

SUSSEX WANTAGE WRESTLING CLUB
RULES AND REGULATIONS

TO ALL WRESTLERS

Welcome! We are looking forward to an exciting hard working fun filled season in this all around great sport. I hope everyone realizes how fortunate we are as a team to be able to use the High School wrestling room as our practice facility. When you enter the High School please go directly into the mat room, this is our agreement and we must honor it.

It is not our intention to bombard you with rules and regulations, but however, there are certain guidelines we must all abide by:

- 1. PLEASE ARRIVE 15 MINUTES PRIOR TO PRACTICE START TIME INORDER TO CHANGE INTO WRESTLING SHOES AND USE THE RESTROOMS. YOU CANNOT GO ONTO MATS WITH THE SAME SHOES YOU WORE OUTSIDE. WRESTLING SHOES AND HEAD HEAR ARE REQUIRED TO HAVE WHEN THE SEASON BEGINS. HEAD GEAR MUST BE WORK AT ALL TIMES (NO EXCEPTIONS) DURING PRACTICE AND DURING ALL MATCHES.**
- 2. NO BULKY CLOTHING ALLOWED AT PRACTICE. REGULAR GYM SHORTS, SWEATS AND T-SHIRT WILL DO FINE.**
- 3. PLEASE LEAVE ALL JEWELRY OR VALUEABLES AT HOME, YOU WILL HAVE NO NEED FOR THEM AT PRACTICE.**
- 4. BE RESPONSIBLE FOR YOUR OWN BELONGINGS. GO HOME WITH WHAT YOU CAME WITH. (COACHES WILL NOT BE RESPONSIBLE FOR ANYTHING BUT YOUR SAFETY).**
- 5. IF YOU ARE SICK AND UNABLE TO MAKE THE PRACTICE BEFORE A MATCH, IT IS APPRECIATED THAT YOU CONTACT ONE OF THE COACHES. IF THIS CONTACT IS NOT MADE, THE FOLLOWING WILL APPLY FOR VARISITY WRESTLERS: IF A WRESTLER DOES NOT HAVE AN EXCUSABLE ABSENCE THE NIGHT BEFORE A MATCH THE CONSEQUENCES WILL BE: IF YOU WERE CHALLENGED IN A WRESTLE OFF, YOUR OPPONENT WILL BE ASKED TO WRESTLE IN YOUR PLACE FOR THAT MATCH. IF THERE WAS NO WRESTLE OFF AT YOUR WEIGHT, THE COACHES WILL DETERMINE THE CHOICE OF WRESTLER FOR THAT UPCOMING MATCH.**

6. WRESTLING IS HARD WORK, COMMITMENT AND SACRIFICE, ALL OF WHICH ARE EXPECTED FROM EACH WRESTLE. WRESTLING DEMANDS FULL DEDICATION. YOU MUST ATTEND EVERY MATCH

ONLY EXCEPTION TO THIS IS IF YOU ARE ON THE JV OR NOVICE TEAM AND:

1. DON'T HAVE A MATCH
2. YOU ALSO HAVE YOUR COACHES PERMISSION

VARSITY MUST ATTEND ALL MATCHES. IF YOU MISS A MATCH, IT COUNTS AS A FORFEIT, WHICH COUNTS AS A LOSS AGAINST YOUR RECORD AND YOUR TEAM WILL LOSE POINTS.

7. (JV SQUAD MEMBER) VERY OFTEN, MORE THAN ONE PERSON WILL BE IN A WEIGHT CLASS. IN THIS CASE, COACHES WILL MATCH WRESTLERS UP AT THEIR DISCRETION ACCORDING TO AGE, WEIGHT AND EXPERIENCE. (NOT ALL JV WRESTLERS WILL WRESTLE EVERY MATCH).
8. PRACTICE IS NOT FOR FOOLING AROUND. WE EXPECT YOU TO DO AS ASKED. WHEN FOOLING AROUND, YOU WASTE YOUR TIME, YOUR COACHES TIME AND TEAMMATES TIME. INAPPROPRIATE LANGUAGE OR BEHAVIOR WILL NOT BE TOLERATED. THE WRESTLER AND PARENT WILL RECEIVE ONE WARNING. THE SECOND OFFENSE WILL BE GROUNDS FOR DISMISSAL FROM THE CLUB.
9. WHEN AT A HOME OR AN AWAY MATCH, YOU ARE EXPECTED TO SIT ON BENCHES AS A TEAM.
10. IT'S ONE-ON-ONE WHEN YOU ARE OUT ON THE MAT, BUT EVERY TEAM MEMBER SHOULD HAVE THE SUPPORT OF THE ENTIRE TEAM. AT ALL TIMES, WIN OR LOSE, CHEER FOR EACH OTHER AND HELP EACH OTHER OUT, GOOD TIMES OR BAD – THAT'S BEING A MEMBER OF A TEAM.
11. VARSITY ONLY: A WRESTLER MUST DECLARE A WEIGHT CLASS THE NIGHT OF THE 1ST WRESTLE OFF. IF THE WRESTLER LOSES THE WRESTLE OFF HE HAS 2 OPTIONS:
 1. HE MAY CHALLENGE AGAIN AT THE NEXT WEEKS WRESTLE OFF AT THE SAME WEIGHT.
 2. HE MAY DECLARE A DIFFERENT WEIGHT CLASS AT THE NEXT WEEKS WRESTLE OFF, PROVIDED HE DOES NOT EXCEED THE WEIGHT CLASS BY MORE THAN 2 LBS. (EX: WRESTLER WEIGHING 83 LBS. MAY NOT DECLARE 80 LBS.). THE EXCEPTION TO THIS RULE WILL BE AT THE HIGHER WEIGHTS WITH COACHES APPROVAL.

THE WINNER OF THE WRESTLE OFF WILL WRESTLE ALL MATCHES SCHEDULED FOR THAT WEEK.

IF A WRESTLER OR CHALLENGER IS SICK OR ABSENT FROM SCHOOL ON THE NORMAL WRESTLE OFF NIGHT, (WHICH WILL BE HELD EVERY MONDAY NIGHT), AT THE COACHES DISCRETION, THESE WRESTLE OFFS WILL BE ALLOWED ON A ALTERNATE PRACTICE NIGHT.

12. VARSIITY WRESTLERS ONLY: AFTER HALF OF THE SEASON YOU WOULD HAVE TO WIN 2 CONSECUTIVE WRESTLE OFFS TO EARN THE VARSITY SLOT FOR THAT WEEK.
13. RESPECT – AT ALL TIMES WE ARE TO RESPECT OUR COACHES, REFEREES, OPPOSING TEAM AND OF COURSE OUR FELLOW TEAMMATES.
14. WE ARE OBLIGATED TO ABIDE WITH THE SUSSEX COUNTY MAT CLUB RULES AND BY-LAWS. (A COPY CAN BE PROVIDED UPON REQUEST).
15. **PARENTS ARE TO REMAIN IN THE STANDS AT ALL TIMES! THERE IS NO REASON FOR ANY PARENT TO BE ON THE MAT. THE CHILDREN NEED TO BE ABLE TO LOOK TO THE COACHES FOR ADVICE DURING A MATCH, NOT THE PARENTS. IT IS VERY DIFFICULT FOR A CHILD WHEN HE/SHE HAS TO CHOOSE BETWEEN PARENTS AND COACHES. YOU WILL BE ASKED TO LEAVE MAT SIDE**

We need your help! Below is a list of areas where we will need assistance to help make this year a success. Please complete the attached and return it to a board member.

Novice “Team Mom” – help the coaches where needed. Hand out/collect tournament forms. Advise of schedule changes. Make sure match volunteer sheet is completed for each match. Walk children to the bathroom during practice – etc.

Name _____

JV/Varsity “Team Mom” – help the coaches communicate with the parents. Hand out/collect tournament forms. Advise of schedule changes. Make sure match volunteer sheet is completed for each match.

Name _____

Tournament Volunteer Coordinator - The Tournament in December is our only fundraiser. The coordinator will be responsible for getting parents assignments on food donations, cafeteria help and door help. (Board meetings are held specifically for the tournament, you will not be alone if you volunteer for this)

Name _____

End of the year banquet. With the help of the board – you will be responsible for coordinating the banquet. More information to follow throughout the season.

Name _____