

PRACTICE AND COMPETITION ETIQUETTE

ATHLETES:

1. General Behavior Guidelines
 - A. Mutual respect is shown among athletes
 - B. Cooperate with officials during practice and events
 - C. Stay clear of music and scoring tables during events
 - D. Display good sportsmanship, dress appropriately, and behave appropriately
 - E. Be respectful of other hotel guests (quiet in late hours, land drilling spots, etc.)
 - F. Be on time for scheduled transportation to and from the hotel
 - G. Pick up all garbage (wrappers, papers, water bottles, etc.) upon departing pool
2. During Music Practice
 - A. No banging, tapping or underwater noises while others are practicing or competing.
 - B. Clear the pool as soon as their practice time is over (this applies to both music and figure warm-up practices)
3. During Open Practice (no music)
 - A. When there is open pool spacing for an event, only those athletes in that event will be allowed in the competition pool.
 - B. Are allowed to utilize empty pool space between events.
4. During Figure Competition
 - A. Are to bring their ID accreditation to each figure station and check in with the clerk of course.
 - B. Once figure competition has begun, there will be no additional figure training in the practice pool for that age group.
5. During Routine Competition
 - A. Are to observe the competition from the assigned designated area while not competing. No loud noise makers, screaming or anything that may interfere with competing athletes or judges' ability to hear the music is allowed.
 - B. If space is available, practice is allowed in the practice pool provided it is not disruptive to the competing athletes. No banging, tapping or underwater noises are permitted.
 - C. Team alternates are not allowed to participate in walk-ons. They may stand with their coaches when their team is competing
 - D. Are to assemble 5 minutes prior to the scheduled "Parade of Athletes"
 - E. Are to report to the Clerk of Course 2 routines prior to competing and have ID accreditation badges checked.
 - F. Strictly observe the facility's gel station protocol
 - G. Observe designated walk-on and swim-off spots and designated standing area for receiving scores
6. Award Ceremony: Athletes are to be on time for awards and are dressed appropriately in track suites (jackets, at a minimum) and something on their feet.