

# RIVERSIDE WRESTLING

## RULES & REGULATIONS 2018/19

Please take the time to review these rules with your son or daughter. I expect our wrestlers to understand the rules presented in the Student Handbook Code of Conduct. The following are additional items required for wrestling.

### Missed / Late to Practice

1. A missed practice will result in an extra workout the following day.
2. A call or text to the *Head coach* is required for any excused absences. The call or text must be sent prior to practice. Special scenarios will be considered by Head coach.
3. An unexcused missed practice the day before or multiple missed practices the week of a tournament/match will result in sitting out of that contest.
4. Afterschool detentions causing a practice to be missed will result in an extra work out that day or at the next practice and being assigned to mopping the mats after practice.
5. Coming late or leaving early without prior approval will result in extra workout.
6. Having 3 or more extra workouts, will result in sitting out a wrestling meet.

### Wrestle Offs/Competition

1. Wrestle offs will be held every one to two weeks based on coach discretion and schedule.
2. Any wrestler can challenge at any weight given that they can wrestle that weight and are within 5 pounds of the required weight class the day of the wrestle off. If a wrestler who is challenging has not yet certified at the wrestle off weight, they must be within scratch +5. If your opponent has already made scratch and weight allowance are given. They can weigh in with the weight allowance +5.
3. A wrestler that has competed in ten or more matches and accumulated a record above .500 if challenged must be beat twice.
4. Wrestlers who fail to make weight 2 times in a tournament or meet will no longer be allowed to compete at that weight. Wrestlers who are filling in or given short notice will be excluded at coach discretion.
5. Wrestler participating in a 2-day event are expected to be present at both days of the event, unless excused by a coach. Being eliminated from competition is not a reason to be excused. All wrestlers will ride the bus, unless excused by a coach.

**Practice**

- 1) Showers are required after each practice or event. Waiting until you go home is not acceptable. If rule is violated, you may be required to sit out practice.
- 2) Injured wrestlers are still required to come to practice.
- 3) All skin issues need to be reported to a coach immediately.

**Zero Tolerance**

- 1) Use of any illegal drugs, Alcohol, vape pens or Tabaco will result in suspension of 10 competition points at the coach's discretion.
- 2) School suspensions will be treated as unexcused absences.
- 3) The use of social media to bully, harass or demean individuals or teammates will results in disciplinary actions. This may include suspension from competitions.
- 4) Fighting or intentionally injuring a teammate or competitor will result suspension from practice and or competitions.
- 5) Un-sportsmanship like conduct, loss of team points or disrespectful behavior will result in a suspension from practice and or competition.

**Wrestlers Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Parent or Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Parents: Email:** \_\_\_\_\_

