
- Notify their coach should they feel unsafe at anytime, for any reason
- Athletes should always try their best
- Athletes should always abide by Gymnastics Western Australia and Gymnastics Australia Policies - Including the ant-doping policies
- Athletes will attend all additional training sessions, group activities, clinics and workshops
- Attend and fully participate in all normal and extra pre-competition training sessions

VOLUNTEERS

Without volunteers, competitions don't run! Which is why events make volunteering mandatory. The managing club of an event will distribute a list of volunteer roles that they require PCGC to fill, PCGC will then distribute either a roster or list of the roles which need to be filled. For more information about the roles required at an event, please contact our administration staff.

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ACROMAT