

Wrestling Rules

2021-2022

1. **Education is the top priority of the Lincoln Wrestling Team!** If wrestlers are failing a class they will not be able to compete in that week's meets. Students who are performing poorly in class will be required to participate in tutoring or study tables.

Failing a class = 2 days a week Two D's = 1 Day a week

Tutoring - Held Tuesday, Wednesday and Thursday from 3:00pm-4:30pm in the library

Study Tables - Held most weeks on Monday-Thursday from 5:00pm-6:00pm by the coaches
(After early practices) THESE ARE MANDATORY!!!

2. Athletes must report to the designated practice area by 3:00 p.m. every practice day. **You should be dressed and ready for practice at this time.** There is to be no "hanging out" or socializing in the locker room. As soon as you're dressed, report to practice. You should not be in the locker room during practice; before and after practice is the only time you need to be in the locker room. We lose time putting mats out and in
3. If you are not riding the activity bus home you must arrange a ride to pick you up after practice at **4:40p.m.** If you are attending Study Tables your ride needs to be at the school at **5:30p.m.**
4. **It is extremely important that you attend every practice!** Unexcused absences from practice are unacceptable. If you are at school but you are going to miss practice you must notify the coach that DAY. If missing practices becomes an issue the coaches, wrestler, and wrestler's parent will talk about why it is happening and develop a plan for improved attendance. If the problem continues it will result in the wrestler being dismissed from the team.
5. If any wrestlers are not at the practice the day before the meet they will **not be allowed to wrestle in the meet.** This will only apply to the first meet if there are meets that are back to back.
6. If your parents want to take you home from a meet you need to let your coach know when you are leaving and have a parent/guardian sign you out **AFTER THE MEET.** The only way a wrestler is allowed to leave during the meet is if the parent has made arrangements with the coach in advance.
7. If you are injured or think that you are unable to practice, **communicate this to your coach.** The school district has two athletic trainers that our wrestlers are able to see for free. Communicate your desire to see the trainer and the coach will set up a time.
8. Profanity or the use of foul language is not acceptable at practices or meets. In addition, there should be absolutely no inappropriate/disrespectful language directed toward an official, opposing wrestler, or coach. **Remember you are representing the Lincoln Wildcats.**
9. You must have a lock to secure your belongings and equipment. **Your coaches are not responsible for lost or stolen items.**
10. Be respectful to your teammates and coaches at all times. If you have a problem with one of your teammates **see one of the coaches right away.**
11. All equipment that is issued to wrestlers must be returned. Failure to return issued equipment will result in being **billed for that item.**