

# Athlete Code of Conduct

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## Athlete Code of Conduct

All athletes at CF3 events and on Team Canada

*This Code sets out what CF3 expects of athletes and what athletes can expect from CF3. It draws on the IF3 Competition Rulebook (adopted under Bylaw 9.1), the Universal Code of Conduct to Prevent and Address Maltreatment in Sport, the Canadian Anti-Doping Program, and the Functional Fitness Long-Term Development Framework. Nothing here is new to the sport. It is written down so that everyone competes under the same rules and knows how they are applied.*

### Applies to

Every athlete at a CF3-sanctioned event and every athlete selected to represent Canada, from registration to the end of the event. Parents or guardians acknowledge for athletes under 18. Where this Code and the IF3 Rulebook differ, the stricter standard applies.

### You agree to

1. Compete fairly and safely. Follow the IF3 Rulebook and the workout standards. Control equipment at all times: lower dumbbells, kettlebells and loaded objects under control, do not drop from above the shoulders or throw unless the standard permits, and never toward lanes, officials or spectators. Report unsafe or damaged equipment. (IF3 Rulebook; Bylaw 9.14d)
2. Respect officials and the process. Accept decisions on the floor. Disagree through the inquiry procedure, not by raising your voice, arguing, gesturing or approaching an official. A calm question at an appropriate moment is fine. (IF3 Rulebook Part 4; Bylaw 9.7)
3. Treat everyone free of maltreatment and discrimination as defined in the UCCMS: competitors, volunteers, officials, staff and spectators. Language and behaviour must be fit for a youth environment. (UCCMS; Sport Canada)
4. Regulate yourself. Schedule changes, rule clarifications and limited coach access are normal in competition. Prepare so you can manage them without a coach beside you. Follow staff instructions on warm-up, staging and access zones. (LTD Framework: emotional regulation, autonomy, resilience)
5. Compete clean. Comply with the Canadian Anti-Doping Program and IF3 anti-doping rules. No competition manipulation. (CADP)
6. Represent Canada properly when selected: Team Canada agreement, approved apparel, and conduct throughout travel and the event.

### Your voice

1. Raise concerns at an event through the on-site inquiry process, which will be set out for you before the event.
2. Raise concerns that arise after an event through the avenues the event provides, or under the CF3 Discipline and Complaints Policy.

3. Provide feedback that does not fall under the Discipline and Complaints Policy at [cf3.thesport.fit/feedback](http://cf3.thesport.fit/feedback), or by email directly to a Board member at any time.
4. Communicate through your athlete representative on the Board or through the Athletes' Safety Committee.
5. You will not face retaliation for a good-faith complaint. Safe Sport matters may be reported to the Complaints Officer and, once adopted, under the Canadian Safe Sport Program.
6. Athletes sit on every hearing panel (Bylaw 9.11c) and CF3 is adding an athlete seat on the Board.

## **Violations and consequences**

1. On the floor: warning, no-rep, score penalty, removal from heat or event, under the TO Authority and Penalty Framework.
2. After: Misconduct Complaint under Bylaw 9.2(c). Outcomes under Bylaw 9.14 include reprimand, probation, suspension, expulsion, apology, and restitution including payment for damaged equipment.
3. An upheld finding in the last twelve months, or an open Complaint at nomination, makes you ineligible for Team Canada until resolved.

## **Acknowledgement**

I have read this Code, agree to be bound by it, and understand the consequences.

Athlete: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or guardian (under 18): \_\_\_\_\_ Signature: \_\_\_\_\_