

Linden Wrestling Team Rules

1. All team members must abide by the school policy regarding drugs, alcohol, and tobacco. Failure to do so will result in dismissal from the team.
2. **WRESTLERS ARE EXPECTED TO SHOWER AFTER EVERY PRACTICE AND MATCH! This is to avoid any skin diseases.**
3. **NO CELL PHONES ARE TO BE TURNED ON IN THE LOCKER ROOMS.**
4. All team members must maintain appropriate eligibility status in order to participate in competition. If a wrestler is ineligible for three consecutive weeks, they will be dismissed from the team.
5. If a wrestler begins the season ineligible and plans to participate second semester, in order to do so, they must attend all practices and miss no more than three. Failure to do so will result in dismissal from the team.
6. All members must represent themselves in a manner that is positive for themselves, the team, and Linden High School.
7. All team members must show respect for themselves, teammates, and all members of the coaching staff.
8. All team members must attend and complete every practice session. The coach will deal with tardiness in practice.
9. The team will hold optional practices on Sundays and during vacation periods. Players may attend them on a voluntary basis in order to keep in physical condition. Every effort will be made to schedule these practices in advance to facilitate family vacation planning.
10. All team members must wear appropriate dress attire to all away games and be responsible for their uniforms. Wrestlers will pay for anything that is not turned in at the end of the season.
11. All team members transported to contests on the team bus must return with the team. An Emergency or prior approvals by the Athlete Director are exceptions. In emergency cases when a player misses a scheduled bus departure, then must have their parents transport them to the meet.
12. The Athletic Trainer or a doctor must follow up on all injuries in need of medical attention with a release. Participation in practice or games will not be permitted until the release is received.
13. Team members who cannot abide by the team rules will not participate in competition. Repeated violations of any of the above rules will be cause of dismissal from the team.
14. The head coach will conduct challenges. Rules for challenges are:
 1. Must be at practice on Thursday and Friday to challenge on Monday and Tuesday.
 2. Must be within 4lbs. Of the challenged weight class.
 3. Winner may choose to let opponent wrestle either day.
 4. If more than two wrestlers in one weight class, then wrestle-offs will span two days.
15. To earn a varsity letter you must wrestle at least 50% of varsity matches, medal at a varsity tournament or wrestle and complete 3 full seasons on the team.
16. All other incidents will be handled by coaches' and/or school administrator's discretion.

“THOSE WHO STAY WILL BE CHAMPIONS”

