

RAIDER WRESTLING PROGRAM

Code of Conduct 2013/14

TEAM BREAKDOWN

1. The Varsity Team competes in the Central Jersey Youth Wrestling League and is generally open to wrestlers between the 3rd and 6th grades with at least 2 full years of wrestling experience. The competitive dual meet season consists of approximately 16 dual meets and a tournament at the end of the year. If necessary, wrestle-offs will determine dual meet starters.
2. The Junior Varsity Team competes in the Raritan Valley Team and is open to all wrestlers between Kindergarten and 6th grades. The competitive dual meet season consists of approximately 10 dual meets and a tournament at the end of the year. If necessary, wrestle-offs will determine dual meet starters.
3. Any wrestler, regardless of age and grade (K-6), with less than two years of experience and is not a starter for either the Central Jersey or Raritan Valley teams may compete in scheduled Novice events. Organized King of the Mat activities are scheduled throughout the year and all wrestlers in this category are highly encouraged to participate.

PRACTICES

1. All practices, unless otherwise notified, will be held in the Hillsborough Middle School Annex Gym. **If there is no school, there is no practice.**
2. Wrestlers between the 3rd and 6th grades will practice Monday and Thursday between 6:30 and 8:00 PM. Our experienced wrestlers will also practice on Fridays from 7:00 to 8:00 PM. Friday practices for this group will focus on "live" wrestling.
3. Wrestlers between Kindergarten and 2nd grades will practice on Monday and Friday nights between 6:30 and 7:30 P.M. We have added the Monday session to the calendar this season to give our younger kids more opportunity on the mat. This day is subject to change based on mat space and availability of coaching staff. K-2 wrestlers **may not** stay beyond 7:30 PM on either night due to limited space and safety concerns.
4. All wrestlers and parents must enter and exit for practice at the Middle School from the side entrance through the side common area. The wrestling program's ability to use school facilities is a privilege and our presence within the school must not disrupt any other functions going on within or outside the facility. Coaches may use the main entrance in order to unlock doors at the common area.
5. Only coaches and wrestlers should remain in the wrestling room during practice. Parents are strongly encouraged to drop-off wrestlers when practice begins and pick-up wrestlers when practice ends.

6. All wrestlers must wear wrestling shoes and wrestling headgear at all times during practice. Wrestlers should put on wrestling shoes in the wrestling room prior to practice and not at home or in the car in the parking lot. We want to keep the wrestling mats as clean as possible.
7. Wrestlers should notify one of the coaches if they plan to miss practice, if they are going to be late to practice, or if they have to leave practice early.
8. Wrestlers should conduct themselves properly at all times during practice. We teach discipline and respect for others in our program and expect these character traits are upheld by both coaches and wrestlers at all times. Horseplay and the use of profanity are prohibited. Wrestlers may be removed from practice at anytime. If deemed necessary and appropriate by the wrestling coordinator and coaches, wrestlers may be kept out of matches or removed from the program altogether.
9. This season we will be responsible for putting wrestling mats away at the conclusion of each practice. All wrestlers must help clean and roll-up wrestling mats. No exceptions.

WRESTLE-OFFS

1. If necessary, wrestle-offs will determine dual meet starters. The top wrestlers in each weight class will compete for the Varsity Team and runner-ups will compete for the Junior Varsity Team. The first set of wrestle-offs may take place in December at a time and date determined by the wrestling coordinator.
2. A second round of wrestle-offs may take place in December at a time and date determined by the wrestling coordinator, whereby losers of the first set of wrestle-offs may challenge winners to a rematch.
3. The wrestling coordinator and coaching staff reserve the right to conduct or waive all wrestle-offs.
4. The wrestling coordinator and coaching staff reserve the right to require a starting Varsity or Junior Varsity wrestler to wrestle-off for their spot in lineup, if the starter misses a competitive dual meet or several practices for any reason, other than the starter's illness, injury, or family emergency.
5. Only coaches and wrestlers are permitted in the wrestling room during wrestle-offs. Coaches who are the parent, guardian, or adult sibling of a wrestler competing in a wrestle-off are not permitted in the wrestling room during their wrestler's bout. Such coaches may return following this match.

HOME DUAL MEETS

1. Wrestlers should arrive at the school on time; and must help set-up the wrestling area. Please be on time as the wrestling coordinator and head coach reserve the right to remove from the days starting lineup, any wrestler who is late.

2. During weigh-ins, wrestlers must conduct themselves appropriately and remain together as a team in a supervised area as designated by coaches. Wrestlers may eat after weigh-ins, but before wrestling begins.
3. During individual bouts, on-deck wrestlers may warm up in a designated area. All other wrestlers must remain seated on the bench with the team. Additionally, wrestlers must not eat food during dual meets, but should keep a bottle of water. Parents should remain in the stands at all times during meets, and only two-mat coaches are permitted in the corner.
4. Coaches, wrestlers, and parents must conduct themselves appropriately at all times. Wrestlers must shake their opponents hand and the hand of their opponent's coach at the end of each individual bout. Wrestlers may not slam their headgear, pound the mat, use profanity, or engage in any disruptive behavior. Make your town proud.
5. Wrestlers must remain with the team until the end of all home dual meets to help clean and roll-up wrestling mats.

AWAY DUAL MEETS

1. Parents are responsible for transporting wrestlers to visiting locations at least 15 minutes prior to scheduled weigh-ins. Please be on time as the wrestling coordinator and head coach reserve the right to remove from the days starting lineup, any wrestler who is late. Parents are responsible for picking-up wrestlers from visiting locations immediately following dual meets.
2. Directions should be available online, and will be available at the practice before scheduled dual meets. Schedules will be available online as well at www.borowrestling.com.
3. Wrestlers do not roll-up wrestling mats at away dual meets, but all other home dual meet rules apply.

TOURNAMENTS

1. Varsity wrestlers will participate as a team in the Central Jersey Youth Wrestling League Tournament at the end of its dual meet season.
2. If applicable, all Junior Varsity wrestlers will participate as a team in the Raritan Valley League Wrestling Tournament at the end of its dual meet season.
3. Hillsborough wrestling coaches will be available to coach wrestlers at the above noted tournaments; and at certain other tournaments to be announced during the course of the season.
4. If two wrestlers from Hillsborough compete against each other in any tournament, one Hillsborough wrestling coach, who may not be a parent, relative, or adult sibling of one of the wrestlers competing, will be assigned to a neutral corner for safety reasons only.

5. Parents are encouraged to enter wrestlers into as many tournaments as possible. However, Hillsborough wrestling coaches will not necessarily be available to coach wrestlers and such tournaments should not conflict with dual meets or team tournaments. A list of local tournaments may be viewed online at www.njwrestlingtournaments.com

AGREEMENT

I _____, the parent or legal guardian

of _____, and

I _____, a youth wrestler;

Have read the Recreation Raider Wrestling Code of Conduct for the 2013-14 season.

By signing this Agreement, I acknowledge and affirm its contents as the rules and regulations that fairly and objectively govern the Hillsborough Youth Recreation Wrestling Program. Furthermore, by signing this Agreement, I acknowledge and affirm that:

- I will act as a positive role model, and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all wrestlers, coaches, officials, parents, and other spectators, at all practices, exhibitions, dual meets, tournaments, and all other Hillsborough Youth Wrestling sanctioned events; and,
- I will not engage in any type of unsportsmanlike behavior, such as booing, taunting, refusing to shake hands, throwing head gear, using profane language, or other inappropriate conduct, with all wrestlers, coaches, officials, parents, and spectators, at all practices, exhibitions, dual meets, tournaments, and all other Hillsborough Youth Wrestling sanctioned events.

All wrestlers are prohibited from all practices, exhibitions, dual meets, tournaments, and all other Hillsborough Youth Wrestling sanctioned events until this Agreement is signed and returned to the Wrestling Coordinator. Furthermore, any parents, legal guardians, wrestlers, or others in violation of this Agreement or guilty of improper conduct at any practices, exhibitions, dual meets, tournaments, all other Hillsborough Youth Wrestling sanctioned events, will be asked to leave the premises, and face suspension or expulsion from the Hillsborough Youth Wrestling Program.

BY: _____ DATE: _____
Parent/Legal Guardian

BY: _____ DATE: _____
Youth Wrestler