



RB WRESTLING CODE OF CONDUCT

All Wrestlers and Parents will abide by the following rules to the best of their abilities:

- I will demonstrate sportsmanship at all times
- I will respect all other wrestlers, coaches and parents regardless of their ability, gender, race, religion, achievements and opinion
- I will be ready to practice on time
- I will notify coaching staff about missing practices in advance
- I will only practice what the coaching staff teaches (no MMA or WWE moves)
- I will not engage in any horseplay during practice
- I will pay attention and listen to coaches
- I will be a leader and representative of RB Wrestling on and off the mat
- I will DO MY HOMEWORK and STUDY FOR TESTS
- I will wash my hands and shower immediately after practice
- I will NOT force friends or siblings to wrestle at school or at home without their consent
- I will not intentionally fight, punch, kick, slam, bite, head-butt or scratch a teammate or other wrestler (ZERO TOLERANCE - consequences may include expulsion from practice and/or program)
- I will not damage or deface any school property, buildings or equipment
- I will not disrupt or interfere with practices or official bouts
- I will abide by all decisions of bout officials, tournament staff and coaches
- I will refrain from expressing negative or threatening verbal comments about other wrestlers, coaches, officials or parents
- I will not make obscene gestures or use foul language during practice and/or tournaments

RB Wrestling Club reserves the right to dismiss any participant who does not adhere to the rules.

Wrestler Name _____

Wrestler Signature _____

Parent/Guardian Name _____

Parent/Guardian Signature _____