



Guidelines for Coaches

1. Coaches will show good sportsmanship at all times.
2. Coaches must be at all tournaments and practices or arrange for proper substitute.
3. Coaches are not allowed to physically, emotionally, or psychologically abuse any wrestler, parent, or referee. All coaches will treat each other, parents, opposing coaches, and officials with respect and dignity regarding language, attitude, behavior and mannerisms. Violations of this rule are disciplined according to the Rebels Wrestling Consequences Policy.
4. Coaches should use discretion to keep practices and matches/tournaments in good proportion.
5. Coaches should be available to discuss any problems with the participants and/or parents.
6. Coaches are responsible for all communications to wrestlers/parents and it should be done in a timely manner.

Consequences for Coaches

1. Verbal warning
2. Written warning
3. Tournament suspensions
4. Removal from coaching



CODE OF CONDUCT

Rules for Wrestlers

1. All wrestlers are expected to attend all scheduled tournaments and practices unless they have notified the coaches.
2. Wrestlers are not allowed to verbally, physically or psychologically abuse any other wrestler, coach, parent, or game official. All wrestlers will treat each other, parents, coaches, and officials with respect and dignity regarding language, attitude, behavior, and mannerisms. Violations of this rule are disciplined according to the Rebels Wrestling Consequences Policy.
3. All wrestlers will respect the property and equipment used at any sports facility, both home and away.
4. All wrestlers will encourage good sportsmanship through their actions by demonstrating positive support for all wrestlers, parents, coaches and officials at every match and practice.
5. All wrestlers will treat other wrestlers, coaches, officials, parents and spectators with respect, regardless of race, color, creed, sex, or ability.
6. All wrestlers will refrain from any form of "hazing" or the "initiation" of other wrestlers regardless of how insignificant it may seem.
7. All wrestlers will agree to abide by the grievance policy set forth by Rebels Wrestling for items of concern.
8. All wrestlers are to treat their training partners in practice with respect and should not intentionally harm or perform any moves not taught in the Rebels Wrestling program.
9. There will be no biting, scratching, punching, kicking etc to other wrestlers, coaches, or parents. This conduct may lead to being asked to leave the program.



CODE OF CONDUCT

Guidelines for Wrestlers

1. Wrestlers should wrestle in a “clean” manner with no intent to harm their opponent.
2. Wrestlers should come to each game or practice ready to play and should give their complete attention to the coach.
3. Wash practice uniforms daily including socks and compression shorts. Let shoes, knee pads and head gear air-dry daily (do not leave in lockers or closed bags). Clean shoes, kneepads and head gear weekly.
4. Do not share any gear.
5. Shower immediately after practice and wrestling activities.
6. No street shoes on mats at any time.
7. No food or drinks in the wrestling room at any time. Water only.
8. Remove all trash from wrestling room daily.
9. Inspect your skin daily for any cuts, abrasions, boils, or rashes and notify coaches immediately of any skin changes.
10. Cover cuts and abrasions.
11. If you get a fever DO NOT practice with the team until you are fever free for 48 hours.
12. Personal water bottles must be cleaned daily and brought to practice, labeled with your name. Do not share bottles.

Consequences for Wrestlers

1. Verbal warning
2. Written warning
3. Tournament suspensions
4. Removal from Rebels Wrestling program



CODE OF CONDUCT

Rules for Parents

1. Parents should make sure that all fees are paid on time.
2. Parents must turn in all necessary forms promptly.
3. Parents must equip their wrestler properly so they can participate in all practices and matches.
4. Parents should keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
5. Parents should notify the coaches in advance when their wrestler cannot make a wrestle-off or team tournament, if their wrestler holds a team position, stating the reason.
6. Parents will encourage good sportsmanship through their actions and words, by demonstrating positive support for all wrestlers, parents, coaches and officials, at every game and practice.
7. Parents will promote the emotional and physical well being of all the wrestlers, ahead of any personal desire to win, or any personal reflected glory. This includes, but is not limited to, providing support for coaches, officials, and all others to provide a positive experience.
8. Parents need to remember that the matches are for the wrestlers and not for the parents and win or lose, will appreciate the efforts of all wrestlers and coaching staff.
9. Parents will treat all other parents, wrestlers, coaches, and officials with respect, regarding attitude, language and mannerisms.
10. Parents will inform the coach of any physical or medical ailment that may affect the safety of their wrestler or any other wrestler.
11. Parents will agree to abide by the grievance procedure listed below for items of concern.
12. Parents are not allowed to physically, emotionally or psychologically abuse any other parent, wrestler, coach, or game official.
13. Violations of these rules are disciplined according to the Consequences Policy listed below.



CODE OF CONDUCT

Guidelines for Parents

1. Parents should get their wrestler to practices and tournaments at prescribed times.
2. Parents should be understanding and supportive of the times and number of practices and tournaments.
3. Parents should be encouraging, *not critical*, of their wrestler, coach and team.
4. Parents should try, as much as possible, to be available to assist in the Wrestling Program and team functions as requested.
5. Parents should make sure to wash practice uniforms daily including socks and compression shorts. Let shoes, knee pads and head gear air-dry daily (do not leave in lockers or closed bags). Clean shoes, kneepads and head gear weekly.
6. Parents should make sure their wrestler showers immediately after practice and wrestling activities.
7. Parents should inspect your wrestler's skin daily for any cuts, abrasions, boils, or rashes and notify coaches immediately of any skin changes. Cover cuts and abrasions.
8. Parents should not let a sick wrestler practice with the team until he or she is fever free for 48 hours.

Consequences for Parents

1. Verbal warning
2. Written warning
3. Games suspension
4. Removal

Grievance Procedure

It is possible that conditions arise when a member feels that a situation is unfair or unjust. This situation may be with a particular coach, team, or the wrestling program in general. You should attempt to resolve the issue informally by speaking with the coaches. It is recommended that this be done after you have considered the situation and your perspective for at least 24 hours. You can choose to do this face to face, by mail, or via email. It will be the coaches' discretion as to whether or not to address anonymous grievances.