

# Elementary Wrestling Rules & Procedures

Revised 10/12/11

- 1 All participants must have a **fully** completed sign up sheet submitted to the coach in order to begin practices.
- 2 Shorts, sweats and or t-shirts are to be worn on the mats. No apparel with zippers, buttons or any hard materials that could injure a wrestler or damage the mats.
- 3 Wrestling shoes & headgear are required. For beginners clean gym shoes dedicated for wrestling practices can be used to start. After two weeks if you child continues with the program wrestling shoes are required. Some shoes & headgear are available through the program from the coach.
- 4 Wrestlers are expected to attend practices to compete in tournaments but every practice is not mandatory. Grades & good health take precedence. If school studies or illnesses are a concern absentees are excused.
- 5 Uniforms are the property of and supplied by the Wrestling Boosters Club. A deposit is required by **ALL** families for a singlet to be provided. Uniforms are to be returned immediately after the regular season. One deposit per family.
- 6 Wrestling **IS** a team sport. Wrestlers should participate in the tournaments that coaches select for the team to attend. Coaches may select multiple tournaments to attend on a given day for various levels of experience and competitiveness. Please sign your child up for the team attended events.
- 7 Any wrestler participating in a team attended tournament will be coached by a board approved coach **ONLY**. **NO EXCEPTIONS**.
- 8 Parents are asked to refrain from being mat side at tournament events.
- 9 Wrestlers are expected to maintain respectful behavior during practices and tournaments to **ALL** others. They are representing The Reynolds Elementary Wrestling Program and should act accordingly.
- 10 Depending on the severity of the incident, misconduct is generally coached on a verbal platform. However it can result in dismissal from the current practice / event, temporary suspension or possible dismissal from the program.

If a wrestlers conduct is considered to be of a serious nature (Fighting, Biting, Bullying, Hazing, Disrespect to others or other similar types of misconduct immediate dismissal could result.

- 11 Weight loss is not encouraged. If a coach deems a wrestler to be cutting weight unreasonably, that could be detrimental to the wrestlers health, a parent/coach meeting will take place.
- 12 The Reynolds team tournament is sponsored by the Reynolds Wrestling Community for **YOUR** children. Parents are asked to volunteer 2 hours of their time to help with the tournament set up, tournament event responsibilities and / or clean up. For those who volunteer their time, the tournament will show their appreciation and reimburse their wrestler's entry fee.
- 13 Obtaining and submitting forms for weekend tournament events are the parents responsibility. They can be obtained on the Reynolds Wrestling Web site at [www.reynoldswrestling.com](http://www.reynoldswrestling.com) under the "Tournaments" link.
- 14 Wrestlers are responsible for their own personal effects.
- 15 The school requires parents to submit a note to the principals office that their child will not be riding the school bus in lieu of attending wrestling practices on the given days they will attend. Any change requires a note from the parent or guardian stating that change.
- 16 A practice room bulletin board and website bulletin board will be used for announcements, practice changes and updates. Please take time to review these for information you will need at [www.reynoldswrestling.com](http://www.reynoldswrestling.com).
- 17 Any skin rashes, irritations or sores must be checked by a doctor for clearance to continue wrestling. A skin disease form must be completed and can be found on our website.
- 18 Practice clothing and singlets **MUST** be laundered after each use.
- 19 Wrestling Booster Club Meetings are the 1st Monday each month @ 7:30. A parent or guardian should attend.
- 20 Hair Regulation: Hair must be per JR. Olympic rulings. Additionally no unnaturally colored, styled or spiked hair (including mohawks).
- 21 The Reynolds School District mandates that any coaching of a student athlete must be by either paid personnel or a board approved volunteer. There are absolutely to be no walk-in participants (including parents) allowed to coach at any practice or team attended tournament and events. Practices are to be treated like any other class room program and spectators should refrain from attending.
- 22 Anyone who wishes to become a coach must be recommended by the head coach and then complete the Reynolds School District's required clearances forms for consideration.