

NATIONAL TEAM ATHLETE CODE OF CONDUCT

All athletes associated with SportCheer Scotland and Team Scotland will abide by a Code of Conduct, which includes the following provisions listed below. If any of these rules are violated SportCheer Scotland has the right and will take appropriate action to assign penalties, suspend or permanently remove athletes from any future association with the SportCheer Scotland or its members, events and properties.

Athletes shall:

- Uphold the honour and dignity of the sport of Cheerleading. In all personal contact with the athletes, coaches, volunteers, officials, judges, parents, spectators, the media, and the public, athletes shall strive to set an example of the highest ethical and moral conduct by being respectful and exhibiting good sportsmanship behaviour at all times. When wearing the Team Scotland uniform or training kit you must represent the Team and your country with the best behaviour.
- Not criticise other athletes, coaches, volunteers, officials, judges, SportCheer Scotland, the ECU or the ICU in front of spectators, but reserve constructive criticism for later, in an appropriate setting and environment, or in the presence of team/squad members if others might benefit. This includes online forums and social media.
- Be respectful of all SportCheer Scotland coaches, volunteer, officials and contact them through the appropriate and agreed-upon channels. This may vary for each team but under no circumstances should athletes contact the above mentioned staff through social media without their consent.
- Keep any information provided by Team Scotland within the Team. Team information must not be discussed out with the Team, this includes music, choreography, uniforms, and teaching techniques. Any Team Scotland choreography should not be used by teams or individuals and videos/music etc. should not be shared on social media.
- Not consume alcohol the day before, day of and during training sessions and/or competition as well as when in uniform or training kit. Athletes will also not consume illegal substances or performance enhancing drugs. If athletes require medication, they will be asked to complete a Therapeutic Use Exemption prior to competing in line with ICU World Anti-Doping Code.
- Notify and seek approval of SportCheer Scotland with regards to any media coverage including local and national newspapers to ensure it represents the ICU and Team Scotland in the best possible light. Any requests for such should be made via the Team Scotland Manager.
- Always be on time for class and be ready to work hard. Athletes must always have appropriate footwear, and training clothes with hair tied back and away from face. Athletes should not wear any jewellery (exception of stud earrings for dance practices) to training sessions.
- Be a part of an All-star team, dance or relevant discipline group and remain with aforementioned group for the duration of the season in your chosen style (competitive or non-competitive) to keep up with fitness & technique.

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- Adhere to SportCheer Scotland's Athlete Transfer Policy and serve a one-year suspension from Team Scotland after transfer. (Should exemptions be required a request must be submitted to and approved by SportCheer Scotland).
- Attend all practices and showcases. If you are unable to attend for any reason, a reserve will perform in your space. In the event of absence, you must seek approval from your Team Coach and you are responsible for learning anything you missed before your next practice. If you have not learned your choreography the reserve may stay in your spot.
- Respect all Team Scotland costumes, poms, props and any other items provided by the Team Scotland. These items are the property of SportCheer Scotland and must be returned the way they were provided.
- Athletes should respect training spaces and ensure they are left tidy at the end of every practice. No fizzy juice or fast food should be consumed during practice or brought into the practice hall.
- Ensure all payments including trip, uniform/training kit and class fees are paid in line with agreed payment schedule to ensure athletes' place on Team Scotland. Failure to do so will result in invoices and late fees. Repeated failure to make payments will result in removal from the Team without refund.
- Recognise that all payments made to Team Scotland and SportCheer Scotland are non-refundable and non-transferable. SportCheer Scotland is a not-for-profit organisation therefore all monies paid are used to cover the cost of taking the team to ICU World Championships and ECU European Championships. If athletes drop out or are removed from the team, SportCheer Scotland is still responsible for covering the cost of athletes' uniforms, hotel and competition package therefore are unable to provide refunds.
- Ensure all and any individual fundraising is approved by SportCheer Scotland via the Team Scotland Manager before being arranged.
- Recognise that ICU, ECU and SportCheer Scotland are registered companies and as such no unofficial merchandise should be commissioned and logos should not be used without prior consent from SportCheer Scotland via the Team Scotland Manager.