

# MOORHEAD WRESTLING CLUB

## CODE OF CONDUCT

As a member of Moorhead Wrestling Club you will be expected to follow these rules and to behave appropriately at all times, this includes wrestling events, school and in public.

1. No verbal, physical or psychological abuse of any other wrestler, coach, parent or tournament official. All wrestlers will treat each other, parents, and coaches with respect and dignity regarding language, attitude and mannerisms. Bullying and/or hazing will not be tolerated.
2. Respect the property and equipment used at any sports facility both home and away. Any abuse of our practice room could result in the loss of our use of the room.
3. Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit. Wrestlers are not to be disruptive during practice or competitions.
4. Win or lose, wrestlers MUST shake hands and congratulate their opponent and coach.
5. Treat other wrestlers, coaches, parents and spectators with respect, regardless of race, color, creed, sex or ability.
6. Tell coaches of any injuries. If you were injured when not at wrestling the coaches need to know. Injured wrestlers may not wrestle if the injury is serious. Wrestling is a combative contact sport; you will get bumps, bruises, scrapes and pulled muscles for time to time.
7. Wrestlers should make every effort to attend all scheduled practices.
8. Wrestlers should be 5 minutes early to a scheduled practice, this gives you time to get ready so practice can begin on time. Wrestlers should be no more than 10 minutes early to practice.
9. Wrestlers are not allowed in the wrestling room until a coach is present.
10. Wrestlers should not intentionally harm or perform any moves not taught or approved by the coaches.

### Consequences for Wrestlers

1. Verbal Warning
2. Written warning and meeting with parents
3. Removal from program