



## Rules and Regulations

Student name: \_\_\_\_\_

Date: \_\_\_\_\_

### **Rules**

**X**\_\_\_\_\_ All wrestlers must represent the town of Auburn, Placer High School and its coaching staff according to the Placer High School Athletic Code and CIF Code of Ethics. Inappropriate conduct, defiance and/or disrespect will not be tolerated.

**X**\_\_\_\_\_ All wrestlers must attend **ALL** practices and scheduled meets and be on time. In the event of medical problems and/or emergencies, the coach must be notified immediately.

**X**\_\_\_\_\_ If a wrestler can not participate in practices or competition for medical reasons, he/she must still be present at **ALL** scheduled events to help out in any way needed. Illness that necessitates missing school is an exception.

**X**\_\_\_\_\_ All wrestlers must participate in **ALL** team fundraisers throughout and outside the season.

**X**\_\_\_\_\_ All wrestlers will be financially responsible for lost, stolen or damaged Placer High School wrestling equipment/uniforms.

**X**\_\_\_\_\_ Failure to clear outstanding debts will result in loss of eligibility until debts have been cleared.

**X**\_\_\_\_\_ In the event that a wrestler is expelled from the team, the wrestler may be reinstated only for the following season and will be subject to a probationary contract.

### **Consequences for not following or for breaking these rules**

Coach's discipline, suspension or expulsion from the team.

*Regulations on back*



## Regulations

### Wrestle-Off

- All positions will be decided by wrestle-off. Coach may shift weight class for dual competitions for tactical reasons. Does not affect earned position.
- Challengers for Varsity spot must win 2 out of 3 wrestle-offs. If Varsity starter wins first challenge, challenge is over. Otherwise, it is 2 out of 3.
- One victory over each competitor is required to earn other positions. Unexcused absences may drop a wrestler to the bottom of the challenge ladder or be cause for dismissal from the team.

\*\*\*\*\* If any varsity wrestler is unable to compete due to illness, injury or match count, he is still considered to be the varsity starter upon his return even though another wrestler competed in his place.

To qualify for a Varsity letter, a wrestler must complete one of the following requirements:

- a) Complete **10-20-30** rule: **10** Varsity wins, or  
**20** Varsity matches, or  
**30** Varsity team points (excluding forfeits).
- b) Be a senior who started and finished the season. This includes post season if selected.
- c) Qualify for and compete in post-season competition beyond league finals.

In the event that a wrestler does not complete the season (Regular and Post-season if selected) for any reason (except medical) the wrestler forfeits all awards.

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Student's Signature

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Parent's Signature

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Coach's signature