

Little Athletics SA – State Team Code of Conduct (Athletes)

Applies to all athletes nominating for and/or selected in the 2026 State Team

1. Commitment to the Process

By submitting a nomination, athletes agree to:

- Participate in all required events, including the 2025 State Individual Championships.
- Attend team training sessions, uniform fittings, and meetings if selected.
- Communicate promptly with Little Athletics SA regarding withdrawals, injury, illness, or changes to availability.

2. Behaviour & Sportsmanship

Athletes must:

- Display respect, honesty, and good sportsmanship at all times—towards teammates, competitors, coaches, officials, staff, and parents.
- Uphold the values of Little Athletics SA, including fair play and positive participation.
- Refrain from behaviour that brings the team or organisation into disrepute, including inappropriate language, gestures, or conduct.

3. Training & Competition Expectations

Selected athletes must:

- Arrive on time, prepared, and ready to participate in training sessions and competition.
- Follow all instructions from team coaches and managers.
- Compete to the best of their ability in all allocated events, including relays, unless medically exempt.
- Wear the approved State Team uniform at all required times.

4. Respect for Team Staff & Processes

Athletes agree to:

- Respect decisions made by selectors, coaches, and team management regarding event allocations, relay composition, and training structure.
- Engage positively with all team activities, including briefings, meetings, and group events.
- Maintain a cooperative attitude that contributes to a supportive team environment.

5. Travel & Conduct Requirements

Athletes and their parent/guardian must:

- Comply with compulsory travel arrangements and stay at the designated accommodation as outlined.
- Represent Little Athletics SA professionally during flights, travel, accommodation, and competition.
- Follow all behaviour expectations set by team management while away.

6. Health, Safety & Wellbeing

Athletes must:

- Inform team management of any injury, illness, or condition that may impact performance or safety.
- Follow all safety instructions during training, travel, and competition.

- Avoid any behaviour that compromises the safety of themselves or others.

7. Use of Technology & Social Media

Athletes must:

- Use mobile phones and digital devices responsibly and respectfully.
- Follow all current Australian Government regulations relating to the use of social media by minors.
 - *Note: This includes the recently announced national restrictions on social media access for under-16s.*
- Avoid posting or sharing content that is negative, harmful, misleading, or disrespectful towards the team, competitors, officials, or event organisers.
- Seek permission before sharing photos or videos of other athletes, coaches, parents, or team staff.
- Understand that online behaviour is treated with the same expectations and consequences as in-person conduct.

Managers and staff will also adhere to all applicable federal rules and uphold safe, responsible digital practices during the State Team campaign.

8. Consequences of Misconduct

Little Athletics SA may take disciplinary action if the Code of Conduct is breached. This may include:

- Verbal or written warnings.
- Removal from team activities or events.
- Alteration of event allocations.
- Dismissal from the State Team in serious cases.