

# PARTROY WRESTLING CLUB PO BOX 178

**PARSIPPANY, NJ 07054** [**WWW.PARSIPPANYWRESTLING.**](http://www.parsippanywrestling./)**ORG PARTROY WRESTLING CLUB POLICIES &**

**GUIDELINES-Bi-Laws-Final Version Voted and enacted10-05-2010 16 yea - 0 nay**

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**MISSION STATEMENT**

**Section 1**- To promote interest in the sport of wrestling among parents and the youth of Parsippany-Troy Hills.

**Section 2**- To supervise, organize, manage and promote a disciplined and competitive program of wrestling.

**Section 3**- To develop in our members, the ideal of good sportsmanship, honesty, determination and respect for authority.

**Section 4**- To emphasize the concept of parents and children working and playing together in all club activities so that the family may be strengthened in the process.

## ARTICLE I- NAME

This organization shall be known as ParTroy Wrestling Club or PTWC, located in the Township of Parsippany-Troy Hills, State of New Jersey, and shall be governed by an executive board, led by these by-laws.

**ARTICLE l** (**A)-** Any proposed changes to these bylaws shall be in writing, and said change shall be worded exactly as proposed to be incorporated, and said proposal shall include any text it is intended to replace. Said proposal shall include page number, section, sub section, article, and if needed, paragraph and line. The proposed change shall be read at 3 separate regular monthly meetings. Bylaw changes can be voted on after a 3rd reading, which can include the regular meeting where the third reading took place. A motion to change must be recognized and seconded. Passage of the motion shall require the approval of ¾ majority vote of the total voting members (13 members), not ¾ of the quorum.

**ARTICLE l (B)- DISSOLUTION CLAUSE** Dissolution Clause: Upon dissolution of this non profit corporation, after payment of any debt incurred, assets shall be distributed for one or more exempt purposes within the meaning of the 501(c)(3) of the Internal Revenue Code."

## ARTICLE II – MEMBERSHIP

**Section 1-** A youth desiring active membership will be registered at the first club activity that he/she attends, but only after submitting a valid registration form completely filled out, with all signatures, acknowledgements, and payments in full. The cost of membership may change from year to year and shall be reflected on each annual registration form when provided to the general public.

**Section 2-** If one or more children in a family are members, the parents of the child are considered members of the club and shall have an opportunity to address the executive board once monthly, at the regular monthly meeting, but in no case shall they have a vote at any meeting nor shall they have the power to make a motion.

**Section 3-** Membership period for children and their respective parents shall be from September 1 through August 31.

## ARTICLE lll- QUORUM

**Section 1-** A quorum for a regular monthly meeting shall consist of 55% of the board members to conduct ordinary business.

**Section 2-** Approval of any common motion that has been presented to the floor for consideration and seconded shall require a majority of the quorum present for passage. The president shall vote on motions as a voting member and in the instance of a tie on a common motion, he/she shall not have a tie breaking vote. If a tie exists, the motion shall fail to pass.

**Section 2a- (regular meeting)** At the time of the writing of these by laws, a board of directors totaling 13 members exists. As a quorum of 55% is required to conduct a general meeting, (7 members) and a majority of a present quorum is required to pass a motion, (4);- by the numbers, a motion can technically be passed by 4 members. As such, a suggestion is added to these by laws that every member should make every effort to attend every meeting and have your voice heard and your vote counted.

## ARTICLE lV- MEETINGS

**Section 1-** The club shall meet a minimum of ten (10) times per year to conduct the regular business of the organization. Meetings shall be held on monthly of each calendar month and will be specifically listed on the website, [www.parsippanywrestling.org.](http://www.parsippanywrestling.org/)

**Section 2-** By order of the President, the Secretary shall notify all members of the time and place of all meetings either by phone, E-mail, or postal mail and forward notification to the club’s webmaster for posting on the website.

It is suggested that all parents and members should check the website regularly as this will be the most common and prevalent form of notification.

**Section 3-** All meetings shall be run in an orderly manner. No member may have the floor for discussion unless recognized by the President. Roberts Rule of Order shall be followed as closely as possible in order to conform to a respectable body designed to deliberate.

**Section 3a-** Any person having business to discuss shall have his ideas formed and ready for presentation to the board and shall present them only after being called upon and recognized by the president and shall do so clearly and concisely. No profanity, vulgarity or loud voices will be tolerated. Only one person shall speak at a time. Speaker must stay on point and remain focused.

**Section 3b-** The president shall maintain order of the meeting at all times.

**Section 4-** All meetings are open to the public and shall only be closed in a private executive meeting for good cause and only upon the order of the presiding president, and only as long in duration to discuss a private matter or personnel concern." A private executive meeting shall be occupied only by those board members at that quorum, and any other person or persons relevant to the issue to be discussed, if and as invited to do so by the presiding president. The monthly minutes shall state that a closed door meeting was ordered, & shall state the subject matter, but shall not include any details of the closed door meeting. A private minutes report shall be made of the contents of the closed door meeting by the secretary, and forwarded to the president for record keeping purposes and shall not be published or shared with any member in the same manner as the regular monthly minutes.

## ARTICLE V- DISCIPLINE

**Section 1- Method & Procedure**: Any member or members having a complaint against another member for the infraction of any provision of these Bylaws or club rules, as for conduct injurious to the welfare of the Club, or a violation of the club’s bylaws, may report the same in writing to the President. The president shall have the power and authority to summarily judge and decide any complaint presented. Such complaint shall be reduced to writing and shall set forth the facts of the case, together with the names of the witnesses, if any, as well as the exact proposed violation. The president, in writing, shall respond and decide within 7 days his decision and shall notify the board simultaneously of his decision and all factors related to the case.

Either party shall have the right to appeal from a decision of the president to the full board. The Board of Directors, via the secretary, after receiving such appeal, shall notify all participants that a meeting of the Board of Directors will be held to consider and decide the charges, as soon as practical, but shall not be more than 31 days from receipt of the original complaint to the President. The complainant or complainants, and the member complained of, shall receive at least seven (7) days notice, of the charges and of such meeting, and may be heard with their witnesses. The statements and evidence shall be reduced to writing and filed with the Secretary, to be given to each board member. It is the responsibility of the complainant to prove and provide all evidence of his allegations. The board reserves the right to ask questions and solicit verbal responses beyond any written statements. No appeal from the decision of the Board of Directors may be taken. All

board decisions are final.

## ARTICLEVI - OFFICERS

The officers shall be voting members of the club in good standing and shall be the governing body of the club. There are currently 13 board members and they shall hold the title specified below in Section 1 and for the duration specified in section 2

& 3 below, and shall total 13 voting members including the president, all of whom shall have 1 vote per motion.

**(B) -** An officer in good standing shall be defined as follows: An officer shall attend a minimum of 8 regular monthly meetings per election year and shall not miss 3 consecutive meetings at any time to be considered to be in good standing and to enjoy all rights and privileges of his office. Should an officer miss a fifth meeting annually, or any third meeting consecutively, he can be removed by a 2/3 majority of the voting members, after a presented and seconded motion.

**Section 1**- The officers that make up the board shall be: President, Vice-President, Secretary, Treasurer, and two co-chair people per committee to include the committees of Registration Coordinators, Recruiting Coordinators, Concession Coordinators, and one chairperson per committee to include the committees of

Fundraising Coordinator, , Equipment Coordinator and Event Coordinator. If a committee that allows two co-chair people yet there is only one chairperson in position that chairperson is entitled to one vote only.

**Section 2-** Officer’s election shall take place annually by the voting members at the (September) meeting. Nominations for said offices shall take place at the August meeting and again for finalization at the September’s special election meeting prior to the voting. All office winners as the result of the September’s election results shall take office immediately and shall coordinate with his/her predecessor between the September election month and next regular monthly meeting. The President, Vice President, Treasurer and Secretary will be elected for two year terms. The Registration Coordinators, Recruiting Coordinators, Fundraising Coordinator, Concession Coordinators, Equipment Coordinator, and Event Coordinator will be elected for a one year term.

**Section 3-** As stated in Section II, Term of office for the President, Vice-President shall be two (2) years with their offices alternating in a yearly staggered fashion as follows: At the inception of these bi laws, as a new organization, all officers were chosen in the summer of 2010. All terms are considered to begin as of September 2010. The president and secretary shall enjoy the first two years uninterrupted, and vice president shall serve an initial term of 1 year, to be elected again for a full 2 year term in September of 2011. Thereafter, all four 2 year term officers shall serve 2 full years in good standing, and elections for those offices shall be as follows: The President and the Secretary shall be up for election bi-annually, in an even numbered years for a 2 year term, and the Vice President and Treasurer shall be elected in odd numbered years for a 2 year term.

**Section 4-** Officers shall hold office until: (a) the successor is duly elected, (b) death or disability, (c) resignation or (d) removed from office by a 2/3 majority of all voting members.

**Section 5-** A vacancy for any reason shall be filled by appointment of the majority of the remaining officers until the next general (September) meeting.

**Section 6-** If a member of the PTWC Executive Board is deemed to be detrimental to this organization and/or abusive verbally, physically or emotionally to another member of this Executive Board **and/or this organization**, that member may be removed from their position **immediately** by a majority vote by the Executive Board **and barred from attending PTWC events.**

## ARTICLE VlI - DUTIES OF OFFICERS

**Section 1-** President- the President shall supervise all the business affairs and enforce all of the rules of the club. He/she shall preside at all business meetings and assure that an orderly and complete meeting is conducted. The President or his/her designee shall be the Liaison to any league, Board of Directors, Township Administration ect. on behalf of the club. The President will be elected at Large. The President can assign all board positions additional duties for the benefit of the club.

**Section 2-** Vice-President- The Vice-President shall assist the President in the performance of his/her duties. In the absence of the President, the Vice-President shall perform the duties of the President. The Vice- President shall also perform other duties as assigned by the President. The Vice-President in the Presidents absence shall be the Liaison to any league, Board of Directors, Township Administration, Etc. on behalf of the club.

**Section 3-** Secretary- Records the minutes of all meetings and prepares a copy of such minutes for distribution and the permanent record before the next meeting or club publication. The Secretary is responsible for membership lists, updating records, and correspondence of the club.

**Section 5-** Treasurer – Maintains the financial records of the club and prepares checks as directed by the financial secretary, Board or President. The Treasurer shall make deposits and give a current financial report at each meeting. The Treasurer will prepare checks based on bills and issue checks for payment. The Treasurer will prepare and inspect all bills received by the club for payment. The Treasurer shall prepare the annual budget to present to the PTWC Board of directors for approval.

**Section 6-** Registration Coordinator – Manages and maintains enrollment in the program. He/She will make sure all registrations are received and forwarded to the secretary. Will assist with filing any forms with USA wrestling.

**Section 7-** Recruiting Coordinator- Manages activities that will increase enrollment in the Program. Schedule recruiting days at local schools and functions in the community. He/she will also handle all press releases to the media.

**Section 8 –** Fundraising Coordinator-Is responsible to develop and coordinate fund raising programs. He/She will keep track of all monies received via fundraising efforts and turn over all monies to the Clubs Financial Secretary.

**Section 9 –** Concession Coordinator- Will schedule volunteers to operate the concession stand during home events, and make sure all concession stand merchandise, food, clothing, ect. are secured and accounted for at the end of an event. He/She will turn over all monies and receipts to the financial secretary.

**Section 10 –**Event Coordinator- He/She will coordinate event setup and breakdown and ensure mats are mopped and disinfected prior to any events taking place. He/She will assign table help for matches and all scheduled events.

**Section 11 –** Equipment Manager Coordinator-Keeps an inventory of all items associated with the wrestling program. He/She will issue and receive all equipment (Warm-ups, Singlets) and make sure all deposit checks are received and attached to proper forms. He/She will make sure upon return of all equipment, there is nothing missing or damaged prior to returning deposit check. He/She will advise Club officers of any shortages and equipment or materials needed for the program.

**Section 12-** The Board of Directors shall consist of the Officers of the Organization. All officers and coordinators shall offer a status report of all activity related to their position to the full board at the monthly meeting.

## ARTICLE llX- ELECTIONS

Nominations will be taken from the floor by any voting members present. All nominees must be present for nomination. There shall be no absentee voting, motions or any other cause of actions.

An election will be held for each contested office with the President and Secretary responsible for the counting of the votes, except if their office shall be contested. In that case, the vice president, or the secretary standing in as a replacement to tally the votes. In the event of an uncontested election for a particular office, the president shall cast 1 vote for the sole nominee.

## ARTICLE lX- FINANCES

**Section 1-** Contracts- Only the Board of Directors may authorize contracts on the part of the organization.

**Section 2-** Checks will be issued upon proper documentation quotes/bills being submitted to the Secretary for review and approval. All expenditures over

$100.00 need board approval. All checks will be signed by the Treasurer and

President and/or Vice President. All checks require two signatures.

**Section 3-** Deposits- All funds of the Club not otherwise employed for its purpose shall be deposited from time to time to the credit of the club in such banks or other depositories as the Board of Directors may select.

**Section 4-** Financial Audit – The Board of Directors will appoint a qualified member or agent to conduct an annual audit of the income and expenses of the organization.

# PARENTS/WRESTLERS CODE OF CONDUCT (AND COACHES)

Note: the following was included on the registration form and is being repeated

here;

ParTroy Wrestling Club Code of Conduct

The following is promulgated in accordance with the provisions of State of New Jersey P.L. 2002, Chapter 74.

**PREAMBLE: Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.**

**I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:**

1. I will not engage in unsportsmanlike conduct with any coach, parent,

player, participant, official or other attendee

1. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of

any coach, parent, player, participant, official or any other attendee.

1. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event

while under the influence of drugs or alcohol.

1. I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
2. I will not engage in the use of profanity.
3. I will not encourage my child, or any other person, to engage in the use of profanity.
4. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national

origin, sex, sexual orientation or ability.

1. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
2. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
3. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
4. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
5. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
6. I will not encourage my child, or any other person, to engage in any property damage.

**I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination, and possibly be banned as described in provision P.L. 2002, chapter 74:**

1. Verbal warning issued by a league, organization or school official.
2. Written warning issued by a league, organization or school official.
3. Suspension or immediate ejection from a youth sports event issued by a league, organization or school official who is authorized to

issue such suspension or ejection by a school board or youth sports organization.

1. Suspension from multiple youth sports events issued by a league, organization or school official who is authorized to issue such suspension by a school board or youth sports organization.
2. Season suspension or multiple season suspension issued by a school board or youth sports organization.

# ADDITIONAL PARENT RESPONSIBILITIES

1. It is the responsibility of the parents to ensure their wrestler has had a physical within the last year and is in good medical condition to participate

in wrestling.

1. Parents must ensure that their children attend practice, matches and tournaments on time. It is their responsibility to notify the coach

when unable to attend. Parent must also ensure proper and timely pick up.

1. It is the parents' responsibility to ensure their wrestler has wrestling shoes and properly fitted headgear. Wrestling shoes should never

be worn outside. Street shoes are not allowed on the mats.

1. Parents must let the coaches do the coaching and are forbidden from sideline coaching of wrestlers during matches and practices and tournaments.
2. Parents should encourage their children, and provide positive feedback for participating in the sport regardless of performance.
3. Parents should realize that all children develop and mature both physically and mentally at different times. A child should never be discouraged but assured that if they continue to work hard they will be successful.
4. Parents should not impose their own ambitions and expectations on the child. They should not judge their child's progress based on the performance of others. They should never push them based on what the parent thinks their child should be doing.
5. Expect that in some matches a wrestler could lose as a result of an error on the part of an official or scorekeeper. It is important to accept it and help the child understand that the official does their best to officiate fairly. Parents should never criticize the officials.
6. Parents are responsible to check our website, [www.parsippanywrestling.org](http://www.parsippanywrestling.org/) for scheduling updates and general information.
7. Parents are encouraged to cheer for the team, but should remain in the stands when doing so. Parents should not sit on the mat and yell instructions to the wrestlers during tournaments. It can be confusing for the wrestler to hear instructions differing from the coach’s.

# EQUIPMENT

1. Wear shorts, sweat pants, T-shirts or sweat shirts to practice. No jeans.
2. No chains watches or earrings.
3. A Uniform Deposit Check of $165.00 will be collected for

the singlet and warm-up top and bottom and $65.00 dollar deposit for singlet only. Equipment deposit checks will only be cashed if the equipment is damaged, altered, or not timely returned at the end of the season; a $25 charge will be assessed for each week equipment is returned late or un-cleaned.

Singlet’s are for competition only. Wash the singlet and warm-up in cold water without bleach. The club will only be responsible for damage to a uniform or equipment if it is damaged at a sanctioned event, or through normal wear and tear and through no fault of the participant, and only if the damage is immediately reported to one of the equipment coordinators, or his head coach.

1. All wrestlers must purchase their own headgear and write their name inside
2. It is mandatory that you purchase form fitting wrestling shoes. We recommend that you purchase one size up from your normal shoe size.
3. Most wrestlers bring a gym bag to practice. It is recommended that you put your wrestlers name on the bag and any other personal item that you are able to.
4. Please encourage your wrestler when at competitions, to place their warm-up in their gym bag when they take it off, so it does not

become confused with someone else’s.

# PRACTICES

1. The 3rd-8th grade wrestlers will practice a minimum of three times a week. These practices are mandatory, but will be excused for illness, religious

obligations or if your child participates in a club training program at

least once a week, then one PTWC practice must be attended the same

week. Unexcused absences will result in not being able to participate in the next dual meet or wrestle-off. Practices may be excused for wrestlers participating in national tournaments at

coach’s discretion. Please refer to our web site for the practice schedule.

1. In certain circumstances a wrestler may be allowed to miss practice to practice at another gym. This arrangement must be approved in advance by the Head coach.
2. The K-2nd grade wrestlers practice twice a week. Please refer to our web site for the practice schedule.
3. All wrestlers should make every effort to avoid walking on the mats until you've changed your shoes. Parents should not be on the mats at any time unless for a medical emergency or per the coaches’ request.
4. Practices may run a few minutes later on occasion; please be patient with your coaching staff. We will make every effort to end practices as scheduled.
5. If you are unable to make practice, please call or email the coach responsible for attendance. This coach will be identified at the mandatory parent / wrestler meeting at the beginning of the season. All coaches are listed on our web site.
6. If your child will be late to practice, or needs to be excused early, again, see the coach responsible for attendance.
7. If school is cancelled or closed early due to snow, practices may be cancelled as well. Please refer to the website for updates.

# REGULAR COMPETITION

1. The PTWC currently belongs to Four leagues;
2. **New Jersey Grade School League/Passaic County League (Varsity 1)**: (winner of wrestle-off ) The wrestle-off winner will compete in the applicable Varsity Grade School and Passaic County Wrestling League (NJGSWL/PCYWL). We are generally scheduled to have between 15 to 18 dual meets during the season. See the schedule for details. The regular season

Champion will earn a team trophy. There are currently 16 weight classes(NJGSWL) and 18 weight classes in (PCYWL). ***(NJGSWL)****70 75 80 85 90 95 100 107 112 119 124 132 140 150*

*175 HWT,*

***(PCYWL)****55 60 65 70 75 80 85 90 95 100 105 112 119 126 135 145 160 HWT.*

After you have secured your spot, it is anticipated that the wrestler will make weight. There will be weight progression allowances on January and February 1st of

1 pound (i.e., - 50lb classes extends to 51lbs after January 1st, and to 52lbs after February 1st). The Grade School and Passaic County season will conclude with the Varsity Tournament held on a Saturday or Sunday, Additional information including league bylaws may be found on the league website via the link on the team website.

1. **North Jersey Youth Wrestling League (Varsity 2)**: (Loser of wrestle-off)

The wrestle-off loser will compete in the applicable Varsity North Jersey Youth Wrestling League (NJYWL).We are generally scheduled to have between 15 and 18 dual meets during the season .See the North Jersey schedule for details. The regular season Champions will earn a team trophy. There are currently 17 weight classes and 2 optional weight classes 50\*(optional) 55 60 65 70 75 80 85 90 96 102 109 116 123 130 137 147 165(HWT) SHWT\* (optional).After you have secured your spot, it is anticipated that the wrestler will make weight. There will be weight progression

allowances on January and February 1st of 1 pound (i.e.- 50lb class extends to 51lbs. after January 1st,and to 52lbs after February 1st ) .The North Jersey season will

conclude with the North Jersey Varsity Tournament held on a Sunday, Additional information including league bylaws may be found on the league website via the link

on the team website.

1. **The King of the Mat League/ Future Stars (J.V. Leagues)** Wrestlers 3rd-8th grade not on Varsity 1 or Varsity 2 and with two or more years of experience. The wrestlers will compete against other teams and be matched up according to their age, weight and experience at the coaches discretion. Each wrestler may wrestle 2-3 times at a match. Matches usually consist of two-four teams at the same time, normally on Saturday mornings. There will be multiple league tournaments at the conclusion of the season. Additional information including league bylaws may be found on the league website via the link on the team website. The PTWC coaching staff will do its best to schedule dual type matches based on the availability of teams in our leagues.
2. **The King of the Mat League (KOM Clinic**): (for all wrestlers not on JV or Varsity who are in 5th grade and below with no more than 2

years experience.) The Morristown colonials sponsor this league. The wrestlers will compete against other teams and be matched up according to their age, weight, and experience at the coaches’ discretion. This is considered to be a developmental league for our younger and less experienced wrestlers. Each wrestler may wrestle 2-5 times at a match. Matches usually consist of two - four teams at the same time, normally on Saturday mornings. There will be league a tournament at the conclusion of the season. Additional information including league bylaws may be found on the league website via the link on the team website.

1. Wrestlers that also wrestle for another team are required to request permission to wrestle elsewhere in the event of a scheduling conflict with the other team. This includes all dual meets and team tournaments that the PTWC enters as a team.
2. All Home matches will be held at locations specified on the team website.

## (New Jersey Grade School, Passaic County, North Jersey and KOM J.V./Clinic)

1. When we are the host team, there is always some help needed in setting up the gym, we would ask that you please help by getting there a half-hour before weigh-ins and lending a hand. We also

need help with scoring and timekeeping during the match. Afterwards

please help us roll-away the mats and put away chairs.

1. Away matches are generally traveled to by caravan-style, (Passaic County/Grade School/North Jersey) All wrestlers must meet at the designated location(check on team website). Directions for all matches are on the web site, or league web sites. In addition, we may distribute directions before we leave. NOTE that we cannot weigh-in Grade School/Passaic County/North Jersey without our full team, therefore, it is imperative that you are at the designated location, on time and ready to

depart at the designated time.

1. If your child has any signs of ringworm, YOU MUST have a signed note from your Doctor stating that the ringworm is not contagious or that it’s not ringworm at all.
2. Please review the following websites for the respective league rules and policies: Grade School [www.njgswl.com](http://www.njgswl.com/) Passaic County [www.pcywl.org](http://www.pcywl.org/) North Jersey [www.njywl.com](http://www.njywl.com/) and King of the Mat League JV/Clinic [www.motowngrapplers.com](http://www.motowngrapplers.com/) you may particularly want to review the “certified weight” and “hard weight” definitions.

# TOURNAMENTS

1. Tournaments are run almost year round (usually on Sundays). They [may be](http://www.njwrestlingtournaments.com/) [found on www.njwrestlingtournaments.com.](http://www.njwrestlingtournaments.com/) We would encourage you to attend as

many as you can to gain match experience. Anyone who learns of any tournaments,

or plans to attend should contact one of the coaches, so we can post it and share it with the other wrestlers. While the coaching staff will attempt to be available at these tournaments there is no guarantee. You are

basically on your own. Please email the webmaster with any place finishes.

1. Tournaments that PTWC traditionally attend on an individual basis include the Caldwell and Parsippany/ParHills open tournament along with the Chatham and Madison Novice Tournaments. Novice tournaments are usually for wrestlers with up to two years of experience.
2. All wrestlers are strongly encouraged to register under the name

"ParTroy Wrestling Club”, or PTWC (please not Parsippany, Lake Hiawatha, ParHills or Redhawks ,Vikings ect.) and proudly wear their PTWC singlet in all tournaments that they participate in, including USAW-NJ qualifiers and finals. This not only helps the program in state rankings, but also is an affirmation of team unity, and strength.

1. USAW-NJ State Tournament. During the season, wrestling is a team sport first and an individual sport second. Every wrestler

should set goals extending themselves to their personal limits and striving for success at the State Tournament. Regional qualifying tournaments (qualifiers) will be held over eight weekends starting late in January at different locations. Qualifying wrestlers (top three) will be

eligible for the State Tournament, which will be held sometime in March. These may be found on [www.njwrestlingtournaments.com](http://www.njwrestlingtournaments.com/) or on our team website.

1. The Varsity wrestlers generally participate in the Randolph Team tournament, which is held the Sunday of Thanksgiving weekend and the Montville team tournament.

# WRESTLE-OFF GUIDELINES & POLICIES

1. Wrestle-offs are a privilege…NOT a right!
2. The coaches will determine who is eligible based on attendance and skill level (beginners will practice separately and not be expected to compete for a Varsity position).Wrestle-offs will be at coaches discretion.
3. The coaches reserve the right to move ("bump") wrestlers to different weight classes on the day of the match in order to obtain better pairings for the team as a whole. This maintains the component of wrestling as a "team" sport.
4. Wrestlers should make every effort to eat healthy, and exercise according to their family’s & doctor’s prescription. As wrestling is a sport categorized foremost for safety, and among other factors by body weight, a schedule of weight classes are hereby designated for qualification to ‘wrestle off’. Wrestlers shall meet weight classes in order to wrestle off. The following weight classes and maximum weight allowances shall be the maximum allowable. From weight classes of 50 lbs – 80 lbs, there is a 3 lb allowance over the weight class they are challenging at the time of wrestle-offs. From weight classes of 81 lbs – 123 lbs, there is a 4 lb allowance over the weight class they are challenging. And for weight classes beginning at 124 lbs and upward, there is a 6 lb allowance over the weight class they are challenging.
5. All wrestle-offs will be according to Grade School, Passaic County and or North Jersey weights.
6. Wrestlers will be "seeded" according to common wrestling criteria. After wrestle-offs are completed, the Varsity 1 wrestler will be considered the "top seed" for the next wrestle-off.
7. Wrestlers not attaining Varsity 1 level at their weight class may challenge up one weight class (That is, if a wrestler

Loses the 55lbs. wrestle off, he/she may challenge at 60lbs). However, if there are multiple wrestlers losing at a weight class, all may not challenge up. The wrestler, who finished second, gets preference over the rest of his weight class, and a wrestler who defeated another wrestler in that class is the next eligible.

1. There will be NO coaching during the wrestle-offs …by parents or

teammates!! Parents and parent coaches are not allowed in the room. Coaches will not ref or be in the room during their child’s wrestle-off.

1. If a wrestler cannot make wrestle-offs for any reason (i.e. sick, party, event, etc.) his position is open to challenge. Your mandatory presence prevents someone from avoiding a challenge in order to keep his position. Keeping your position requires you to win at a wrestle off, not avoid it. If a wrestler is truly sick, the coaches will try to accommodate by accepting challenges for that weight class first, and then sending the sick wrestler home.
2. The frequency of wrestle-offs will be determined by the match schedule. Ideally, wrestle-offs would be held every week. Due to the number of matches and time that it takes to complete wrestle-offs, there would be no instructional time if they were done too frequently. There will also be times when weeknight matches or snow/makeups prevent more frequent wrestle-offs. This is coaches’ decision.
3. Grade School/Passaic County/North Jersey Tournament eligibility is determined by the number by the number of matches wrestled and the weight class they were wrestled at. A wrestler who has won every wrestle-off for the season will not be challenged for the Tournaments. A wrestler who has won the vast majority of the wrestle-offs will earn his tournament birth by beating his opponent in the first match of the wrestle-off. If the wrestler winning the minority of his matches wins the first wrestle

-off, winning the tournament birth becomes a best of 3 series. A wrestler who has no wrestle-off wins will not be eligible to challenge for the Tournament.

1. As it is impossible to project every scenario and possibility, the ultimate decision making at a match or tournament shall lie with the head coach. These aforementioned rules should be viewed as guidelines to treat each wrestler as fairly and objectively as possible. In the event that an unforeseen case arises, the head coach will have the final decision as to the method applied to solve the issue(s). Any parent or other coach in disagreement shall resort to the code of conduct policy above and adhere to proper conduct and decorum.
2. It is ultimately the wrestler’s responsibility to make the weight he challenges at. Failure to make that weight causes the

team to possibly forfeit that class and lose team points as well as depriving another wrestler the opportunity to compete. The coaches reserve the right to impose match suspension penalties at their discretion.

1. If any of the above shall be in dispute, at the time of a meeting the board shall decide the variance and at a match, the head coach shall decide the variance.

# SAFETY & HYGIENE

* 1. Ringworm has been kept relatively under control for the last few years

with the adherence to the following policies and guidelines. Lets do everything we can to avoid, minimize and prevent the outbreak and spreading of Ringworm this year. We have found over the last couple of years, showering with Selson Blue Shampoo and using it also as a body wash has helped avoid any skin fungus.

* 1. The mats will be mopped down with a mat disinfectant prior to every practice and match. Anyone that would like to volunteer to help

would be greatly appreciated.

* 1. Showering after all practices and matches is mandatory!
	2. Parents are not allowed on the mat at anytime unless asked by a coach.
	3. Anyone with signs of ringworm will not be allowed on the mats without a doctor’s note. Parents and wrestlers need to be responsible and diligent. Please check with the coaches if you believe your child has any skin rash, irritation, or sign of ringworm.
	4. Headgear is mandatory at all practices and competition.
	5. No chains watches or earrings are to be worn.
	6. Fingernails must be neatly trimmed.

# VOLUNTEERING- FUNDRAISING

1) The wrestling program generally has a few fund-raising events during the year. We've hosted our Annual Invitational Dual Meet

Wrestling Tournament, with approximately ten to twelve teams participating from across the Northeast. It is usually the weekend between Christmas and New Years in December. The parents of all wrestlers are strongly encouraged to contribute some hours at the Tournament either in Concessions,

Score Keeping, Admissions, 50/50 Sales, Security, as this is a great opportunity for

you to work off your volunteer deposit.

# SCORING DEFINITIONS

1. Match Points;
2. Takedown - 2 points. A takedown shall be awarded when, from the neutral position, a wrestler gains control of his opponent on the mat.
3. Escape - 1 point. An escape occurs when the defensive wrestler (the one on the bottom) gains a neutral position and the offensive wrestler has lost control of the defensive wrestler, while remaining in-bounds.
4. Reversal - 2 points. A reversal occurs when the defensive wrestler is able to come from underneath and gain control of the opponent, either on the mat or in the rear standing position.
5. Near-Fall - A near-fall occurs when the offensive wrestler (the one on top) exposes the defensive wrestler's back to the mat at 45 degrees or less.
6. 2 points - 2-4 uninterrupted seconds.
7. 3 points - at least 5 uninterrupted seconds.
8. Team Points;
9. 6 Points - Win by fall (pin, default, forfeit, or disqualification.
10. 5 Points - Win by technical fall. This occurs when one wrestler has a 15 point advantage over the other wrestler.
11. 4 Points - Win by major decision, where one wrestler has an 8-14 point advantage over the other wrestler.
12. 3 Points - Win by decision, where one wrestler wins by 1-7 points.

## \*Note\* Some Team dual scoring systems differ

1. **Coaches**
2. All Coaches (Head &Asst.) must attend a USAW Bronze Certification course and must have a background check conducted through USAW.
3. A Coaches committee will be appointed by the President and will be charged with recommending a Head coach to the executive board for approval/denial at the September Meeting. A 2/3 majority vote of the present quorum at the executive board meeting will be required to affirm or deny the Head Coach. The appointed coaches committee will consist of the executive board’s President, the **1st** vice president, the 2 recruiting coordinators, the head coach, and 3 other executive board members. The head coach, although is a member of the coaching committee by appointment, he has no voting power or rights.
4. This committee will oversee the “Head Coach”. The Head Coach will be charged with interviewing and assigning “Divisional Head Coaches and assistant coaches” for the various levels (Grade School, Passaic County ,North Jersey, KOM ect.).The Head Coach will present his recommendations to the Coaches committee by their September meeting for affirmation by the committee. All coaches once affirmed by the committee must be voted on by the executive board at the October meeting. All coaches will be affirmed or denied to their positions by a 2/3 majority vote of the present quorum at the meeting.
5. The Head Coach will develop a practice plan, and the coaching philosophy that he wants the coaching staff to follow. The head coach will attend all executive board meetings. All assistant coaches will follow the leadership, direction, philosophy and guidance of the head coach who, once appointed by the executive board to his term will supervise all assistant coaches and will be singularly in charge of all coaching decisions, planning and practices.
6. All coaches will sign a code of conduct and adhere to it strictly. A zero tolerance policy will be enforced against coaches’ behavior.
7. Any coach on any level that may be in a position of coaching his child, shall defer any decision regarding his own child to the consensus of the remaining coaches on that level, and shall be bound by their decision, even if the parent/coach in question is otherwise the head coach of that level. In any event, the appearance of nepotism shall be avoided at all costs. This is an occasional but necessary evil if we make a choice to coach our own kids.

# OTHER

1. Our end-of-season wrestling party is usually held some time in the spring, possibly in the month of April.
2. We encourage all of our wrestlers to participate in wrestling clubs of there choice and attend off-season camps, clinics and tournaments. Recommended club links can be found on our team website.

By signing below, I agree and testify that I have read, understand and approve of these bylaws of the Par-Troy Wrestling Club’s .

## Signed Date Position

**Signed Date Position**

**Revised on 10/21/13**