



OLYMPIA GYMNASTICS ACADEMY

COMPETITION GUIDELINES

ATHLETE ATTIRE:

Athletes should arrive in their full competition uniform, including their team leotard, leggings, zip-up jacket, backpack, and team bow. Please wear white athletic shoes or Olympia Slides, with optional slides/flip-flops for quick bathroom breaks. Undergarments must be skin-tone and completely hidden, and jewelry is limited to one small stud earring per ear—additional jewelry or visible undergarments may result in a deduction.

TEAM TOGETHERNESS:

Athletes will remain with their team and coaches throughout the competition and awards ceremony. Athletes may bring a small, mess-free, peanut- and tree-nut-free snack to enjoy after the competition. Following the awards ceremony, coaches will dismiss athletes directly to their parents.

ARRIVAL TIME:

Please arrive on time and have your athlete fully prepared—including using the restroom—before their coach welcomes them onto the competition floor. If you anticipate being late, please email coach@oga.family so we can make arrangements. Parents are not permitted on the competition floor. If your athlete needs assistance, our coaching staff will reach out directly.

PARENTS RESPONSIBILITY:

Belongings: Due to limited space on the competition floor, please keep extra coats, boots, and bags with you during the event.

Spirit Wear: Show your Olympia pride! Visit the Olympia [Online ProShop](#) to shop team spirit wear and represent Olympia in the stands!

Positive Support: During the competition, please cheer positively through out the challenges and success, remain seated until all athletes have finished all four events, and refrain from communicating with athletes. Our coaches will be fully focused on supporting and preparing the gymnasts throughout the competition.



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HAIR & APPEARANCE GUIDELINES:

Hair: Hair should be securely styled off the nape of the neck, with the front pulled away from the face and flyaways controlled with hairspray or gel. Choose a comfortable style that stays secure during competition, such as a bun or curly ponytail.

Nails: For safety and a clean team presentation, nails should be short, clean, and natural. Nail polish, acrylics, press-ons, and decorative designs are not permitted. Athletes may be asked to remove polish before competing.

SCORING & AWARDS:

Gymnastics is a subjective sport, and scores and placements can vary from competition to competition. Our focus remains on each athlete's personal growth, progress, and accomplishments rather than the final number on the score sheet. Regardless of the results, we encourage our gymnasts to compete with confidence, pride, and joy while celebrating their hard work and progress.

PHONE POLICY:

To help athletes remain focused and fully present, phones should remain in gym bags or with parents throughout the competition and awards ceremony. We encourage our athletes to prioritize sportsmanship, focus, and mindfulness to make the most of their competitive experience.

AWARD EXPECTATIONS:

Awards recognize athletes by level and age group across each event and All-Around. All Olympia athletes are expected to stay for the entire awards ceremony, regardless of individual placements. Phones should remain in gym bags or with parents so athletes can be fully present and supportive. Medalists are expected to demonstrate good sportsmanship, gratitude, and excitement for themselves and their teammates. Please save souvenir purchases for after the awards ceremony. (e.g., Maui Wowi, Dippin' Dots, or other novelty items).