

Wrestling Rules

Wrestling is a sport that requires mental, emotional, and physical strength. It is a team sport that incorporates independent responsibilities as well as a family atmosphere. Wrestling is time consuming and tiring, but rewarding. The following rules are being put in place to ensure the success of both the individual wrestler and teams this season and moving forward.

1. Mandatory attendance for practices and meets
 - a. If there is a reason as to why a wrestler is not or cannot be present, the individual is responsible for communicating with a coach as to the reason why. (The wrestler might need to provide physical or written evidence of attendance.)
 - b. Failure to notify the coaches of an absence will be considered a no show. Excessive no shows, as determined by the coaching staff, will result in removal from the team.
 - c. Remember, every member of this team is counting on each other to do whatever they can to improve every day and do their job. Failure to attend practices works directly against that pursuit and will not be tolerated.
 - d. Attendance in school is also a must. Not only for daily events, but the season as a whole. If you miss too many days, or are late for too many days, this can also make you ineligible for participation in sports.

2. Eligibility
 - a. This is a weekly list (sent at 8:00am on Monday) that coaches and teachers have access to, and is based upon the students' grades. **IF A WRESTLER IS ON THE ELIGIBILITY LIST FOR A TOTAL OF 2 CREDITS, THEN THEY ARE UNABLE TO PARTICIPATE IN ANY WAY FOR THAT COMING WEEK!**
 - b. **There is no excuse for being on this list. Coaches will be notifying you by Thursday of any possible academic issues you may be facing and will give you two days to get that fixed before the final list comes out on Monday.**
 - c. **If you need help with anything academically, coaches, teammates, and teachers are more than willing to help you reach your eligibility goals if you are willing to ask for and work for that passing grade.**

3. Detention or Suspension
 - a. If a wrestler receives a detention or suspension during the season, the length of the punishment could potentially disqualify the wrestler from competing for the remainder of the season. This is a PV policy and is not in the determination of the coaches.
 - b. If the suspension is a result of fighting in school, this will likely result in immediate removal from the team, unless there are extenuating circumstances as determined by the coaching staff and administration. Mental discipline is an important asset for wrestlers, keep your cool.
 - c. We need to prove that we are above petty disagreements and are strong enough mentally to not get sucked into improper behavior. **DO NOT DO ANYTHING THAT WILL MAKE THE TEAM LOOK BAD!**

4. Attire

- a. All wrestlers are to wear athletic clothing for practice. (shorts, sweatpants, t-shirts, sports bra, socks, wrestling shoes, headgear).
- b. Do not wear jeans, street shoes, or jewelry on the mat.
- c. Singlets will be provided for matches and tournaments, but must be returned at the end of the season.
- d. Warmups will be given to all wrestlers consisting of a T-shirt and Sweatpants. These are yours to keep as a reward for your hard work as long as you are keeping true to the terms of this agreement. Removal from the team due to disciplinary action will result in payment for these pieces, totaling \$35.00.
- e. During matches and tournaments, all wrestlers (both the boys and girls teams) are required to wear proper undergarments that completely cover “everything”. Boys this means no going commando, girls no thongs, or half-cheek undies. Not our rule, but the rule of the PIAA and generally a good practice anyway.

5. Injuries

- a. All injuries need to be reported to the physical trainer and coach, during the practice, when they happen. If you require a doctor’s clearance, you cannot practice until the coach and trainer have the clearance paper on file.
- b. Remember, there is a big difference between injured and hurt. If you are injured, that must be dealt with and you will most likely not be allowed to return to practice that day.

6. Hydration Testing and Physicals

- a. Hydration testing and weight certification is required by the PIAA. This is to determine the lowest weight the wrestler is eligible to get down to, while putting the least amount of stress on the body. This test is completed by the physical trainer pre-season, with urinalysis, and skinfold measurement and overrides any decision by the coach as far as weight cutting is concerned.
- b. All wrestlers, including managers, are required to have a physical examination completed by a doctor. The physical paperwork is required before you are able to practice. It must be turned into the physical trainer before any participation can be permitted.

7. Drugs, Alcohol, and Nicotine

- a. No wrestler or manager will be under the influence of any drugs, alcohol, and/or nicotine at any time during the wrestling season. Failure to abide by this can result in disciplinary action up to and including termination from the team.
- b. Vaping and smoking are dumb enough as is, but doing something that will compromise your lung capacity during wrestling season isn’t only bad for you, but will actually hurt your ability to compete at the highest level. Just don’t do it.

8. Set Up and Tear Down

- a. All wrestlers and managers are responsible to help set up and tear down before and after practice, and home matches or tournaments. Get to the gym as soon as possible after school and get those mats set up as soon as possible. Mats should be out before anyone gets dressed for practice.
- b. The only exception to this rule is ROTC students who wear their ROTC uniform to school are allowed to change out of that uniform before they join the team to set up.

9. Ready, Responsible, Respectful

- a. No matter the situation during school, tournaments, or matches. Panther Valley wrestlers are expected to be ready to compete. They will be responsible for their uniform, for their warm-ups, and for their own personal objects. They will also be respectful of their teammates, coaches, referees, and fans.
- b. We are creating a new standard for PV sports with this program. Everyone is expected to behave in a manner that reflects positively on themselves, the team, coaches, and district as a whole. Any disrespect towards a referee, opponent, etc. will not be tolerated.
- c. We now have two separate teams for boys and girls wrestling. It is important to remember that one team is not above the other. These teams are of equal prestige and are collectively Panther Valley Wrestling, ONE UNIT. We all work, sweat, and bleed together and I expect members of each team to treat each other with the respect you have all earned by being a part of these teams. ANY derogatory remarks made by anyone on the basis of sex will be met with extreme punishment up to and including removal from the team at the coaches' discretion.

Failure to obey any of these rules will result in a multitude of possible punishments, from basic extra conditioning up to and including removal from the team.

It's really simple folks. Don't do anything stupid, work hard, commit to being a better person and better student, and have respect for yourself, your teammates, your coaches, and your school. If you do all of these things, then this will be a rewarding experience you will cherish the rest of your life and you will build bonds you never thought possible.

I have read and understand the rules laid out in this document and agree to abide by them to the best of my ability.

Name: _____

Date: _____

Signature: _____.