

## Wrestling Information and Rules

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## Wrestling Information and Rules

1. Weight Loss Management: This is the fourth year of mandatory testing. Athletes are not allowed to go below 7% body fat. The alpha test for LV will be Wed. Nov 25<sup>th</sup>. Once athletes are tested the NWCA will give a minimum weight. 1.5% per week Until Jan 24<sup>th</sup>

2. Team members will dress up or wear their wrestling shirts on days of duals, triangular and tournament, two 30 second bear crawls will be awarded for failure to comply.

3. Team members are required to ride with the team to meets. They may go home with parents or guardian after the last Logan View Wrestler finishes his/her match.

4. Varsity wrestlers will be determined with a best 2 out of 3 wrestle off. The first wrestle off will be Sat., November 28<sup>th</sup>. Once the varsity spot has been earned, the challenger must win the first wrestle off match to force a best 2 out of 3 scenario.

5. The wrestlers will be responsible for their uniform, warm-ups and practice attire. they will pay for any lost, stolen or misused equipment. Mr. Mowinkle will be collecting singlets after each meet to wash them at Logan View.

6. Attendance: Wrestlers become a long and strenuous season. Attendance is mandatory with each participant getting 1 mental health day. They must ask in advance and it can't be taken the day before a meet.

7. Detentions will result in extra conditioning

8. Academics are very important in life. IF the athlete is on the downs list for the week, they must bring to a coach a note from the teachers stating what they are down for and what the coach can help the student athlete with.

9. All wrestlers and families will be asked and expected to help with the youth kids wrestling tournament and Junior High Wrestling tournament.

### Unexcused absences

- 1 unexcused absence: extra conditioning
- 2 unexcused absence: extra conditioning and will not be allowed to challenge that week for varsity
- 3 unexcused absence: extra conditioning and result in the removal from the team
- Excused absences will result in the extra-conditioning to maintain our stamina