



Uniform Policy

Trilogy Gymnastics

1. Purpose

The purpose of this policy is to outline uniform requirements for gymnasts representing Trilogy Gymnastics to ensure safety, comfort, professionalism, and consistency across all programs.

2. Scope

This policy applies to:

All gymnasts (recreational and competitive)

Training sessions, competitions, events, and club activities

3. General Principles

The club aims to:

Provide safe and appropriate attire for gymnastics activities

Present a professional and unified club image

Respect individual needs and inclusiveness

Comply with competition and governing body requirements

4. Training Uniform

4.1 Required Attire

During training, gymnasts must wear:

Approved club leotard or club-approved training attire, Trilogy Gymnastics T-shirt

Shorts, leggings, or bike shorts may be worn where permitted

Comfortable shorts, leggings, bike shorts, crop tops, singlets

Hair tied back securely

No jewellery (except approved medical or religious items)

4.2 Footwear

Gymnasts train barefoot unless otherwise directed

Socks may be worn for specific activities with coach approval

5. Competition Uniform

Competitive gymnasts must wear the official club competition uniform

Uniform requirements will be communicated prior to competitions

Uniforms must comply with Gymnastics Australia and event regulations

Athletes not in correct uniform may be withdrawn from competition

6. Presentation Standards

Gymnasts are expected to:

Wear clean, well-fitted uniforms

Follow presentation standards for competitions (hair, makeup if applicable)

Avoid inappropriate slogans, logos, or designs

7. Modifications and Inclusiveness

Reasonable uniform modifications may be approved for:

Cultural or religious reasons

Medical needs

Disability or sensory considerations

Requests should be made in writing to club management

8. Uniform Purchase and Care

Uniforms must be purchased through approved suppliers

Families are responsible for uniform care and replacement

Lost or damaged uniforms are the responsibility of the athlete

9. Branding and Use

Club uniforms are to be worn with pride and respect

Uniforms must not be altered without approval

Uniforms must not be worn in a manner that brings the club into disrepute

10. Non-Compliance

Failure to comply with this policy may result in:

Exclusion from training or competition

Disciplinary action in line with club policies

11. Policy Review

This policy will be reviewed:

Annually

When uniform designs or suppliers change

When competition regulations are updated