Junior High and JV/Varsity Wrestling Rules

**Wrestler Responsibilities:**

1. All wrestlers will treat teammates, coaches, teachers, administrators, athletic trainers, officials and opponents, with dignity and respect. Depending on the severity of the disrespect, a player may be suspended from a meet, or be dismissed from the team.

2. All wrestlers, regardless of ability and/or wrestling time are equal members of the team. Each and every player will treat all teammates with acceptance, respect, and friendship.

3. All wrestlers will provide maximum effort in practice and games.

4. All wrestlers are expected to demonstrate proper behavior both on and off the mat. Wrestlers will work to their highest potential in the classroom.

**Practice:**

1. Each player will be issued a practice schedule with times & locations of day to day practices.

2. Attendance expectations:

-It is mandatory for players to attend practice unless a coach excuses you. The following actions will be taken for absence from a practice:

-Missed Practice = Extra conditioning (5 to 10 min)

-Unexcused school absences will be dealt with on a case-by-case basis

3. Players are required to be on time for practice unless otherwise excused by a Coach or Athletic Trainer.

4. Injured players must still attend practices. There are workouts they can do depending on type of injury.

5. Practice the day before a meet is very important no one should miss unless due to serious illness or emergency.

**Personal appearance:**

1. Players must display a neat and modest appearance on game days and while

traveling to games, and are strongly encouraged to do so at all other times.

**Detentions- Suspensions**

1. No detention or suspension will be acceptable. The following actions will be taken.

**-Detentions** = Extra conditioning (10 min)

**-Suspension** = Expulsion pending on situation. (coaches discretion)

**Cell phone policy**

1. Matches - Cell phones will be shut off, they need to be put away out of sight and ringers off until after the match,

2. Practice - No cell phones, they need to be put away out of sight and ringers off.

**Drug & Alcohol Use**

1. Refer to the BEA Athletic Handbook for disciplinary procedures.

**Mat Time:**

1. The Coaches will use their discretion to put the best possible combination of wrestlers on the mat. Please know that we are trying to do what is best for the team and the program.

2. Wrestle offs will determine (in most cases) the 1st team wrestler at each weight for matches and tournaments. Coaches will make the final decision.

3. Wrestle offs will occur throughout the season at times decided on by the coaches.

4. Second team wrestlers can work their way up to the first team through hard work and perseverance.

**General rules** - See Code of Conduct - BEA Athletic Handbook

**The above rules will all be enforced to the best of the coaching staff’s judgement and are subject to additional modifications.**