

# Benton Varsity Wrestling Rules

1. Keep lines of communication open. If a wrestler or parent has a problem, feel free to talk to the coaching staff.
2. Arguing with coaches will not be tolerated. If you disagree with a coach, talk to him after practice.
3. No tobacco products or alcohol on school grounds. (This also includes parents)
4. Any student-athlete caught with drugs or alcohol on or off school property will be permanently removed from the team.
5. Any wrestlers who misses three unexcused practice will be removed permanently from the team.
  1. If you cannot attend practice or a scheduled event you must call one of the coaches listed. Coach Hughes at 864-5372 or 441-6360 Coach Hart at 925-6193 Coach Hess at 925-2253. If you don't get an answer call the next coach. If you cannot get an answer from any coach leave a message.
6. If you are late for practice and do not have an acceptable excuse you will stay late and face disciplinary action. Three unexcused lates will result in the wrestlers being removed from the team.
7. No horseplay or fighting of any kind.
8. Wrestlers will demonstrate good sportsmanship.
9. Wrestlers will respect other people's property.
10. No inappropriate language.
11. Jewelry cannot be worn during practice or competition.
12. Wrestlers and parents are required to report any problems or injuries to the coaching staff immediately.
13. Wearing headgear is mandatory during contact drills, live wrestling and competition.
14. All wrestlers are required to attend all scheduled events.
15. If a wrestler is absent from school, he needs to be excused by the principal in order to be eligible to wrestle that day.
16. A wrestler will not be allowed to participate in practice or any interscholastic event without a signed physical card.
17. Any wrestler failing 2 full credits or the equivalent of 2 credits in their course work will be considered ineligible to wrestle.
18. The Benton wrestling team will follow a dress code for away events. All wrestlers will be required to wear a collar shirt, dress pants and dress shoes. If you do not follow this dress code you will not wrestle at the event. If you do not have the proper attire and cannot afford to buy them, notify the coaching staff and they will provide the proper attire for you. Wrestlers will be required to wear school issued clothing for competition.
19. Wrestlers will be required to have running gear, which will include sneakers, sweat pants, sweat shirts and a winter hat at all practices.
20. All students participating in the wrestling program will be required to carry health insurance throughout the wrestling season.
21. All wrestlers will ride the bus to and from away matches unless extenuating circumstances are brought to the coaches' attention prior to departure.
22. Any wrestler who is ineligible cannot ride the bus to away events.

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- 23. Wrestlers are required to practice good hygiene. Shower after practice and competition. Wear clean wrestling gear. Keep locker clean. Put anti-fungal spray on before practice and competition.
- 24. Any skin conditions need to be brought to the coaching staffs' attention immediately.
- 25. Wrestlers will keep all wrestling gear and valuables locked in their locker.
- 26. Wrestlers are required to wear shorts or sweat pants, t-shirt and wrestling shoes to practice. Clothing with buttons or zippers, are not allowed on the mats.
- 27. A singlet provided by the school cannot be worn at practice unless authorized by the coaching staff.
- 28. If a wrestler quits and wants to return he will have to notify the head coach. The coaching staff will talk to the team and then meet to determine if the quitting wrestler will be allowed back on the team. Also the parents will be contacted and required to meet with the coaching staff. If the quitting wrestler is aloud to return he will apologize to his teammates, lose his weight class and have to wait two weeks to wrestle-off. He may also be suspended from participating in upcoming events depending on the circumstances

## Coaches' signatures

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**A violation of any rule listed above could result in disciplinary action. Keep a copy of the rules listed above. Please detach, sign and return the signature part of this form indicating that you have read, understand and agree to follow the Benton wrestling rules.**

Wrestler's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_