



The Golden Rule

- A judge should treat gymnasts, coaches, other judges, promoters and spectators with respect. In general, a judge should treat all persons with respect and dignity, and thereby encourage like treatment being extended toward her/him.

Whether or not in uniform...

- What we say or write can damage our reputation as fair and objective judges

Written Communication

- Social Networking Sites (i.e. Facebook)
- What goes on the internet goes public
- No negative comments regarding meets, coaches, fellow judges, colleges or athletes

- If you see a damaging comment, contact the judge responsible to have it removed
- Sometimes it's hard to remove comments from online sites
- Also be careful about notes, newsletters, e-mails and inappropriate texting

Verbal Communication

- OUTSIDE OF THE MEET: judges' rooms, bars, restaurants, restrooms, hospitality rooms, meet lobbies
- Remind ourselves before every meet to be careful

In the Meet Arena:

- Treat all meets like NCAA or Championship meets: little or no contact with coaches or panel judges
- Encourage the inquiry system
- Don't invite dialogue with coaches or compare gymnasts and teams
- Stay at your event
- Protect your sheets

Other Judges

- No unnecessary conversation
- Chief Judge must first write down his/her score/no manipulation of average
- Respect and support members of your panel
- Do not interfere in any other event

Helpers

- Be discreet around all helpers
- Be polite
- If there is a problem with a helper, tell MD or MR to find a replacement

Non-verbal communication

- Don't make faces during conferences, when handed an inquiry, during routines
- Someone is always watching!