

SEATTLE WRESTLING

TEAM RULES

Wrestlers and Coaches of the Seattle Wrestling Team are expected to conduct themselves, at all times, in a manner that honors their family, team, and community.

WRESTLERS AND PARENTS READ THE FOLLOWING!

Fun and Purpose

- The purpose of the Seattle Wrestling Team is to build a strong youth wrestling program in Seattle. We strive to build virtues of character, responsibility, and accountability in our wrestlers that will carry over into their everyday lives helping them become strong citizens in the community.

Conduct

- If a wrestler's action(s) on or off the mat embarrasses the Seattle Wrestling Team or brings disgrace to the sport of wrestling it will be at the coaches discretion to allow the wrestler to remain a member of the team.
- Coaches will handle ALL problems with staff/officials/other team's coaches.
- Respect of referees, coaches, competitors, teammates and the sport of wrestling are required.

Practice Gear and Readiness

- Wrestling shoes, shorts/sweat pants/tights, and a long sleeve/short sleeve T-Shirt are the required practice gear. **NO EXCEPTIONS!** If you come to practice without any of these you will not practice (see practice and promptness). This is a safety and health issue that the coaching staff will not waver.
- Fingernails must be kept very short. This is a USA Wrestling Rule and will be enforced during practice and matches. Long nails at practice will result in extra team practice time.
- All visible skin irritations **MUST** be brought to the coaches attention for evaluation.

Practice and Match Promptness

- All wrestlers must be at the gym ready to practice by or before the stated practice time for that day. Failure to do so will result in extra work for that wrestler and/or the team. Tardiness to practice five times may result in loss of post-season awards.
- Wrestlers must be at the competition **AT LEAST** 10 minutes before registration/weigh-ins beginning.
- Do not come to practice to "hang out". Wrestlers who are injured (coaches approval) can sit at practice.

Absentees

- Top priority during allotted practice times is **WRESTLING**.
- Missing an entire practice without prior notification could result in loss of post-season award(s).
- Unexplained absences from three practices can lead to expulsion from the team.
- Missing a scheduled competition without prior notification may result in exclusion from the next match.

Post Competition Awards and/or Medals

- Wrestlers **MUST** be present at the post tournament awards ceremony to receive their medals. Coaches will not accept awards on behalf of the wrestler and will forfeit medal(s) to next placing participant. Medical injuries are the only exception and are on a case-by-case basis.

Fighting

- There is no place for illegal holds, moves, throws, or un-sportsman like conduct in wrestling practice or matches.
- Aggressive wrestling wins matches and puts the referee on your side. Fighting during practice or a match can and will result in ejection from the match and team.