



WZ SCHOOL OF MODERN PHYSICAL CULTURE

MEMBER RULES AND REGULATIONS

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1 PURPOSE OF THIS POLICY

1.1 The purpose of this policy is to outline the requirements for Physical Culture Members when they join, participate and compete in WZ Physical Culture. These rules cover:

- Membership fees and requirements
- Age and Grading requirements
- Uniform requirements
- Competition and Judging
- Member complaints management

2 MEMBERSHIP FEES AND REGISTRATION

2.1 All members wishing to join WZ Physical Culture must pay an affiliation fee per person as set out below. This fee is non-refundable and is to be paid to WZ at the time of registering online.

Age Group	Registration	Sports & Public Liability Insurances	OneMusic Licence fee	TOTAL FEES DUE
3-4 years	\$35.00	\$25.00	\$5.00	\$65.00
5-Adults	\$55.00	\$25.00	\$5.00	\$85.00
Senior Citizens	\$35.00	\$25.00	\$5.00	\$65.00

The complete amount of the above fees must be paid to WZ Physical Culture at the time of registration. Refusal to pay the above fees, or a part thereof, will result in WZ Physical Culture declining acceptance of the individual as a member.

Fees can be paid by either credit card online or members can pay via direct debit to Western Zone Physical Culture, BSB 512-170, Account 822294.

2.2 WZ Physical Culture is an Active and Creative Kids Provider. Vouchers can only be used for class fees to the Club you are registering with. You are not financial with that Club until your voucher has been cleared. You are only able to use each voucher once.

2.3 WZ Physical Culture reserves the right to refuse membership at any time. WZ Physical Culture also reserves the right to cancel any membership if the member breaches any of the Rules, Policies or Code of Conduct. All documentation is available on the WZ website – www.wzphysicalculture.com.au.

2.4 An individual wishing to transfer from one Club to another or join a different WZ Physical Culture club at the beginning of a new year or at any time during the year, will need to be cleared financially. A letter from a Club Official of the previous Club will be sent to the WZ Physical

Culture Treasurer if debts are outstanding. If the debts are not cleared, the member's registration will be declined until such debts are paid in full. Transfers from one club to another are to be clarified with WZ Physical Culture Treasurer.

- 2.5** Members of WZ Physical Culture can only be registered with one club during that year.
- 2.6** In the unfortunate event of an accident occurring, whether during training for competitions or in the spectator area, stop what you are doing immediately. An incident form must be completed for our records. This form will be provided on request. Members are advised that if they believe that a certain part of the syllabus will cause them injury or they are physically not able to carry out parts of the syllabus, they should stop doing this part of the syllabus immediately and bring their concern to the attention of their Teacher.
- 2.7** All members returning to Physical Culture following an injury, operation or major sickness (i.e. pneumonia) must provide a medical clearance from their health professional advising that they are fit to resume physical culture. In the case of pregnancy, it is recommended that members do not compete after 32 weeks and cease classes from 34 weeks. A medical clearance to continue doing Physical Culture should be obtained.
- 2.8** If you or your child suffers from a previous injury or illness please disclose this information on the Injury/Illness part of the Registration Form. Illnesses include Allergic Reaction, Asthma, Diabetes, Epilepsy, ADHD, etc. If any medications need to be given during class times or at competitions, please ensure that the parent or guardian is on the premises to administer this medication at the required time.
- 2.9** If a competitor injures themselves while competing they must leave the floor immediately. This member will not be permitted to compete again on the same day that their injury occurred and will need a medical clearance to compete in any future competitions.

3 COMPETITION AND GRADING RULES

3.1 Dates, Times and Venues for Competitions

- 3.1.1** Dates for Champion Girl heats, teams and finals competitions will be notified, WZ will endeavour to book these competitions for September and October.
- 3.1.2** Times for individual age groups will be allocated when final numbers of members in each club have been received by WZ. It is important for members to advise their teachers if they do not wish to compete to enable WZ to provide more accurate times.
- 3.1.3** The venues for competitions are booked by WZ. An audience entry fee to all competitions will be charged and tickets must be purchased online or at the door using a credit or debit card. Competition entry is cashless.

3.2 Eligibility and Grading

3.2.1 ADVANCED:

- Members who have gained 1st Place in A Grade WZ Grand Final.
- Advanced grading for those who placed 2nd in A Grade will be reviewed at the beginning of each year and those going to Advanced will be advised by letter.
- If a place is not achieved after three years in the Advanced Section, the WZ member has the option of returning to the A Grade Section.

3.2.2 A GRADE:

- Members who have gained 1st or 2nd Place in 'B' Grade WZ Grand Final.
- New members who have competed in open and 2nd year, Opera House, Town Hall and Semi Final sections in BJP, APDA, Burns and Edith Parsons associations.
- All 15-17 years A Grade going into Seniors to be reviewed. If a 15-17 year A Grade gains 1st Place at Grand Final and is awarded the Intermediate Champion, they will go to Seniors A Grade.
- Teachers unsure of what grade a girl or lady should be should notify the WZ Grading Committee. A grading decision will then be made by the Committee.

3.2.3 B GRADE:

- Members who have completed two or more years of physical culture with WZ or any other Physical Culture association.

- Competitors who have gained 1st or 2nd place in Grand Final in C Grade in the previous year and those C Grade Grand Finalists from the previous year deemed suitable for B Grade.
- All 5 year Finalists will go into 6 years B Grade.

3.2.4 C GRADE:

- Members who have never participated with WZ or any other Physical Culture association.
- Competitors who make the Grand Final to be assessed by the WZ Grading Committee in consultation with their Teacher and Judges as to suitability for B Grade.
- Competitors who do not make the Grand Final in this section or are deemed 'not ready' can remain in C Grade for a maximum of 2 years.
- If there are not enough 9-10 years or 11-12 years to have separate C Grade heats, the 9-12 years will be combined and will do the 9-10 years syllabus.
- If there are not enough 13-14 years or 15-17 years to have separate C Grade heats, the 13-17 years will be combined and will do the 13-14 years syllabus.

3.2.5 6 YEARS GRADING:

- Members will be graded 6 C Grade on completion of 1 year of 3-4 years and 1 year of 5 years C Grade.
- Members will be graded 6 B Grade on completion of 2 years of 3-4 years and 1 year of 5 years C Grade.

3.2.6 Open Seniors:

- Seniors aged 25 and over
- This section will do the B Grade Seniors work.
- It is not compulsory for Seniors aged 25 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in B/A Grade or going to the Open Senior Section.

3.2.7 Open Ladies One:

- Ladies aged 45 to 54.
- This section will do B Grade Ladies work for all competitions.

- It is not compulsory for Ladies aged 45 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in B/A Grade or going to the Open Ladies One section.

3.2.8 Open Ladies Two:

- Ladies aged 55 to 64.
- This section will do B Grade Ladies work for all competitions.
- It is not compulsory for Ladies aged 55 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in B/A Grade or going to the Open Ladies Two section.

3.2.9 Open Ladies Three:

- Ladies aged 65 and over. Ladies who are physically not able to do the floordrill to be assessed by the WZ Grading Committee for suitability to compete in this section.
- This section will do B Grade Ladies work and a modified exercise instead of floordrill for all competitions.
- It is not compulsory for Ladies aged 65 and over to compete in this section, if they were A Grade prior to this age, they have the choice of remaining in B/A Grade or going to the Open Ladies Three section.
- If Open Ladies Three are competing in a team, they will need to learn the floordrill.

3.2.10 Before a heat in any grade can take place there must be a minimum of 5 registered competitors. All members will be moved to next grade, e.g. C to B Grade or A to B Grade if there are less than 5 registered competitors in WZ. These changes will take place at the discretion of the WZ Grading Committee and is not negotiable, competitors will be notified prior to the competition.

3.2.11 Member Absence from WZ Physical Culture:

- If a member has not done WZ Physical Culture for 5 years, they are to return to the same Grade they were in prior to the absence.
- If a member has not done WZ Physical Culture for more than 5 years, they are to be reviewed on their return. Consideration will be taken into account whether the member has continued to do Physical Culture with another association.
- If a member has not done WZ Physical Culture for 20 years or more will be reviewed for placement into B Grade on their return. Consideration will be taken into account whether the member has continued to do Physical Culture with another association.

3.3 Age Groupings (age prior to 1st September)

3-4 years	Junior Section
5 years	
6 years	
7-8 years	
9-10 years	
11-12 years	Intermediate Section
13-14 years	
15-17 years	
Seniors - From 17 years	Senior Section
Open Seniors - From 25 years	
Ladies – From 25 years	
Open Ladies One - From 45 to 54 years	Ladies Section
Open Ladies Two – From 55 to 64years	
Open Ladies Three – From 65 years	

- 3.4** All WZ members must attend classes to learn the syllabus during the year to be eligible to compete in the Champion Girl/Lady Competitions. The discretion of the Teacher is to be used as to whether the girl or lady is suitable to compete in any team competition.
- 3.5** All competitors must be financially cleared to be eligible to compete in all competitions. This includes registration and insurance fees, and all class and other fees to the individual's club.
- 3.6** After competing as a lady or senior for 12 months, any lady or senior wishing to change from one section to the other must remain in that choice of section for a minimum period of two years.
- 3.7** Competitors must compete in the age group they register as at the beginning of the year. Competitors are not permitted to change age groups at any time throughout the year, unless discussed with the WZ Grading Committee.
- 3.8** Members are able to register and compete in an older age group. Members are not able to register and compete in an age group younger than their age. There may be circumstances where a member is not able to compete in their own age group, these circumstances need to be raised with the WZ Grading Committee.

4 UNIFORM REQUIREMENTS

- 4.1** Each competitor must wear a WZ leotard, skin tone footed shimmers (except 3-4 years) and silver ballet shoes for all Interclub, Club, Heats, Team and Grand Final Competitions. 13-17 years, Seniors and Ladies may wear footed fishnet stockings in addition to shimmers.
- 4.2** All leotards for all competitions must be purchased from Grand Active. Competitors will not be permitted to compete in any other leotard.
- 4.3** Regulation silver ballet shoes must be worn with silver elastic sewn on the inside of the shoe. Elastic must not be twisted. Standard width of elastic must be used.
- 4.4** Hair is to be worn off the face. Long hair should be confined to ensure that it does not interfere with the competitor completing the syllabus to the satisfaction of the judges.

4.5 Hair Accessories

Approved WZ bows can be purchased through your club for 3 to 12 years. If you do not wish to purchase these bows, the following rules apply.

3-8 years – Ribbons only

- Ribbons are to co-ordinate with leotard colours and should be no wider than 2cm and no longer than 10cm when tied.
- Ribbons can be tied around a plait, attached with a bobby pin or wrapped around a hair bun.
- No more than two ribbons should be used.

9-12 years – Ribbons (as above) or accessories:-

- A co-ordinating ribbon with sparkle can be used.
- Small diamante elements can be placed on the ribbon.
- Hair accessories must be kept to a minimum of four small or one large piece, the pieces must fit within the size of a 10 (small) or 50 (large) cent piece, if they are larger than these circles they will be removed.
- No combs and headbands.

13 years to Ladies

- Ribbons and accessories as per 9-12 years
- Combs (no wider than 10cm) – covered with ribbon or co-ordinating sequins. Ornate combs to be no higher than 3cm.
- Headbands – covered with ribbon or co-ordinating sequins. Ornate headbands to be no wider than 1cm.

All Competitors

- No pony tails, hair is to be styled so that it is contained while competing.
- Spray glitter, flowers and feathers are not to be used.
- Tiara's are not permitted.
- If the competitor is uncertain about an accessory, they are advised to consult their teacher.

4.6 No jewellery is to be worn while competing except for a wedding band and 5mm clear crystal or silver stud earrings.

4.7 No coloured nail polish is to be worn while competing.

4.8 Make-up:

It is not compulsory for members to wear make-up. The following is the maximum that is permitted:

- 3-12 years are permitted to wear a pale or neutral lipstick or gloss and mascara only.
- 13-17 years are permitted to wear light 'natural' make-up including a thin layer of foundation, pale eyeshadow and blush and pale lipstick or gloss.
- Seniors and Ladies are permitted to wear make-up of their choice excluding glitter.
- Fake tan may be worn by 13-17 years, Seniors and Ladies but must be kept to a minimum.

4.9 Each competitor is responsible for their own belongings at competitions.

5 JUDGING AND COMPETITIONS

5.1 Judging

- 5.1.1 WZ will appoint judges for Heats, Teams and Grand Final competitions.
- 5.1.2 All Judges decisions will be final, no disputes will be entered into at the immediate completion of the competition. Anyone wishing to discuss discrepancies in judging are requested to do so by following the Complaints process below.
- 5.1.3 The judges take into account appearance and presentation as well as ability to complete the syllabus as taught by the choreographer, so the above Competition rules should be followed to ensure equality. A judging matrix will be provided to all Teachers.

5.2 Grand Final

- 5.2.1 Any competitor who withdraws from the Grand Final following the heats competition will incur a fine of \$30.00. This fee may be waived if an appropriate explanation from the competitor is provided.
- 5.2.2 All WZ Physical Culture competitors are reminded that a set number of competitors are taken to Grand Final, it is therefore unfair to compete in the heats competition if you are unable to compete in the Grand Final.

Non compliance with the Competition Rules may result in disqualification.

5.3 Club Competitions

- 5.3.1 Teachers are responsible for organising Club Competitions and Interclub Competitions as set out in the Affiliation Agreement.
- 5.3.2 Clubs are permitted to combine grades in individual age groups if they do not have sufficient numbers for a competition.

6 MEMBER COMPLAINTS MANAGEMENT

- 6.1** WZ Physical Culture is aware that concerns do arise when dealing with clubs and competitions. It is important that you let us know about any concerns you may have and we provide the following avenues for you to voice these concerns.
- 6.2** Approach your club Teacher. Many of your questions or concerns can be clarified by your club Teacher.
- 6.3** Face to face or over the telephone. If you feel dissatisfied with the response from your club Teacher, you can express your concerns to the WZ Complaints Co-ordinator or Manager. If an immediate response is not able to be provided, your details will be recorded and a response will be provided to you as soon as possible.
- 6.4** In writing. A letter detailing your concerns can be hand delivered or posted to your club Teacher, WZ Complaints Co-ordinator or WZ Manager. You will be contacted as soon as possible to acknowledge receipt of your concern.
- 6.5** What happens when you make a complaint? Once you have provided all the details on your concerns, the person you have spoken or written to will raise the issue at the next WZ Committee meeting. Action will be taken to resolve these concerns and we will advise you of the outcome.
- 6.6** While we consider it is important for you to let us know about your concerns, we would be pleased to hear about those things that you appreciate us doing and wish to encourage you to write or tell us about these.

7 AGREEMENT

I have read and understood the above Member Rules and Regulations, and agree to comply with its provisions at all times while acting as a member. I have been provided access to all other WZ Physical Culture policies and understand that at any time my membership may be dissolved should I breach this agreement or other rules.

By accepting the waiver on the online Registration Form I acknowledge my commitment to being bound by the requirements of my membership and participation in WZ Physical Culture.