



**CODE  
OF  
CONDUCT**

**2015**





# CAPO AUSTRALIAN POWERLIFTING CODE OF CONDUCT

## Introduction

The CAPO Australian Powerlifting Code of Conduct provides all participants; lifters, parents, coaches, referees, spectators and officials with some simple rules that assist in delivering a safe and positive environment to everyone involved in the sport.

Within that safe environment, every CAPO Australian Powerlifting participant has the best chance to enjoy the sport. By accepting the standards of behaviour in the Code, we provide opportunities for all athletes, of all genders to excel in powerlifting. In doing so we build on good lifters, good citizens and good communities in which Powerlifting is a social asset.

I strongly recommend that everyone connected with CAPO Australian Powerlifting adopts these rules as an essential part of the way they contribute to our great sport.



**Steve Harris**  
Director  
CAPO Australian Powerlifting PTY LTD

## General Principles

Participants in CAPO Australian Powerlifting include:

- All registered members
- Accredited persons - coaches, referees, officials
- Volunteers
- Parents/carers of lifters
- Sponsor representatives and
- CAPO Australian Powerlifting supporters; members of the general public attending as spectators.

Participants are encouraged and expected to:

- **show positive acts of sportsmanship**, discouraging all instances of foul or illegal behaviour, or acts of violence
- **demonstrate the greatest levels of respect**, protecting the rights, dignity and worth of every person regardless of their gender, ability / disability, sexual orientation, cultural background or religion
- **celebrate the “good news” stories**, and understand that cyber-bullying, which includes negative or demeaning comments, status posts, personal messages or emails, is deemed as a serious form of harassment
- **accept that the integrity of the sport is of paramount importance**, therefore, no coach, player, official is allowed to participate, or be directly or indirectly involved in any way, in gambling in relation to competitions in which they are involved or directly linked.



# CAPO AUSTRALIAN POWERLIFTING CODE OF CONDUCT

## CODE OF CONDUCT – LIFTER / ATHLETE

- Be a good sport. Respect all lifters and their efforts
- Make an effort to get to know everyone
- Shake hands and thank the officials after the competition win, lose or draw. Appreciate what they do for the sport
- Participate for your own enjoyment and benefit
- Always respect the referee's decision
- Never become involved in acts of foul play
- Follow the rules of the competition. Live up to the highest ideals of ethics, sportsmanship and respect the traditions of the sport
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash talking, taunting or other actions that are demeaning to other lifters, officials or supporters
- Care for and respect the facilities and equipment made available to you during training and competition
- Safeguard your health. If you feel unwell or just not right make officials aware and get help
- Recognise that many officials, coaches and referees are volunteers who give up their time to provide their services. Treat them with the utmost respect
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a CAPO Australian Powerlifting competition in which you are involved
- Never bring the sport or CAPO Australian Powerlifting into disrepute.



## CODE OF CONDUCT – COACH

- Actively discourage bad attitudes and/or unsportsmanlike behaviour by lifters
- Seek to maximise the participation and enjoyment of all lifters regardless of ability
- Treat all lifters as equals, regardless of their talent
- Show concern and caution towards all sick and injured lifters. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured lifter is ready to recommence training or competing
- Teach lifters that an honest effort and competing to the best of their ability is as important as victory
- Maintain appropriate, professional relationships with lifters at all times



## CAPO AUSTRALIAN POWERLIFTING CODE OF CONDUCT

- Maintain a thorough knowledge of the rules of the sport and each federation. Keep abreast of current coaching methods; maintain or improve your current skill level



- Always consider the health, safety and welfare of the lifters
- Teach young lifters to realise that there is a big gap between their ability and the professional athletes. Do not coach them as if they are professionals, coach them at their level
- Ensure that your coaching reflects the level of the competition being competed in. Do not be a "winner-at-all-cost" coach
- As coach, conduct yourself at all times in a manner, and in all situations, that shows leadership, respect for the sport of powerlifting and respect for all those that are involved in the sport – the lifters, officials, the spectators, the parents, the referees and the media.
- Never bring the sport or CAPO Australian Powerlifting into disrepute.

### CODE OF CONDUCT – REFEREE / OFFICIAL

- Be impartial, be consistent, objective and courteous
- Place the safety and welfare of the lifters above all else; be alert to minimise dangerous practices, especially in novice competitions
- Avoid any unnecessary form of verbal contact with lifters, coaches and spectators during competition
- Avoid any situation which may lead to a conflict of interest
- Maintain an appropriate level of knowledge of rules and keep up to date with new amendments
- Condemn all and every instance of unsportsmanlike, foul or unfair play
- Set a good example by the way you dress, speak and act towards lifters, coaches, officials, and spectators
- Officiate to the age and/or experience of the lifters
- Never bring the sport or CAPO Australian Powerlifting into disrepute.





## CAPO AUSTRALIAN POWERLIFTING CODE OF CONDUCT

### CODE OF CONDUCT –SPECTATOR / PARENT

- Condemn all violent or illegal acts, whether they are by lifters, coaches, officials, parents or spectators
- Respect the referee's decisions – don't complain or argue about decisions during or after a competition
- Behave. Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated
- Encourage lifters to respect other lifters and officials
- Never ridicule or scorn a lifter for making a mistake – respect their efforts
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final outcome of a competition
- Participate in positive cheering that encourages the lifters you are supporting. Do not engage in any cheering that taunts or intimidates opponents, their fans or officials
- Remember that lifters participate in powerlifting for their own enjoyment, not yours
- At all times, follow the directions of referees and/or other duty officials
- Never arrive at a competition under the influence of drugs or alcohol. Never bring drugs or alcohol to a CAPO Australian Powerlifting event. Only drink alcohol, if it is available, in a responsible manner in the designated licensed area
- Enjoy the event you are watching as many hours of training from the lifters goes into each event
- Never bring the sport or CAPO Australian Powerlifting into disrepute.







## CAPO AUSTRALIAN POWERLIFTING CODE OF CONDUCT

### CODE OF CONDUCT – SUMMARY OF OFFENCES

No person(s) attending a competition, function or event shall:

- (a) Use offensive or obscene language to any participant;
- (b) Enter the stage area/platform area or back stage warm up area during the course of a competition without the prior approval of the event organiser or head referee;
- (c) Excessively dispute the decision of a referee or official either during or after a competition;
- (d) Assault or act with aggression to any person(s);
- (e) Behave in a way contrary to the Code of Conduct and/or the spirit of the sport;
- (f) Behave in a way which disturbs the enjoyment of a competition, function or event by any other person(s), or brings discredit to CAPO Australian Powerlifting;
- (g) Act in such a way as to exhibit racial intolerance, by language or other conduct, to any person(s);
- (h) Refuse to accept the reasonable direction of any official appointed by CAPO Australian Powerlifting;
- (i) Never bring the sport or CAPO Australian Powerlifting into disrepute.

Gyms and clubs are responsible for the conduct of their lifters, parents/carers of lifters, coaches, officials and supporters.

Breaches of the CAPO Australian Powerlifting Code of Conduct may result in penalties, including but not limited to:

- Removal from a specific competition prior to or during the event;
- Suspension of a membership on a temporary or permanent basis and/or
- Suspension of a gym, club or association on a temporary or permanent basis.

***Breaches of this Code of Conduct will be heavily enforced for the benefit of the sport!***

