



Rules and Regulations - 2017

1. ASSOCIATION RULES

1.1 Individual Requirements

1.1.1 All members wishing to join WZ Physical Culture must pay an affiliation fee per person as set out below. This fee is non refundable and is to be paid to WZ no later than the end of February, 2017.

Registration Fees –

Age Group	Registration	Sports & Public Liability Insurances
3-4 years	\$25.00	\$25.00
5-Adults	\$50.00	\$25.00
Senior Citizens	\$25.00	\$25.00
Family (3 or more)	\$100.00	\$25.00 each member
APRA Licence fee*	\$5.00	
Club Fee		

1.1.2 The complete amount of the above fees must be paid to WZ at the time of registration. A 10% late fee will be charged on all registrations that are not paid to WZ within the same month as the individual joining a club. Refusal to pay the above fees, or a part thereof, will result in WZ Physical Culture declining acceptance of the individual as a member.

* The APRA Licence fee is payable if you wish to obtain a CD/DVD of the syllabus from your club.

All of the above fees include GST.

1.1.2 Individual WZ affiliated clubs are permitted to add an administration fee to the registration and insurance fees. This fee is kept by the individual club to benefit the club members.

1.1.3 WZ Physical Culture reserves the right to refuse membership at any time. WZ Physical Culture also reserves the right to cancel any membership if the member breaches any of the Rules and Regulations or Risk Management Procedures. All Rules and Regulations and Risk Management Procedures are available on the WZ website – www.wzphysicalculture.com.au.

- 1.1.4 An individual wishing to transfer from one club to another or join a different WZ club at the beginning of a new year or at any time during the year, will need to be cleared financially. A letter from the instructress of the previous club will be sent to the Manager if debts are outstanding. If the debts are not cleared, the member's registration will be declined until such debts are payed in full. Transfers from one club to another are to be clarified with WZ Management.
- 1.1.5 Members of WZ Physical Culture can only be registered with one club during that year.
- 1.1.6 The Insurance portion of the above fees must be paid in full prior to the member taking part in any of WZ affiliated club classes.
- 1.1.7 In the unfortunate event of an accident occurring, whether during training for competitions or in the spectator area, stop what you are doing immediately and an incident form must be completed for our records. This form will be provided on request. Members are advised that if they believe that a certain part of the syllabus will cause them injury or they are physically not able to carry out parts of the syllabus, they should stop doing this part of the syllabus immediately and bring their concern to the attention of their teacher.
- 1.1.8 All members returning to physical culture following an injury, operation or major sickness (i.e. pneumonia) must provide a medical clearance from their health professional advising that they are fit to resume physical culture. In the case of pregnancy, it is recommended that members do not compete after 32 weeks and cease classes from 34 weeks.
- 1.1.9 If you or your child suffers from a previous injury or illness please disclose this information on the Injury/Illness part of the Registration Form. Illnesses include Allergic Reaction, Asthma, Diabetes, Epilepsy, ADHD, etc. If any medications need to be given during class times or at competitions, please ensure that the parent or guardian is on the premises to administer this medication at the required time.
- 1.1.10 If a competitor injures themselves while competing they must leave the floor immediately. This member will not be permitted to compete again on the same day that their injury occurred.

2. COMPETITION RULES

2.1 Dates, Times and Venues for Competitions

- 2.1.1 Dates for Champion Girl heats, teams and finals competitions will be notified, WZ will endeavour to book these competitions for September and October.
- 2.1.2 Times for individual age groups will be allocated when final numbers of members in each club have been received by WZ. It is important for members to advise their teachers if they do not wish to compete to enable WZ to provide more accurate times.
- 2.1.3 The venues for competitions are booked by WZ. An audience entry fee to all competitions will be charged and must be purchased through your club prior to the day.

2.2 Gradings

Incorrect gradings at time of competition will result in points being deducted from the club.

2.2.1 **ADVANCED:**

- By invitation only from WZ.
- Advanced gradings will be reviewed at the beginning of each year and those going to Advanced will be advised by letter.
- If a place is not achieved after two years in the Advanced Section, the WZ member may be requested to return to the A Grade Section.

2.2.2 **A GRADE:**

- Members who have gained 1st or 2nd Place in 'B' Grade WZ Grand Final.
- New members who have competed in open and 2nd year, Opera House, Town Hall and Semi Final sections in BJP, APDA, Burns and Edith Parsons associations.
- Teachers unsure of what grade a girl or lady should be should notify the WZ Manager who will decide the grade.

2.2.3 **B GRADE:**

- Members who have completed two or more years of physical culture with WZ or any other Physical Culture association.
- Competitors who have gained 1st or 2nd place in Grand Final in C Grade in the previous year and those C Grade Grand Finalists from the previous year deemed suitable for B Grade.
- All 5 year Finalists will go into 6 years B Grade.

2.2.4 **C GRADE:**

- Members who have never participated with WZ or any other Physical Culture association.
- Competitors who make the Grand Final to be assessed by the WZ Manager in consultation with their Teacher and Judges as to suitability for B Grade.
- Competitors who do not make the Grand Final in this section or are deemed 'not ready' can remain C Grade for a maximum of 2 years.

2.2.5 **Open Seniors:**

- Seniors aged 25 and over
- This section will do the B Grade Seniors work and no dance for all competitions.
- It is not compulsory for Seniors aged 25 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in B/A Grade or going to the Open Senior Section.

2.2.6 **Open Ladies One:**

- Ladies aged 45 to 54.
- This section will do B Grade Ladies work for all competitions.
- It is not compulsory for Ladies aged 45 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in A Grade or going to the Open Ladies One section.

2.2.7 **Open Ladies Two:**

- Ladies aged 55 and over.
- This section will do B Grade Ladies work for all competitions.
- It is not compulsory for Ladies aged 55 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in A Grade or going to the Open Ladies Two section.

2.2.8 Before a heat in any grade can take place there must be a minimum of 5 registered competitors. All members will be moved to next grade, e.g. C to B Grade or A to B Grade if there are less than 5 registered competitors in WZ. These changes will take place at the discretion of the WZ Manager and is not negotiable, competitors will be notified prior to the competition.

2.3 Age Groupings (age prior to 1st September)

3-4 years	Junior Section
5 years	
6 years	
7-8 years	
9-10 years	
11-12 years	Intermediate Section
13-14 years	
15-17 years	
Seniors - From 17 years	Senior Section
Open Seniors - From 25 years	
Ladies – From 25 years	Ladies Section
Open Ladies One - From 45 to 54 years	
Open Ladies Two – From 55 years	

2.4 Uniform Requirements, Appearance and Accessories

2.4.1 Each competitor must wear a WZ leotard, skin tone shimmers (except 3-4 years) and silver ballet shoes for all Club, Heats, Team and Grand Final Competitions. Seniors and Ladies may wear fishnet stockings.

2.4.2 All leotards for all competitions must be purchased through WZ. Competitors will not be permitted to compete in any other leotard.

2.4.3 Regulation silver ballet shoes must be worn with silver elastic sewn on the inside of the shoe. Elastic must not be twisted. Standard width of elastic must be used.

2.4.4 Hair is to be worn off the face. Long hair should be confined to ensure that it does not interfere with the competitor completing the syllabus to the satisfaction of the judges.

2.4.5 *Hair Accessories*

- 3-8 years – Ribbons only
 - Ribbons are to co-ordinate with leotard colours and should be no wider than 2cm and no longer than 10cm when tied.
 - Ribbons can be tied around a plait, attached with a bobby pin or wrapped around a hair bun.
 - No more than two ribbons should be used.
- 9-12 years – Ribbons (as above) or accessories:
 - Hair accessories must be kept to a minimum of four small **or** one large piece, the pieces must fit within the size of a 10 (small) or 50 (large) cent piece, if they are larger than these circles they will be removed.
 - No combs and headbands.

- 13 years to Ladies
 - Ribbons and above accessories.
 - Combs (no wider than 10cm) – covered with ribbon or co-ordinating sequins. Ornate combs to be no higher than 3cm.
 - Headbands – covered with ribbon or co-ordinating sequins. Ornate headbands to be no wider than 1cm.
- No pony tails, hair is to be styled so that it is contained while competing.
- Spray glitter, flowers and feathers are not to be used.
- Tiara's are not permitted.
- If the competitor is uncertain about an accessory, they are advised to consult their teacher.

2.4.6 No jewellery is to be worn while competing except for wedding bands.

2.4.7 No nail polish is to be worn while competing.

2.4.8 Make-up:

3-12 years are permitted to wear a pale or neutral lipstick or gloss only.

13-17 years are permitted to wear light 'natural' make-up including a thin layer of foundation, pale eyeshadow and blush and pale lipstick or gloss.

Seniors and Ladies are permitted to wear make-up of their choice excluding glitter.

Fake tan may be worn but must be kept to a minimum.

2.4.9 Each competitor is responsible for their own belongings at competitions.

2.5 Eligibility to Compete

2.5.1. All WZ members must attend classes to learn the syllabus during the year to be eligible to compete in the Champion Girl/Lady Competitions. The discretion of the Teacher is to be used as to whether the girl or lady is suitable to compete in any team competition.

2.5.2 All competitors must be financially cleared to be eligible to compete in all competitions. This includes registration and insurance fees, and all class and leotard fees to the individual's club.

2.5.3 After competing as a lady or senior for 12 months, any lady or senior wishing to change from one section to the other must remain in that choice of section for a minimum period of two years.

2.5.4 Competitors must compete in the age group they register as at the beginning of the year. Competitors are not permitted to change age groups at any time throughout the year, unless discussed with the WZ Manager.

2.6 Teams

2.6.1 *Teams Composition*

- All available members of your club are to be used in a team.
- 5, 6, 7 or 8 members of WZ Physical Culture may be used in a team.
- All clubs must present in writing a full list of all teams competing to the WZ Manager one month prior to competition.

- **7-8 years**
 - To be made up of 7-8 years of all grades. 5 and 6 years are able to go in the 7-8 years teams but must do the 7-8 years syllabus.
- **9-12 years, 13-17 years, Senior and Ladies Teams**
 - Teams can be made up of any girls in these sections, e.g. Age 9, 10, 11 or 12; Age 13, 14, 15, 16; C, B, A, Open and Advanced Seniors; C, B, A, Open 1, Open 2 and Advanced Ladies.
 - These teams will do the syllabus of the younger age group, e.g. 9-12 years section will do 9-10 years syllabus only; 13-17 years section will do 13-14 years syllabus; Senior section will do B Grade syllabus only and Ladies will do B Grade syllabus only.
 - No competitor is to be used twice unless the club only has nine girls and has exhausted all attempts to combine with another club where a competitor is not being used in another team.
 - Where clubs have enough competitors for two or more teams, each of the teams must consist of an even mix of girls from each of the age group and grades, e.g. 9-12 years section to have 9-10 and 11-12 years in each team; 13-17 years to have 13-14 and 15-17 years in each team; Seniors to have C, B, A, Open and Advanced in each team and Ladies to have C, B, A, Open1 , Open 2 and Advanced Ladies in each team. Where possible, these age groups and grades should be spread evenly across all of the teams.
- **Ladies and Senior Teams.** A maximum of 2 Seniors may be used in a Ladies team or 2 Ladies may be used in a Senior team.

2.6.2 Team Guidelines

- All Teams must mark time for at least 8 counts.
- All Teams must complete one full square of marching in a single line, this may mean marching twice past the judges. All teams must march to “Open Ranks”, there is to be no skipping or clicking fingers. When teams have “Opened Ranks” they must stay in the position at which they arrived, unless requested to move by the judges.
- **7-8 years Teams**
 - This age group are to complete 8 counts each of arm swing and mark time/spacing (without moving) straight across the floor, not on the diagonal or in a straight line down the centre of the floor. This can be done anywhere in the marching routine.
- Once in lines, each team must stand at attention for six counts before being asked to stand at ease. Teams are not permitted to stand easy or to fidget.
- When exercise music is ready, teams can be called to attention. All teams are to complete all of their syllabus for that age group, a stand at ease can then be called until judging is complete. Ladies may require and are permitted to stand at ease after exercise group for approximately 8 counts.
- Points will be deducted for variations in the syllabus. Teams must do the syllabus as it was taught by the choreographer.
- A marching formation may be done for open ranks but once in position, the formation should not be changed.
- Individual club marching music may be used for all teams.

2.7 Judging

2.7.1 WZ will appoint judges for Heats, Team and Grand Final competitions.

2.7.2 All Judges decisions will be final, no disputes will be entered into at the immediate completion of the competition. Anyone wishing to discuss discrepancies in judging are requested to do so by following the Complaints process below.

2.7.3 The judges take into account appearance and presentation as well as ability to complete the syllabus as taught by the choreographer, so the above Competition rules should be followed to ensure equality.

2.8 Grand Final

Any competitor who withdraws from the Grand Final following the heats competition will incur a fine of \$20.00. Points will also be deducted from the Club. This fee may be waived if an appropriate explanation from the competitor is provided. All WZ Physical Culture competitors are reminded that a set number of competitors are taken to Grand Final, it is therefore unfair to compete in the heats competition if you are unable to compete in the Grand Final.

Non compliance with the Competition Rules may result in disqualification or a deduction in points for your club.

2.9 Club Competitions

Teachers are responsible for organising Club Competitions as set out in the Teacher's Rules. Clubs are permitted to combine grades in individual age groups if they do not have sufficient numbers for a competition.

3. Code of Conduct

Australians enjoy participating in sport, we enjoy learning new skills and putting them to the test, we enjoy competing and striving for victory. Winning is important but it is not the only reason for competing, the spirit of the competition is more important.

WZ Physical Culture encourages all its members and their supporters to be good sports, to ensure that everyone gets a fair go and has fun.

Our Code of Conduct:

General

- Ensure everyone emphasises fair play, not winning at all costs.
- Do not use bad language.
- Do not harass players, teachers, officials or spectators.
- Obey the rules of the venue including clearing your own rubbish and not spraying cosmetics inside the venue.
- Respect the rights, dignity and worth of all people involved in Physical culture regardless of their gender, ability or cultural background.

Members'

- Follow the Rules and Regulations.
- Never argue with an official. If you disagree with a decision, inform the WZ Manager during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours.
- Work equally hard for yourself and/or your team.
- Be a good sport and applaud all good physical culture whether done by members of your own club or another club.
- Treat all members as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Co-operate with your teacher, team mates and opponents.
- Display modesty in victory and graciousness in defeat.

- Participate for your own enjoyment and benefit, not just to please supporters or teachers.
- Thank and congratulate the opposition and officials at the end of the competition.

Parents' and Spectators'

- Do not pressure the competitor in any way, respect that this is their competition, not yours.
- Remember that children learn best by example, applaud good performances by both your child/club and their opponents.
- Give positive comments that motivate and encourage continued effort.
- Focus on your child's/club's efforts and performance, not the results.
- Thank the teachers, officials and other volunteers who give their time to conduct the event.
- Do not criticise or ridicule any competitor's performance after the competition.
- Ensure a fair and proper competition environment for all competitors by abiding by the following:
 - Remain still and quiet while the competitors are on the floor.
 - Ensure you children remain still and quiet.
 - Turn all mobile phones to silent.
 - Keep belongings clear of the competition floor.
 - Do not sit around the edge of the competition floor.
 - Do not walk across the competition floor.
 - Do not use flash photography.
- Respect the rights of competitors by only videoing or photographing your own child/competitor.
- Respect the rights of competitors by refraining from putting photographs or videos on social networking sites.

4. Complaints

WZ Physical Culture Management is aware that concerns do arise when dealing with clubs and competitions. It is important that you let us know about any concerns you may have and we provide the following avenues for you to voice these concerns.

- 4.1 Approach your club instructress. Many of your questions or concerns can be clarified by your club instructress.
- 4.2 Face to face or over the telephone. If you feel dissatisfied with the response from your club instructress, you can express your concerns to the WZ Manager. If an immediate response is not able to be provided, your details will be recorded and a response will be provided to you as soon as possible.
- 4.3 In writing. A letter detailing your concerns can be hand delivered or posted to your club instructress or WZ Manager. You will be contacted as soon as possible to acknowledge receipt of your concern.
- 4.4 What happens when you make a complaint? Once you have provided all the details on your concerns, the person you have spoken or written to will raise the issue at the next Teacher's meeting. Action will be taken to resolve these concerns and we will advise you of the outcome.

While we consider it is important for you to let us know about your concerns, we would be pleased to hear about those things that you appreciate us doing and wish to encourage you to write or tell us about these.