



**WRESTLERS' CODE OF CONDUCT**

- Have fun.
- Always give best effort.
- Be on time and attend every practice possible – with the required gear.
- Maintain a "can-do" attitude.
- Always take responsibility for actions.
- It is NEVER the referee's fault!
- It is not the coach's fault.
- It is not your parent's fault.
- Show respect for the coaches, referees, parents, and other wrestlers.
- Pay attention. We have to make the most of our practice time.
- Do not talk when the coaches are talking.
- Do not engage in horseplay. That is how people get hurt.
- Dangerous "TV moves" will not be tolerated.
- Always demonstrate good sportsmanship.
- Control temper.
- Respect the property and equipment used at any sports facility, both home and away.
- No talking bad about other wrestlers or their families on the team.
- No form of "hazing" or "initiation" of other wrestlers, regardless of how insignificant it may seem.
- No obscene gestures or language.
- No pinching, scratching, biting, punching, poking, tripping, ball-grabbing, chinning in the back, or pushing off allowed.

**CONSEQUENCES FOR WRESTLERS**

1. Verbal warning and/or written warning.
2. Suspension from two weeks of practice
3. Removal from GORILLA Wrestling program.

**PARENTS' CODE OF CONDUCT**

- Parents should make sure that all fees are paid on time.
- Parents must turn in all necessary forms promptly.
- Parents must equip their wrestler properly, so they can participate in all practices and matches.
- Go over the Wrestlers' Code of Conduct and ensure wrestlers understand what is expected of them.
- Parents should keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
- Bring any issues to the coaches, as soon as possible, away from the wrestlers.
- Parents should get their wrestler to practices and tournaments at prescribed times.
- Parents should be encouraging, not critical of their wrestler, coach, and team.
- Parents should try, as much as possible, to be available to assist in the Wrestling Program and team functions as requested.
- Parents should try to promote the emotional and physical well-being of the athletes ahead of any personal desire to win.
- Remember that your child wrestles for his enjoyment, not yours.
- Encourage good sportsmanship through your actions by demonstrating positive support for all wrestlers.
- Respect the property and equipment used at any sports facility, both home and away.
- Support and encourage the wrestlers to always give their best effort.
- Provide support for coaches and officials working with the wrestlers to provide a positive experience for all.
- Demand the wrestler to treat all wrestlers, coaches, officials, parents, and spectators with respect regardless of race, creed, color, sex, or ability.
- Treat all wrestlers, coaches, officials, parents, and spectators with dignity and in language, attitude, behavior, and mannerisms.
- Inform the coach of any physical disability or ailment that may affect the safety of the wrestler or the safety of others.

**CONSEQUENCE FOR PARENTS**

1. Verbal warning and/or written warning
2. Suspension from two weeks of practice
3. Wrestler and Parents Removed from the Gorilla Wrestling program

**PARENTS/GUARDIAN SIGNATURE**

\_\_\_\_\_Date\_\_\_\_\_

\_\_\_\_\_Date\_\_\_\_\_

**WRESTLERS SIGNATURE**

\_\_\_\_\_Date\_\_\_\_\_

\_\_\_\_\_Date\_\_\_\_\_