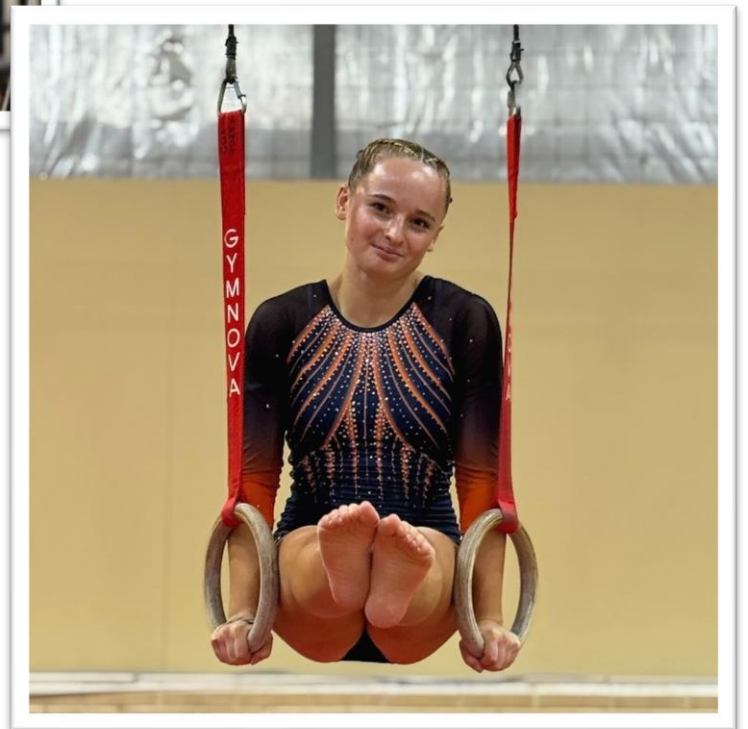
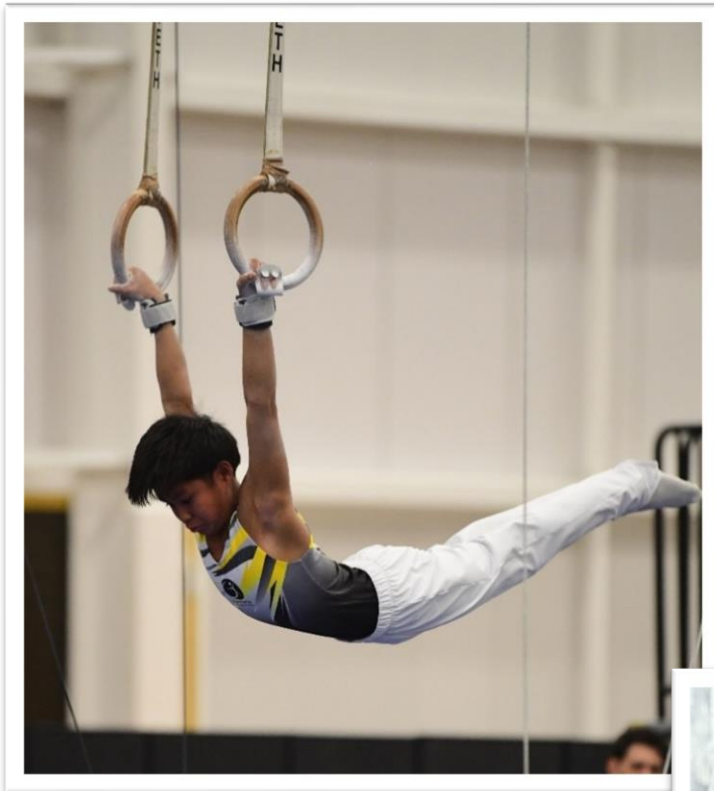


2026 Competition Squad Handbook



Introduction

We're excited to welcome you to the Competitive Program at Forefront Gymnastics (FFG). This handbook is designed to help you understand the key expectations, opportunities and policies within our competitive program.

At FFG, our primary goal is to create a safe, supportive and empowering environment for all gymnasts, families, and staff. We are committed to helping every gymnast achieve their personal best, not only as a gymnast, but as a confident, resilient and well-rounded individual.

As your child progresses through the competitive stream, they may have the chance to experience a range of exciting opportunities including in-house, state and national competitions alongside their teammates. While gymnastics is largely an individual sport, we place a strong emphasis on team culture. We believe in lifting each other up, celebrating progress, and fostering a spirit of encouragement and unity across all levels.

We're so pleased to have you as part of the Forefront team. We welcome your input and feedback, and we look forward to partnering with you as we continue to grow, learn, and inspire our gymnasts together.

*Welcome to the
Forefront family!*



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Safety and Wellbeing

At FFG, we are fully committed to the safety, wellbeing, and empowerment of all who participate in our programs. We actively support their rights and ensure that every gymnast feels safe, respected, and valued within our club. We take our responsibility to protect children seriously. Our culture encourages open communication, where children, families, and staff are supported in raising concerns. We do not tolerate any form of child abuse and respond to every report with immediate and appropriate action.

At FFG, we provide ongoing training to ensure our staff fully understand their responsibilities and are equipped to maintain a safe and supportive environment for all. We also recognise that strong partnerships with families are essential for safeguarding children and building awareness around recognising and responding to risks. We follow Gymnastics Australia's 'Safeguarding Children and Young People Policy' to uphold the highest standards in child protection and safety. These documents are regularly reviewed to reflect best practice and are available on the Gymnastics Australia website under the National Integrity Framework.

Together, we are committed to building a safe, strong, supportive environment where every gymnast can thrive.

Child Safety Responsibilities of FFG Staff

- Understand and adhere to all relevant Gymnastics Australia child safety policies and procedures
- Promote and uphold the values and culture of FFG
- Promptly report and record any concerns, disclosures, or suspicions of child abuse by notifying FFG management
- Create and maintain a safe, inclusive, and welcoming environment for all participants
- Support every gymnast in reaching their full potential by providing equal opportunities and actively preventing discrimination
- Deliver programs that are appropriate and tailored to the age, skill level, and needs of each participant
- Engage with gymnasts in a respectful, positive, and age-appropriate manner at all times



Support Services and Resources

<p>Child Safety & Wellbeing Services</p>	<p><u>Gymnastics WA Child Safeguarding</u> Provides education, resources, and reporting mechanisms aligned with Gymnastics Australia’s Child Safety Policies. www.gymnasticswa.asn.au → Policies & Resources → Child Safety admin@gymnasticswa.asn.au</p> <p><u>Kids Helpline</u> A free, 24/7 confidential counselling service for children and young people aged 5–25. 1800 55 1800 www.kidshelpline.com.au</p> <p><u>WA Child Protection and Family Support (Department of Communities)</u> Offers information and support for families, including child protection services, parent support, and 24/7 crisis care. Crisis Care: 1800 199 008 www.wa.gov.au/organisation/department-of-communities</p>
<p>Mental Health & Emotional Support</p>	<p><u>Headspace</u> Provides mental health support, counselling, and wellbeing resources for youth aged 12–25. Locations throughout WA, including Fremantle, Midland, and Joondalup. www.headspace.org.au</p> <p><u>Beyond Blue</u> Mental health support and information for individuals and families, including resources on youth anxiety, depression, and parenting. 1300 22 4636 www.beyondblue.org.au</p>
<p>Inclusion, Disability & Diverse Needs</p>	<p><u>Inclusion WA</u> Supports community inclusion through sport and recreation for individuals with disability or mental health challenges. www.inclusionwa.org.au</p> <p><u>Autism Association of WA – Gym Friendly Support</u> Offers tailored advice to clubs and families on supporting children with autism in sport and recreation. www.autism.org.au</p>
<p>Parent & Family Education</p>	<p><u>Ngala Parenting Line</u> A free telephone support service for parents and caregivers of children age 0-18. 08 9368 9368</p> <p><u>Raising Children Network</u> Expert-backed parenting resources across child development, safety, mental health, and sport participation. www.raisingchildren.net.au</p> <p><u>Play by the Rules</u> Education hub for coaches, parents, and clubs about child safety, inclusion, and respectful sporting environments. www.playbytherules.net.au</p>

Competition Streams

At FFG, we run programs in three competitive streams.

1. **WAG Club Level**
 - a. WAG Club level gymnasts train recreationally but have the option to compete at in-house competitions held at FFG. Competition participation is not compulsory.
2. **State Level**
 - a. State level gymnasts compete at local and WA competitions.
3. **National Level**
 - a. National level gymnasts compete at local and WA competitions. Gymnasts at eligible upper levels will have the opportunity to qualify for Gymnastics WA state teams and compete at national competitions.

Training Policies

Training Attire

For safety, comfort, and ease of movement, gymnasts must wear appropriate training attire to all sessions. Gymnasts who are not in suitable clothing may have their participation limited.

Suitable **WAG** training attire includes:

- Crop top and shorts set
- Leotard
- Fitted top and shorts or leggings

Suitable **MAG** training attire includes:

- Leotard or fitted top
- Shorts or longs/fitted trousers

For **WAG** and **MAG**:

- No cargo shorts/pants, zips, buttons or buckles
- Long hair must be tied back neatly and away from the face
- No jewellery (except small ear studs), including watches
- Any additional gear (e.g. grips, strapping tape) as required
- Footwear must be worn to and from the gym
- Wear warm outer layers to and from the gym in winter

Punctuality

Punctuality is essential for a safe and productive session. All gymnasts are expected to arrive at least 5 minutes prior to their session start time, ready to begin on time.

Warm-up is a critical part of injury prevention and skill readiness, and late arrivals must check in with their coach before joining the session.

Gymnasts who arrive early can either sit in the viewing area or complete a rehab program if they have one in place. They are not permitted to train prior to their session start time.

Late Pick-Up

Please ensure your child is collected promptly at the end of their session. Our coaches are required to supervise gymnasts until they are picked up, and repeated late collections impact their ability to meet other club responsibilities and extends what are already late finishes. Late pick up fees apply, please refer to the Fee, Payment and Refund Policy.

Attendance

We strongly encourage gymnasts to attend all training sessions. The skills and physical preparation required to be successful requires attending the set schedule. Strength, flexibility and learning new skills can be set back with time off. If you are going to miss a session, please log it on iClassPro.

Modified Training Hours

Each competitive squad at FFG has set training hours and corresponding tuition fees, as outlined under the Fees section. These scheduled hours are designed to ensure gymnasts are fully prepared for competition. Reduced training may impact a gymnast's progress and pose safety risks if they are not adequately prepared to compete.

Coaching and club resources are allocated based on the training commitments made by families at the beginning of the competitive season. However, we understand that some gymnasts may require modified training hours under certain circumstances. Approved reasons include:

- Gymnasts in their final two years of secondary school (Years 11 and 12)
- Gymnasts enrolled in tertiary education (TAFE or university)
- Gymnasts undertaking regular work commitments
- Gymnasts recovering from injury

If the club agrees to reduced attendance for any of the above reasons, you will still be billed for 50% of the sessions not attended to keep your place in the squad. Otherwise, the club may reassign you to a more suitable program.

Illness & Injury

If your child is unwell and unable to attend school, they should also refrain from training. If your child contracts an infectious or highly contagious illness (such as flu, COVID, or chicken pox), please let their coach know so they can inform the group.

During competition season, if your child becomes unwell or injured, please inform their coach promptly so their training plan can be adjusted accordingly. Modifications to training will be made in cases of minor injuries to support ongoing recovery and preparation for competition. For injuries that require modified training for more than three sessions, we recommend seeking assessment and treatment to support a safe and timely return to full training.

For missed sessions due to injury please refer to Fee, Payment and Refund Policy

School

FFG strongly supports academic success and recognises the importance of balancing schoolwork with training. We never expect gymnasts to compromise their education for gymnastics. We encourage gymnasts and their families to use their judgment when deciding if homework needs to take priority over training. Please log any absence related to schoolwork on iClassPro.

Coach Absence

If a coach is absent and we are unable to schedule a suitable relief coach, we endeavour to merge their squad with a similar squad. Any training cancellations will be communicated to families as soon as possible via email, the Heja App and a phone call if reception is manned. Club level sessions will receive a make-up token. Squad levels will receive a credit.

Extreme Heat

At FFG, the safety of our gymnasts is our priority, and we actively manage classes during hot weather to reduce the risk of heat-related illness. The below measures ensure we can continue to run classes safely while prioritising the wellbeing of all gymnasts:

- **Class cancellations:** If the forecast is scheduled to reach 35°C+, the internal temperature will be measured digitally throughout the day. If the gym temperature is 36.9°C or less at 2:00pm, classes will continue. If the gym temperature is 37°C or more at 2:00pm with no cool change forecast until 4:00pm, all classes will be cancelled. If a cool change is forecast before 4:00pm, the temperature will be rechecked at 3:00pm. If the temperature in the gym is 37°C or over at 3:00pm, all classes will be cancelled
- **Modified training:** On hot days, training is adjusted to reduce intensity, with a strong focus on safety rather than performance
- **Rest breaks:** Additional rest is built into classes as temperatures rise, with more frequent and longer breaks in higher heat
- **Hydration:** Gymnasts are encouraged to drink water before, during, and after class, with regular drink breaks (at least every 15 minutes in higher temperatures)
- **Cooling strategies:** Use of fans in the gym and air conditioning in the foyer, water breaks to help manage heat levels
- **Monitoring wellbeing:** Coaches closely monitor all gymnasts for signs of heat stress and respond accordingly, understanding that tolerance varies between individuals

Shared responsibility: Parents and gymnasts are encouraged to come prepared with water, communicate any health concerns, and be aware of heat-related symptoms

Makeup Classes

Makeup classes are not available for any missed or cancelled sessions for squad members. For Club and Development levels please refer to the Fee, Payment and Refund Policy

Communication with Coaches

All communication with squad coaches is managed through the Heja App, which allows for streamlined group messages and direct communication between families and coaching staff.

Each squad has a monitored group within the app, overseen by the Manager. Some coaches may choose to share their personal contact details, but this is entirely at their discretion and discouraged by the club. All correspondence regarding fees and payments is to be directed to enquiries@forefrontgym.com.au and all absences are to be logged through your iClassPro portal.

If you are unable to contact your child's coach or need further assistance, please email enquiries@forefrontgym.com.au.

Spectating Training

Families may view training at any time from the designated viewing areas only. We ask that gymnasts focus solely on feedback and instructions from their coaches during training. Please avoid interacting with your child during sessions to minimise distractions.

Squad Levels and Transfers

It is normal for gymnasts to move up a level each year but also repeat certain levels when in the competitive streams, as each athlete progresses at their own pace. All decisions are made by the wider coaching team, with the

gymnast's long-term development and wellbeing as the highest priority. Depending on their progress, training behaviour and overall readiness, gymnasts may be invited to transition between levels and streams. As gymnasts move through the levels, it is normal to be assigned a new coach for the year to support their evolving needs and development.



Competition Policies

Competition Participation

- **Club level:** Competitions are optional and gymnasts can choose to train on a recreational basis only
- **State and National level:** Participation in all scheduled competitions is compulsory and by accepting a position in a squad you agree to do so, unless medically unfit due to illness or injury. If your child is unable to attend a competition, you must email comps@forefrontgym.com.au as soon as possible

Number of Competitions

- **Club level:** Two competitions held at FFG every year, one in Term 2 and another in Term 4.
- **State and National level 3-7:** Two qualification competitions plus State Championships.
- **National level 7+ gymnasts:** Two qualification competitions plus State Championships with the possible selection to compete at additional National Competitions.

Location of Competitions

- Club level competitions are held at FFG.
- State and National level competitions are held at the State Gymnastics Centre, located inside the Loftus Recreation Centre in Leederville (99 Loftus Street). Competitions hosted by other clubs will take place at alternative venues, with location details provided in the event information email.

Competition Uniform

There is no compulsory competition uniform for club level gymnasts. Suitable training attire listed under 'Training Attire' is adequate for competitions.

State and National level gymnasts must wear the official FFG uniform to all competitions in accordance with Gymnastics Australia (GA) guidelines.

Uniform requirements include:

- WAG Level 2: WAG Club Training Short Sleeve Leo / Crop top and shorts set
- WAG Levels 3-4: WAG Comp Short Sleeve Leo, Club Tracksuit, Scrunchie *Optional: Club T-Shirt, Shorts*
- WAG Levels 5+: WAG Long Sleeve Leo, Club Tracksuit, Scrunchie *Optional: Club T-Shirt, Shorts*
- MAG All Levels: MAG Leo, Longs, Shorts, Club Tracksuit *Optional: Club T-Shirt,*

It is the responsibility of each family to purchase uniform in advance of the competition season. This can be ordered through the uniform shop on iClassPro. Full payment is required when placing an order.

Information sessions are held in Term 1 each year where we provide guidance and measuring for size in our uniform room. If you are unable to attend one of these, please ensure you try for size and place your order at least 10 weeks before the first competition, as we do not carry stock in all sizes for last-minute purchases.

For second-hand uniform items, check out the 'Forefront Gymnastics WA Families' Facebook group, where current families can buy, sell, or trade.

We recommend that gymnasts use grips for both training and competitions. For high-quality options, we suggest the following suppliers: www.gymnasticssupplies.com.au or www.amco.com.au. We do not recommend using 'palm guards' as they are not the same as traditional grips.

Illness or Injury Before Competition

Gymnasts are expected to attend all sessions in the week leading up to a competition. If sessions are missed and coaches determine that the absence may affect the gymnast's performance, readiness or safety, the gymnast may not be permitted to compete.

Withdrawal from Competition

Coaches reserve the right to withdraw a gymnast from any competition, before or during the event, if it is deemed to be in the best interest of the gymnast's wellbeing, safety or team readiness. Previous qualifying scores do not override a coach's decision.

Competition fees are fully refundable with more than two weeks' notice. For notice provided between two weeks and two days before the competition, a 50% refund applies. For notice given less than 48 hours before the first competition of the weekend, no refund will be issued.

Withdrawal from a Squad

If you wish to withdraw from a squad, please notify FFG in writing by emailing comps@forefrontgym.com.au and enquiries@forefrontgym.com.au. A minimum of four (4) weeks' written notice is required, and training fees will continue to be charged during this notice period. Please note that Gymnastics Australia (GA) membership fees are non-refundable.

Transport to Competitions

Families are responsible for arranging transport to and from competitions. Gymnasts should arrive at least 10 minutes before the registration time, dressed and ready upon arrival.

Team Selection

Some competitions, including the State Championships, are structured as team events. Our aim is to form teams that best contribute to the club's overall success. Team selection is based on:

- Competition results
- Coach assessments
- Attendance and training behaviours

In some cases, squads may be split across multiple competition sessions. If this affects coach availability for training, training may be cancelled and a credit provided. Any changes to your child's training schedule during competition periods will be communicated directly via the Heja App.

Parent Volunteers at Competitions

Like all sports in Australia, gymnastics relies on the support of volunteers. During the competition season, we randomly select a gymnast from each session and one of their family members will need to fulfil the volunteer role. If you are unable to assist, please let us know as soon as possible by emailing comps@forefrontgym.com.au. Volunteering comes with free event entry and the chance to enjoy the entire competition while contributing to its success, so we encourage everyone to get involved.

Volunteer roles are easy to fulfil, and guidance is provided on the day. Roles include:

- Scoring
- Announcing
- Music operation
- Equipment assistance

Competition Etiquette

Parents are not permitted on the competition floor under any circumstances; this includes to talk to judges. Doing so can cause your child and their team to be disqualified from the competition. Once gymnasts enter the competition area, they are under the care and supervision of their coach. Please do not attempt to interact with your child during the competition. Coaches will debrief gymnasts after the event.

If you'd like to discuss your child's performance, please arrange a follow-up conversation after the event by emailing comps@forefrontgym.com.au.

Photos and Videos

Those who have rejected the photo/video policy will not be posted on FFG or Gymnastics WA platforms.

Positive Behaviour Expectations

- Speak respectfully with all gymnasts, coaches, volunteers, and officials.
- Cheer and encourage! Don't criticise, compare, or coach from the stands.
- Be mindful of your comments around others.
- Please remember that judging and scoring decisions are out of our control. While scores may not always reflect expectations, we encourage gymnasts to focus on personal goals and progress, rather than results alone.



GA Codes of Behaviour

The GA codes of behaviour apply during training, and competition.

Participant Code of Behaviour

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow participants and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.

GA Parent/Guardian Code of Behaviour

1. Respect the rights, dignity and worth of others, regardless of their gender, ability, cultural background or religion.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all participants (including op-posing participants).
6. Show appreciation for volunteers, coaches, judges and administrators.
7. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
8. Respect officials' decisions and teach children to do likewise.
9. Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc.).
10. Be a positive role model.
11. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
12. Be aware of the repercussions that any breaches of this code of behaviour may incur.

GA Spectator Code of Behaviour

1. Respect the rights, dignity and worth of others, regardless of their gender, ability, cultural background or religion.
2. Focus on the participants' efforts and performance rather than winning or losing.

3. Never ridicule or yell at participants for making a mistake or not winning a competition.
4. Show appreciation for good performance by all participants (including op-posing participants).
5. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
6. Respect officials' decisions and teach others to do likewise.
7. Do not physically or verbally abuse or harass anyone (participant, coach, judge, administrator, etc). Report those that do to the relevant party.
8. Be a positive role model.
9. Check on the appropriate event, club or state bodies' policy on photography of participants before taking photos or videos.
10. Allow fellow spectators the respect they deserve in their viewing of the class/event.
11. Be aware of the repercussions that any breaches of this code of behaviour may incur.



Schedules

2026 Competition Schedule

- Club Level: Two competitions per year, one in term 2 and another in term 4.
- State and National Level:

	Event	Levels	Club Closing Date	Event Date	Cost
M A G	MAG Qualification Comp 1	L7+	16th Feb	29th March	\$115
	MAG Qualification Comp 2	L7+	16th March	26th April	\$115
	Senior WA Championships	L7+	16th March	7th - 10th May	\$160 (inc T-Shirt)
	MAG Challenge	L2-6	29th June	9th August	\$115
	MAG Judges Invitational	L2-6	27th July	6th September	\$115
	WA Junior Championships	L2-6	31-Aug	29th Oct - 8th Nov	\$160 (inc T-Shirt)

	Event	Levels	Club Closing Date	Event Date	Cost
W A G	WAG Qualification Comp 1	Nat L7+	9th Feb	20th - 22nd March	\$115
	WAG Qualification Comp 2	Nat L7+	9th March	17th - 19th April	\$115
	Senior WA Championships	Nat L7+	16th March	7th - 10th May	\$160 (inc T-Shirt)
	WAG Series #1	L3 & 4	22nd June	31st July - 2nd Aug	\$115
	WAG Series #2	Nat L5-6 State L5-8	6th July	14th - 16st Aug	\$115
	WAG Series #3	State L3-4	20th July	28th - 30th Aug	\$115
	WAG Judges Invitational	Nat 3-10	10th August	18th - 20th Sept	\$115
	WAG Series #4	State L5-8	31st August	10th - 11th Oct	\$115
WA Junior Championships	Nat L3-6 State L3-8	31st August	29th Oct - 8th Nov	\$160 (inc T-Shirt)	

2026 Term Schedule

- Term 1: Monday 2nd February - Thursday 2nd April
- Term 2: Monday 20th April - Saturday 4th July
- Term 3: Monday 20th July - Saturday 26th September
- Term 4: Monday 12th October - Saturday 19th December

The gym will close for the Christmas/New Year period after classes on Saturday 19th December 2026 and reopen TBA. The gym will also be closed on all public holidays and fees are adjusted accordingly.

FFG aims to finalise squad recommendations and new schedules as early as possible toward the end of each year; however, there are various factors that can sometimes cause delays in this process. We endeavour to email information out as soon as possible once finalised.

Holiday Training Schedule

- State and National level squad training continues the same schedule throughout the school holiday periods, **excluding Saturdays**. Saturdays are marked as a blackout day and sessions falling on this day are not charged.
- Club levels have a break in the school holidays and over the Christmas/New Year period.

Attendance is expected but if you are going to be away, please log the absence on iClassPro.

FFG is closed on all public holidays and any sessions falling on these days are marked as a blackout day are not charged.

Blackout Days

You may notice some sessions marked as 'Blackout days' on iClassPro. This indicates a change to your child's regular schedule, such as a public holiday, gym closure or adjustment during the holiday period. These days are not charged.

Recovery Days

The day after any competition is designated as a 'Recovery Day' for our gymnasts. This means training is optional but please note that the class fee will not be credited if you do not attend.

Competition Days

Training sessions falling on a competition day will not be credited. Fees paid help cover competition administration and coaching staff at the event.

iClassPro

To view enrolment details, make payments or book onto holiday sessions, please use the iClassPro portal and ensure you have also selected "Subscribe to Email Blast" so you receive notifications regarding enrolments, class cancellations and accounts. This can be accessed via the FFG website, or you can download the iClassPro app and use organisation code **forefrontgym**

Fees

GA Annual Membership

All gymnasts are required to pay a compulsory annual membership with Gymnastics Australia. This membership provides valuable benefits including sports injury insurance and access to various resources and member discounts available through the GA website.

The fee varies depending on the squad level and is due at the start of each calendar year. If joining FFG part way through the year, the fee is pro-rated.

Training Fees

FFG uses two billing structures depending on the squad level – term based and fortnightly.

Fortnightly billing applies to:

- WAG National Level 3+
- WAG State Level 3+
- MAG Level 3+

Fortnightly billing structure:

- Billing occurs every fortnight for two weeks in advance, starting 12th January 2026
- Payment is due within 7 days of the invoice date
- AutoPay (iClassPro) payments will be automatically processed on the due date
- Billing continues as usual throughout school holiday periods

Term billing applies to:

- Club level squads
- WAG National level 2
- WAG State level 2
- MAG level 2

The term billing fee is calculated as:

- Hourly rate (based on number of training hours) x Number of training hours per session x Number of weeks in the term (usually 10).
- Holiday training is not included and each session costs \$35. You are required to book onto the relevant sessions via iClassPro

Term fees for the next term appear on your account in Week 8 of the current term, payable by the end of week 10.

Absence

Please log any absence on iClassPro.

For injuries or illness resulting in an absence of more than one week, please email a medical certificate to enquiries@forefrontgym.com.au, including the relevant dates of absence. Fees will be paused for the duration of this period. For further information, please refer to the Fee, Payment and Refund Policy on our website.

Additional Fees

Competitions: Fees will be applied to accounts ahead of competitions and the fee must be paid in full before the event's closing date. State and National level competition fees carry a small surcharge to the Gymnastics WA entry fee to cover administrative and coaching costs at the event.

Uniform: This is mandatory for State and National level squads. For more details, please refer to the 'Uniform' section.



Feedback

FFG welcomes feedback on its programs, staff, policies and practices to ensure we provide the best possible service to our members. If you have any feedback you would like to share, please email enquiries@forefrontgym.com.au.



Review History

Version	Date Reviewed	Date Endorsed	Review
1.0	January 2025	January 2025	Wording, fee updates
2.0	May 2025	May 2025	Additional clarifications – fees, makeup sessions
3.0	December 2025	December 2025	Squad Pricing Change (Monthly to Fortnightly); wording; Fee adjustments
4.0	January 2026	January 2026	Update of Competition schedules, wording
5.0	April 2026	April 2026	Addition of Heat Policy