



Team Canada Armwrestling Federation

www.teamcanadaarmwrestling.ca

Code of Conduct

Athlete statement

I believe that the true essence of sport is to strive for personal achievement and excellence through full and honest effort. I am committed to participating in sport with integrity, and to striving to win only by legitimate means. I pledge to learn, understand, and adhere to both the written rules of my sport and the accepted rules of fair play. I believe that violence and physical intimidation are harmful to sport, and I refuse to use such tactics to gain an unfair advantage. I understand that officials, teammates, and opponents are all integral to sport and worthy of my respect. It is my responsibility to maintain self-control. I will use the protest protocols to solve any disputes and accept officials' decisions without arguments, play aggressively but without hostility, and behave graciously in triumph or defeat.

Respect for others

I agree to act with respect toward all those I encounter through sport.
This means I refrain from comments or behaviors which are abusive, offensive, racist, sexist or otherwise belittling or demeaning to others.
I do not harass or tolerate harassment by others.
I respect others as people and treat them with dignity. I respect the privacy of others.
I will not intentionally endanger the safety of others through my actions.

Respect for self

I act with fairness and integrity in the pursuit of excellent sport. I practice drug-free sport and accept doping control.

Respect for sport

I strive for personal excellence in sport.
I honour and respect the spirit and traditions of sport.
I do not impede the preparation for competition of other competitors or teammates. I respect the decisions of judges and officials.
I promote drug-free sport and abide by the WADA Code.

Respect for TCAF

I accept TCAF rules, policies and procedures governing events and competitions in which I participate. I comply with the reasonable requests of the officials of TCAF.

I accept that I am an ambassador for Armwrestling and TCAF

I refrain from any action which might bring the sport of Armwrestling or the TCAF into disrepute.

Respect for property

I respect the property and livelihood of others, which means refraining from vandalism, theft, and other forms of mischief.

Failure to comply with this Code of Conduct may result in disciplinary action in accordance with the Discipline Policy of TCAF) Such action may result in the member losing the privileges that come from membership in TCAF, including the opportunity to participate in TCAF activities



Team Canada Armwrestling Federation Code of Conduct for International and World Events

When attending International and World events Team Canada Athletes must adhere to Team Canada Armwrestling Federation Code of Conduct as well as the following:

Team Captain / Communications

The Team Captain is YOUR official representative throughout the course of the event. They will be in communication with you through email, text and or messenger. Should you not be able to attend any of the meetings required by you, please advise the Team Captain to see if other arrangements can be made.

The Team Captain is available to answer any questions from 8:00 am to 8:00 pm from the 1st day of the competition to the last day of the competition. Any failure to communicate your intentions which affect others will not be tolerated.

It is the Team Captains' responsibility to represent you should you have a protest while competing, however they cannot be expected to watch every match nor for them to take pictures of your match.

Weigh-Ins

At International and World Events athletes are required to weigh in as a team. The Team Captain will inform you of the specific day & time of the weigh-ins. Failure to be there at the specific time may result in the Team weighing-in without you and a \$100 fine may be imposed.

Alcohol and Drugs

All alcohol and drugs are strictly forbidden during the days of competition. Any athlete or official under the influence will be removed from the Team and forfeit their spot on the team for that day of competition.

In addition, a \$100 fine will be issued and must be paid before they are allowed to compete again.

Team Canada Uniforms

All team members are required to wear their team uniform both during the event and when receiving an award. Team Uniforms consist of: Official Team shirt, black sports pants and athletic shoes.

Competition Day

You must check in with the Team Captain prior to your class being called. Failure to do so will result in your being pulled from that class.

Conduct at the Table

You are representing your Country when you are at the table. Being part of Team

Canada is a privilege not a right. Good sportsmanship is to be always displayed. At no time should you use profanity, show disrespect to officials or another athlete. The Team Captain will represent and support you for any protests you may have at the table.

Award Ceremony

Team members are required to attend the Awards Ceremony and will attend in full uniform.

Disciplinary Actions and Fines

Fines will be imposed when an athlete shows disrespect for any athlete, officials, or country. The infraction will be discussed between the Team Captain and TCAF President and disciplinary actions and or fines will be issued.

Team Photo & Dinner

To encourage team unity, we will arrange for Team photos and a dinner. Although it is not mandatory, we do encourage you to attend. Should you not be available please inform your Team Captain.

Participating at an International and Worlds event will create friendships and memories that will last a lifetime. Let us work together to make sure it is a fun and memorable experience.

This policy is structured to reflect professionalism, clarity, and enforceability while protecting the dignity and reputation of all individuals and entities affiliated with

Team Canada Armwrestling Federation (affiliated with NAAF and WAF): Zero-Tolerance Policy on Online Defamation of Character

1. Purpose

The Team Canada Armwrestling Federation (TCAF) is committed to upholding the highest standards of respect, integrity, and professionalism within the global Armwrestling community. This policy establishes TCAF's zero-tolerance stance on any form of online defamation of character directed toward athletes, officials, members, staff, affiliates, partners, or affiliated organizations. The aim is to foster a safe, inclusive, and respectful digital environment that supports the dignity and rights of all individuals associated with TCAF/NAAF/WAF.

2. Scope

This policy applies to:

- All athletes registered with WAF/TCAF/NAAF
- TCAF/WAF officials, volunteers, and employees
- National and regional Armwrestling organizations affiliated with WAF
- Contractors, partners, and sponsors

- Fans, followers, and members of the Armwrestling community engaging with WAF content online

This policy encompasses behavior on **all online platforms**, including but not limited to:

- Social media (e.g., Facebook, Instagram, X, TikTok)
- Forums, blogs, and websites
- Messaging apps and group chats (e.g., WhatsApp, Telegram)
- Online publications or video platforms (e.g., YouTube)
- Email and comment sections

3. Definition of Online Defamation

Defamation is the act of making false, harmful statements about another individual or organization that damage their reputation. Online defamation includes:

- Posting or sharing false allegations or rumors
- Harassment or cyberbullying through defamatory statements
- Use of slanderous or libelous language
- Malicious personal attacks or character assassination
- Manipulated media (e.g., deepfakes, altered images) intended to deceive or harm
- Targeted campaigns to discredit or demean

4. Prohibited Conduct strictly prohibits the following:

- Publishing or disseminating any false, misleading, or damaging information about a TCAF or affiliated athlete, official, staff member, affiliate, or organization
- Inciting others to participate in online defamation or harassment
- Engaging in or promoting defamatory discourse under the guise of “opinion” or satire when it results in reputational harm
- Failing to remove defamatory content upon notification by TCAF

5. Reporting and Investigation

5.1 Reporting

Any individual who witnesses or is a victim of online defamation is encouraged to report the incident to TCAF by submitting:

- A written complaint
- Screenshots or URLs of the defamatory content
- Any supporting evidence (e.g., timestamps, witness statements)

Reports can be submitted confidentially via teamcanadaaw@gmail.com

5.2 Investigation

All reports will be reviewed promptly by the TCAF Compliance Committee. Investigations will be conducted fairly, maintaining confidentiality and ensuring due process for all parties involved.

6. Consequences of Policy Violation

TCAF enforces a **zero-tolerance** approach. Verified violations of this policy may result in one or more of the following disciplinary actions:

- Immediate suspension or expulsion from TCAF/WAF events or membership
- Public retraction and/or formal apology
- Disqualification from competition or revocation of titles
- Permanent ban on TCAF/WAF-sanctioned events or platforms
- Legal action, including civil suits for defamation and reputational harm
- Notification to relevant national Armwrestling federations or sport governing bodies

7. Appeals Process

Individuals subject to disciplinary action may submit a formal appeal within **14 days** of notification. Appeals must include a clear rationale and any additional evidence. Final determinations will be made by TCAF's Executive Board, and their decision shall be binding.

8. Education and Awareness

TCAF will provide ongoing education to athletes, staff, and affiliates about online conduct, responsible digital communication, and the impact of defamation. Everyone is encouraged to contribute to a positive, respectful, and truthful online discourse.

9. Policy Review and Updates

This policy will be reviewed annually or as necessary to ensure relevance and compliance with international laws, technological advancements, and social norms.

Document Updated June 20, 2025.