

## USA Wrestling Utah CODE OF CONDUCT

### (COACHES, ATHLETES, TRAINERS, ADMINISTRATORS, OFFICIALS, AND VOLUNTEERS)

As a member of Team Utah I acknowledge, understand, and agree to abide by and uphold the spirit of this Code of Conduct, which offers a general guide to my conduct. Therefore, I pledge and agree to the following:

- 1. Respect for Others/Sportsmanship:** Treat all teammates, coaches, staff, officials, and opponents with respect and courtesy. Avoid any form of discrimination, harassment, or bullying. Maintain a positive and sportsmanlike attitude at all times. Display good sportsmanship during matches, win or lose. Accept defeat gracefully and learn from it.
- 2. Responsibility:** Arrive on time for all team meetings, practices, and competitions. If there are any reasons for tardiness, communicate with the Team Leader and/or coaches. Follow the team's schedule and guidelines as directed by the Team Leader and/or coaches..
- 3. Health and Wellness:** Maintain a healthy lifestyle by eating well, staying hydrated, and getting enough rest. Avoid the use of illegal substances, including drugs and alcohol. Report any injuries or health concerns to the coaching staff promptly.
- 4. Representing the Team:** Wear team apparel and uniforms with pride and professionalism. All Coaches are required to wear Team Utah Gear on the first day of competition for each style as directed by Men's & Women's Directors. All Athletes are required to wear Team Utah Gear on awards stand/podium for placement photographs at Fargo. Be mindful of your actions and behavior in public, as you represent the team and the state.
- 5. Travel Etiquette:** Be respectful and considerate of others when traveling, whether by bus, plane, or other means. Keep noise levels down and maintain cleanliness in shared spaces.
- 6. Compliance with Rules and Policies:** Follow all rules and policies set forth by the team, coaching staff, and relevant authorities. Adhere to any additional rules or guidelines specific to the competition or location.
- 7. Reporting Issues:** If you encounter any issues or concerns during travel, promptly inform a Coach or Team Leader.
- 8. Consequences:** Violations of this code of conduct may result in disciplinary actions, including dismissal from a USA Wrestling Utah delegation or further consequences as determined by the coaching staff, team leadership and or USAWU Executive Committee. By participating in a Team Utah event, you agree to abide by this code of conduct and uphold the values and principles of our team. Your commitment to these guidelines is essential for the success and reputation of our team.

Date: \_\_\_\_\_ Athlete's Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_