

Girls Wrestling Rules

1. Follow the School's Code of Conduct
2. Maintain Academic Eligibility
3. Be on time for practice
4. If you're in school, you are expected to attend practice. If you're in school and can't attend practice, you are expected to let one of your Coaches know or it will be an unexcused absence from practice.
 1. 1st Unexcused – we will show you grace
 2. 2nd Unexcused – not allowed to wrestle off for next event
 3. 3rd & 4th Unexcused – sit out next event
 4. 5th Unexcused – dismal from team
5. If you're struggling to maintain your weight, talk to your Coaches then we can talk with the Athlete and Parents.
6. Injuries NEED to be reported to Coaches. We want healthy athletes competing and injured athletes recovering.
7. No BULLYING, No HAZING, No HORSE PLAY!
8. Absolutely NO STEALING – No Warnings – automatic dismal from the Team!
9. Respect teachers, administrators, coaches, referees, teammates, opponents and your parents. I do not want to see one of our athletes disrespecting others. You are ambassador for Bermudian Springs School District, your community, your coaches, and your family.
10. Please be COACHABLE. We will work to help you achieve your goals to the best of our abilities, but you must be willing to put in the work.