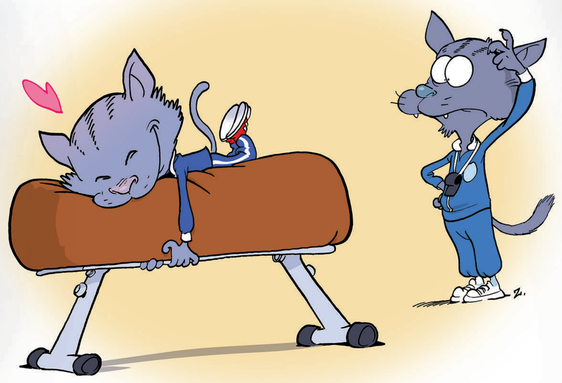
The 10 Golden Rules of Gymnastics

WORLD GYMNASTICS

I do gymnastics for fun



Enjoying what you do is the most important part of sport.

I listen to my body



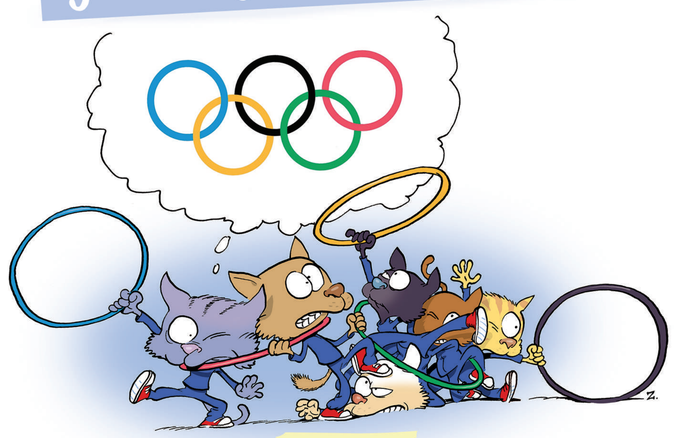
It's important to recognise and respect each other's limits and capabilities

I pursue my own dreams, not someone else's



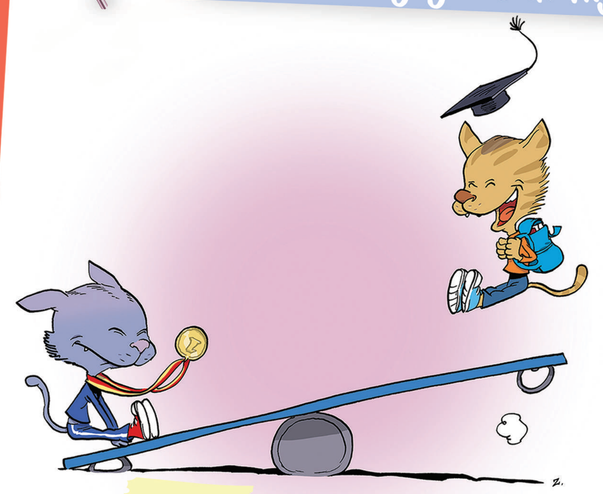
Set realistic goals and celebrate any success you achieve.

I know that I will have good days and tough days



Ups and downs, wins and setbacks, are all part of any learning process.

I balance my passion for gymnastics with other big goals in my life



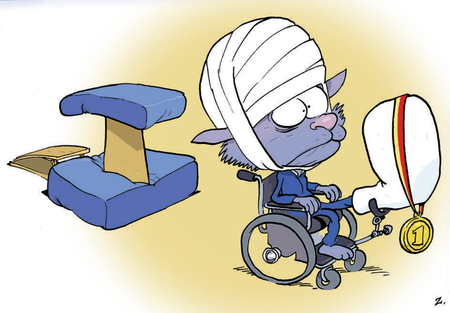
Finding a good mix of studies/work, sports and free time helps us grow and succeed as people.

I have the right to be respected as I am



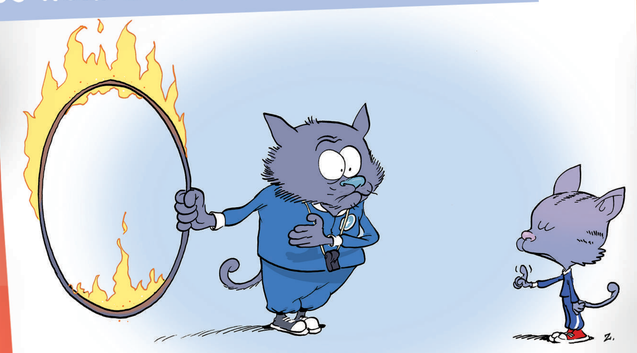
Everyone's uniqueness and strengths should be celebrated. Success comes in all forms.

My health is more important than medals



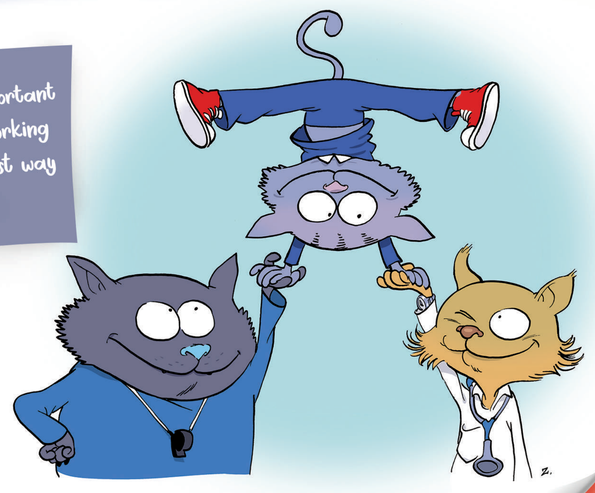
An athlete's mental, emotional and physical health must come before results, in both the short and long term.

I have the right to express myself freely, be heard and be treated fairly



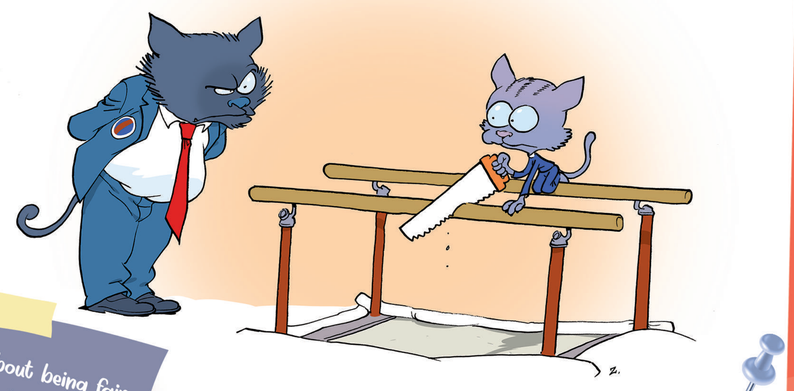
Everyone should have the opportunity to express their views on matters that concern them in a respectful manner, without punishment.

I understand and respect the roles of the people around me



Everyone has an important part to play and working as a team is the best way to succeed.

I act with fairness and integrity



Sportsmanship is about being fair and honest. Be true to yourself and others, and play by the rules.

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