



Code of Conduct

*For National Athletes and Officials
Representing Singapore in Overseas
Competitions – Prepared by Shihan David Thong*

By Order of the
Management Committee
29th Nov 2010 – v1
9th July 2011 – v2

GENERAL DISCIPLINE MATTERS

PUNCTUALITY

Athletes are to be punctual for any reporting time given. Should there be a legitimate circumstance where the athlete is unable to report on time, he or she should raise the issue up to the team manager so that appropriate action can be taken.

SHOWING RESPECT TO SENSEIS, SHIHANS, AS WELL AS OFFICIALS AND DELEGATES FROM OUR OWN AND FROM OTHER NATIONS

Athletes must uphold the decorum of a Karate-ka to their best. These include proper bowing to the team manager, national coach/coaches and referees as a team at breakfast and when the team first arrives at the competition venue, as well as reporting to the national coach, team manager and head of delegations when they win any medal in the competition.

SHOW OF FORCE (TEAM SPIRIT)

It is important to uphold the image of Team Singapore as a formidable force. As such, a series of regimentation has been put in place to present us as a strong and united force (see below).

ABSENCE WITHOUT PERMISSION

Athletes are not allowed to go out on their own without the explicit permission of the Head Coach or Team Manager, even on their free time. They are to ensure that whoever is in-charge knows of their whereabouts at all time, especially on the day that they are competing.

NO CHANGING OF ROOM WITHOUT PRIOR NOTICE AND PERMISSION

The room will be assigned by the head of delegation or the team manager. After the room had been given, there can be no change of room without the explicit permission from the head of delegation or team manager.

NO OFFICIAL IS ALLOW TO BE IN A LOCKED HOTEL ROOM / ENCLOSURE WITH AN ATHLETE OF AN OPPOSITE SEX

It is strictly prohibited and considered a serious infringement of the code of conduct for any official caught to be in a locked hotel room / enclosure with an athlete of an opposite sex.

NO ATHLETE IS ALLOW TO BE IN A LOCKED HOTEL ROOM / ENCLOSURE WITH ANOTHER ATHLETE OF AN OPPOSITE SEX

It is strictly prohibited and considered a serious infringement of the code of conduct for any athlete to be in a locked hotel room / enclosure with another athlete of an opposite sex.

PRESENTING A STRONG AND UNITED FORCE

ALWAYS MOVE AS A TEAM

Whenever possible, the team should move from point to point as one unit. These include travelling to and fro the competition venue, as well as to meals.

National Flag

All National athlete **MUST** purchase a Singapore National flag and bring along the Singapore National Flag for any Federation sanctioned competition. It is important to note that without the Singapore National Flag, athlete will not be allow to depart with the team and will be liable to all expenses paid by the Federation.

ATTIRE

The attire for airport departure is national team T-shirt and team Singapore track suit with sports shoe.

The attire for having meals in the hotel restaurant is national team T-shirt and dark black or blue shorts.

The attire for training is karate pant with national team T-shirt.

The attire for competition day is national team T-shirt and team Singapore track suit. For those not competing for the day, they will have to go to the competition venue in their national team T-shirt and track suit to support their team mate, while those competing may choose to wear their Team Singapore jacket over their Karate gi instead.

For welcoming and farewell party, athletes should also be mindful of the need to dress appropriately for the right venue and thus always check the dress code with the team manager before reporting.

DINING AS A TEAM

All meals should be consumed as a team as much as possible, especially for breakfast and dinner. Lunch, however, is very much dependent on the proceedings of the tournament. The Team Manager must thus ensure that every athlete in the team is taken care of during lunchtime.

CHEERING FOR EACH OTHER

It is the duty of every athlete to cheer for one another during their matches, just as they would like the team to cheer for them when they are in a match. The team must decide and rehearse on a set of cheers before the tournament commences.

LOOKING AFTER EACH OTHERS' BELONGINGS

Theft is very common at the competition venue. Hence, every individual should be unselfish in guarding the belongings of your team at all times and keep a keen lookout for any suspicious people approaching. If you have been assigned to look after the belongings, you will be held responsible in the event if there is a loss of the property/properties. Failure to uphold the responsibilities will result to suspension and or dismissal from the national team.

SHOWING ENTHUSIASM AND TAKING INITIATIVE

Athletes are expected to display a high level of enthusiasm and initiative throughout the overseas trip. One should be mindful that the team will suffer as a whole should anyone decide to be selfish or unenthusiastic in performing their given tasks.

PREPARING FOR COMPETITION

PACKING UP BEFORE FLYING OFF

Athletes should pack their luggage well in advance 3 days before they fly off/depart. This is to avoid any undue stress of last minute packing, which usually results in one forgetting to bring important items or not having enough time to get hold of the items they are missing.

Athlete must check their passport always to ensure its had 6 months of validity at all time.

In some competitions where number tags are given, athletes are recommended to sew the tags on their karate gi at home to avoid the hassle of doing so in the hotel with limited resources.

PACKING THE NIGHT BEFORE COMPETING

Everything should be packed and ready the night before the next day competition. Extra pair of contact lenses should be prepared as well. This is to avoid any hast or delay in the morning.

STRICTLY NO CONSUMPTION OF OUTSIDE FOOD BEFORE THE COMPETITION

There might be sometime given which allow the team to venture outside before the competition. The food offered outside can be very tempting and looks safe to consume. However, it is a standing order which strictly prohibit any team members including officials to consume any outside food before the competition. When drinking, you are to ensure it is bottled mineral water. Only ice which is sealed and purchased from the reputable super market can be used for consumption.

READY FOR CHANGE IN COMPETITION SCHEDULE

All athletes are required to bring along their Karate gi and complete competition gears even if it is not their competition day in case of any last minute change in match schedule by the organizer.

DURING COMPETITION

WARMING UP AT THE TATAMI

Athletes are usually allowed to warm up on the tatami in the morning before the competition starts, and on some occasions during lunchtime too. While athletes are highly recommended to make full use of such opportunities to absorb the atmosphere of the competition and familiarise themselves with the tatamis, they must be mindful that their behaviour and actions would be observed by other athletes. They are thus expected to be serious in their warming up and coordinate team warming up on the tatamis where necessary.

ALWAYS TELL OF YOUR WHEREABOUTS

Athletes should be aware that a couple of administrative matters have to be settled on the day the athlete is competing. This includes

- i. for kumite fighters, the weighing in first thing in the morning
- ii. reporting to the check in area as the event is about to commence
- iii. getting ready at the designated holding area as the event proceeds
- iv. reporting for your match
- v. attending the marching in ceremony
- vi. Kata athlete must ensure they register their kata for the match at the official table before the start of their match. Usually this come in an

official slip of paper to be sign by the team manager/coach and submit before the match.

- vii. Team kumite athlete are required to submit their fighting order before the match and are not allow to make any changes once submitted.
- viii. Responsible to what you ingest. Never accept any drinks or food from any source which is doubtful. A drinks you accept from someone else could render you failing your doping test and you are soley responsible to whatever you ingest.

These events are time critical and athletes must ensure that they report punctually for them. Not to mention the fact that tournaments are prone to changes in match schedules, especially the less organised ones, it is thus important for the athlete to keep the team manager informed of his or her whereabouts at all times, and ensure that he or she visits the loo before the start of the competition with a partner.

ITEMS TO BRING WHEN REPORTING AT THE HOLDING AREA

The following items must be brought along **IN A BAG** when checking-in for the event:

- i. **ID TAG**
- ii. Red and blue sparring mitts
- iii. Red and blue shin guards
- iv. Red and blue instep guards
- v. Mouth guard
- vi. Red and blue belts
- vii. Water bottle with sufficient water
- viii. Nail clipper
- ix. Approved face mask (where applicable)
- x. Approved body protector
- xi. Chest guard must be worn by female athlete

The bag will then be handed over to the Team Manager or Coach who is accompanying you to the reporting, and he is responsible for your belongings until you complete all your matches.

Note that the coach has to bring along his own ID tag and be in track suit and sport shoes to be allowed to coach his athlete in the match area..

ID TAGS

The athlete's ID tag will usually be handed over to the officials when they report at the holding area or just before they go in for their match. After which they must remember to collect their tags back from the official table, usually right after their match ends or when the entire event ends. It is also the duties of the athletes to report to the coach / team manager their opponent's full name and the score.

AFTER THE COMPETITION

LEAVING THE COMPETITION AREA AS A TEAM

No one is allow to leave the competition area and return to the hotel / athelte's village early without the explicit permission from the Team manager.

The Team Manager must ensure all members are accounted for before they leave the competition area. All members of the team must travel in the same bus to and from the hotel.

NOTICE

You have been notified herein that the above code of conduct are to be strictly adhere to at all times. You are further warned that you will be suspended and/or removed from the national team for non-compliance to the stated code of conduct.

THE ROLE AND DUTIES OF AN OVERSEA DELEGATION

HEAD OF DELEGATION -

He/She is the highest authority assigned by the Management Committee and will be the overall in-charge of the entire team. He/She will attend all functions and deem as the country head of representative.

TEAM MANAGER -

He/She is the second highest authority assigned by the Management Committee and will be the overall in-charge of the entire team.

In-charge of Registration of the team upon arrival;
Team Manager draw;
Lodge any protest;
Accompany the athlete for doping test whenever its possible;
Collecting the score sheet, competition results;
Submit the team traveling and performance report.

TEAM COACH -

A Team Coach is responsible to all training and competition preparation and supervising of the entire team.

In-charge of coaching the team in the match area;

Accompany the athlete for doping test;
Record down all scores and perpare the post-competition briefing report.