**Bermudian Springs Wrestling**

**Junior High Team Rules 2023-2024**

All code of conduct violations are subject to the discipline as defined in the student handbook. This refers to tobacco, drugs, alcohol, other controlled substances, academics, school attendance, and in or out-of-school suspension.

**-Attendance to scheduled mandatory wrestling activities (practices and contests):**

-Head coach must be pre-notified of all excused absences with notes or emails from parents

**-PRACTICE:**

-1st unexcused missed practice= 1 match suspension

-2nd unexcused missed practice= 2 match suspension

-3rd unexcused = is dismissal from the team

**After School Detention=unexcused absence**

**\*\***MUST travel with the team to events, **to travel home with other transportation must have a signed parent note approved by the MS or HS office and given to the head coach prior to the event.**

**-Conduct detrimental to the team:**

-discipline for such a violation will be at the head coach’s discretion and could range from a verbal reprimand to dismissal from the team

**-Other discipline infractions:**

-will be handled by the head coach internally if applicable

-Actions taken will be based on the nature of the infraction and will range from verbal reprimand to dismissal from the team

**-Sportsmanship:**

-all team members are expected to exhibit good sportsmanship during all contests

-demonstrations of poor sportsmanship will be handled by the head coach and consequences could range from verbal reprimand to suspension from the team

**-Playing time** -will be based on weekly wrestle-offs and practice attendance/performance will only be discussed between the student-athlete and the head coach