**This manual applies to all wrestlers during the 2017-2018 Wrestling Season**

**Boardman High School Wrestling Addendum to the Code of Conduct**

School Administration Penalties will not result in double penalties from these rules.

**Discipline System**

1) Verbal Warning - Everyone gets 1 Verbal Warning for any violation of the rules
2) Strike 1 - will result in sitting out an event chosen by Coach Mancini
3) Strike 2 - will result in sitting out an additional event chosen by Coach Mancini
4) Strike 3 - dismissed from the team.

**PERSONAL CONDUCT**

**Effort**
You are required to work hard in practice, continued lack of effort can and will be grounds for the Discipline System. You will be allowed to bring a rehydration drink into the wrestling room. Lack of hydration will not be an excuse for poor effort. You are required to get the proper amount of sleep, eat right and make the right decisions outside the wrestling room. Not preparing mentally and physically for practice may result in the Discipline System.

**Respect**
You are required to respect yourself, coaches, teammates, opponents, officials and school personnel. You need to know the boundaries between yourself and coaches. All coaches must be addressed as Coach. Showing a lack of respect will result in the Discipline System.

**Gear**
You are required to wear the assigned Boardman Wrestling Gear at all events, failure to wear the assigned Boardman Wrestling Gear will result in being removed from the competition and the Discipline System. Practice gear must be clean and appropriate.

**Outside the Wrestling Team**
Inappropriate behavior outside the wrestling program that is not addressed by the Athletic Code of Conduct will be dealt with by the Discipline System. Inappropriate social media posting will not be tolerated.

**PRACTICE /COMPETITION ATTENDANCE**

**Practices & Matches**

All practices and assigned competitions are mandatory. If you are sick and have been excused from school as listed on the school attendance sheet you are excused from practice.  If you get sick and are released from school by the school nurse, you must get a note from the nurse. **(If this happens you must text Coach Mancini before practice starts 3303073962)** In all cases if you miss practice during the week of a match for any reason, it becomes Coach Mancini's choice weather or not you will compete in the match that week. For multiple day sickness, illness, injury where the wrestler cannot attend practice the Parent (Not the Student) must call/text Coach Mancini regularly to let him know the status of the student. Failure to give an updated status will result in the Discipline System.

**Injuries**
Any injuries that require sitting out multiple practices require a doctor's note. If you have a long term physical therapy or other treatment plan that takes place during practice times you need to provide that in writing to Coach Mancini from the therapist or physician. Wrestlers that cannot practice with the team will be dealt with on a case by case basis.

**3) UNEXCUSED PRACTICES (THREE STRIKES AND YOU’RE OUT)**

1. An unexcused missed practice or match will result in automatically sitting out a **tournament** or equivalent event based on the Coaching Staff’s decision. (NOTE: Coach Mancini will determine what is excused and unexcused, general guidelines for what is excused = family emergency or on the school attendance sheet marked as excused). **(STRIKE 1)** Parent reasons for holding students out of practice may result in **STRIKES.** Make sure that you communicate with Coach Mancini on whether your child will receive a **STRIKE** for your decision to withhold him from practice.

2. If you get a second **STRIKE** you are required to sit out an additional **tournament** or equivalent event based on the Coaching Staff’s decision.

3. If you miss a third practice or match, you are officially dismissed from the team. (All outstanding equipment, singlets etc. must be turned in within 1 week or your name will be turned into the office for collection)

4. If you have to miss practice because of an academic reason I must get a note from your teacher / instructor or guidance counselor.  (Please note this does not mean not come to practice because you must study or get a project done) Being a student athlete means that you have to manage your time properly missing practice to study for a test is unacceptable.

**4) MAKING WEIGHT (TWO STRIKES AND YOU’RE UP)**

1. The OHSAA Weight Management Rule will be followed; every wrestler was given a username and password to log into the system for guidance and their individual weight loss plan.

 2. Any wrestler who does not make weight twice for the committed weight class that they have chosen and won a spot on the team (i.e. are listed on the board as a starter) will be automatically moved up to the next weight class in the last spot on the board. Depending on what the Team needs Coach Mancini reserves the right to move you up a weight class at the event that you did not make weight at. Also, for dual meet competition Coach Mancini reserves the right to bump you up a weight class under the OHSAA rules.

**5) TARDINESS**

1. Tardiness to practice will be dealt with on an immediate basis 1) verbal warning 2) verbal warning 3) strike. Multiple tardiness to practice will result in a **STRIKE**. Continued tardiness will result in continued **STRIKES** and being dismissed from the team.

**6) Indicator Matches**

1) Initial indicator matches will be scheduled by Coach Mancini. After the depth chart has been established, indicator matches will be scheduled based on the team’s needs or individual challenges.

2) Single elimination bracket will be wrestled to determine the depth chart - Coach Mancini will determine if a weight class will utilize a best two out of three or not for the finalists.

3) All Indicator matches will be with a 6 lb. weight allowance and over a two day period each wrestler will only be required to weigh in the first day.

4) Returning varsity starters will get bye if only three wrestlers are in a weight class

5) Officials for the indicator matches will consist of one coach officiating and one coach keeping score and acting as an assistant if needed.

6) There is no coaching or cheering allowed at indicator matches, coaches may talk to the wrestlers after the matches are over. No favoritism by coaches or teammates will be tolerated!

7) Coach Mancini has the final say on what weight class you participate in. You may be bumped up for the betterment of the team on any given match. A wrestler refusing to bump up will be dismissed from the team.

8) You may only wrestle in an indicator match if you qualify for that weight class by date of the event based on your individual weight loss plan established by the hydration and body fat test at the beginning of the year.

9) Starting wrestlers will be allowed to challenge for lower weight classes as they become eligible. Once you are established at the top of the depth chart you must only win once against a challenger, starter or not, the challenger must win twice to move to the top of that weight class.

10) Any spot below the first position will be determined with a single match.

11) Starting varsity wrestlers will be determined by indicator matches, character and commitment to the team as determined by Coach Mancini, if you have poor behavior off the mat that is grounds for not wrestling.

12) Varsity letters will be earned by accumulating 9 points. Points are earned by team points scored in a varsity match and participating in a varsity match earns 1 point.