

## **CENTRAL BUCKS SOUTH WRESTLING TEAM RULES**

1. All school rules apply: code-of-conduct, athletic-academic eligibility, drug and alcohol policy, harassment, etc. (see student handbook). If it is in the student manual/handbook it applies to this team and does not involve the coach. These are administrative rules. If broken, students will lose wrestling time and or be removed from the team.
2. Attendance – Attendance is mandatory for all practices and events, any wrestler missing 3 practices/events (unexcused) will be dismissed from the team. If you are going to be absent, let the head coach or team assistant coaches know, otherwise it is unexcused. Telling a teammate does not count. If you are absent the day before a match, you do not wrestle the next day. Email Coach Meister if you are going to be absent, PRIOR TO PRACTICE – SCHOOL EMAIL ADDRESS [cmeister@cbsd.org](mailto:cmeister@cbsd.org).
3. Attendance – all wrestlers are expected to remain at ALL matches and/or tournaments until the events are completely finished. Wrestlers leaving early, without permission will be benched or dismissed from the team, at the discretion of the coaching staff. If you wrestle varsity and do not help with clean up, you will be benched the next match or tournament.
4. Hazing – of any type will not be tolerated. Anyone caught hazing a teammate will automatically be referred to Administration for disciplinary action.
5. Practices – begin at 3:00p.m. sharp. DO NOT BE LATE. Excessive tardiness will result in discipline action and possibly removal from the team. If you stay for extra help, bring a note from the teacher. No note, no entry into practice. This is an unexcused absence. You are expected to participate in EVERYTHING at practice. You do not pick and choose what you want to do at practice.
6. Varsity Letters – Varsity Letters will be earned by any athlete who wrestles in 10 varsity bouts over the course of any one year of competition or any athlete who competes in the District Individual Tournament. All other athletes will receive a Participation Certificates. Any athlete who does NOT wrestle 10 varsity bouts in any given year, yet remains part of the team from 10<sup>th</sup> through 12<sup>th</sup> grades, will earn a varsity letter upon completion of their senior year.
7. The team will be determined by a wrestle-off. The coaches reserve the right to change the line-up.
8. You will be assigned a uniform – do not trade pieces with teammates as this will mess up our inventory system. Get permission from coaches.
9. You are expected to ride the bus to the match. We are a team. Do not even ask to go home with a friend. You may go home with your parents only if a coach approves it and physically sees you leave with your parents. If you miss the bus you cannot wrestle.
10. Any other situations not covered, the Head Coach has the final say.
11. Use the Ken-Shield product every day, as this will cut down on skin infections. EVERYONE must shower after practice using the special soap provided. Not showering after practice is grounds for dismissal. Wear a hat home from practice.
12. You are expected to not put yourself in unnecessary risky situations. During the wrestling season you are committed to your teammates and coaches. Missing practices, competitions, or events due to skiing trips, mountain climbing excursions, base-jumping and motocross events, or anything of the like is expressly prohibited during the season, in respect to the rest of your teammates and coaches.
13. You will respect, and speak with respect, to all coaches, volunteers, officials, teachers and any other adult that is associated, or interacts, with our wrestling program. Any back talk, conflict, direct defiance, or derogatory statements made to any of the aforementioned adults will result in disciplinary action and possible dismissal from the team. Lying or being untruthful to a coach or school administrator is grounds for dismissal from the team.

## WRESTLE OFF RULES

1. The team will be picked by a wrestle off system. You must win two out of three to win the spot.
2. You can challenge for any weight class you are certified for. You must beat the challenged wrestler two times. He has to beat you once to defend his spot.
3. You do not lose your spot due to illness or injury.
4. Junior Varsity does not automatically move up to varsity if an opening occurs at that weight class. The coaching staff will evaluate the wrestlers and fill the varsity spot until a wrestle off is done. It will be best two out of three.
5. The coaching staff reserves the right to move the line-up around, if in their opinion it will help win a match.
6. Wrestlers must be compliant with all the team rules to be granted a wrestle off.

I, \_\_\_\_\_, hereby agree to abide by the above rules of the Central Bucks South Wrestling program. If I violate any of the above rules, I will be accountable for my actions and accept the coach's decision without question, or argument.

\_\_\_\_\_  
Wrestler

\_\_\_\_\_  
Parent/Guardian Witness:

\_\_\_\_\_  
Date