**’24-’25 Lewis County Junior Rules**

* Practices are CLOSED unless otherwise stated by Coach Kenny Lowther. No parents are permitted in the wrestling rooms during practice times. If you have any questions for a coach please ask questions before practice begins or after practice has ended.
* Clean up after yourselves, throw all trash away before leaving.
* If you child needs to change clothes please do so in the restrooms as we are a coed team.
* Nothing is to be left in the office. Shoes, headgear, and bags must be taken home after each practice.
* Respect one another and your coaches. Bad attitudes WILL NOT be tolerated. Parents will be called and asked to pick up their child at coaches discretion.
* **COACHES ONLY** PERMITTED ON MATS AT TOURNAMENTS.
* Respect your opponent and referees. Wrestlers are expected to shake their opponents hand after each match. Losses happen, learn from them.
* Negativity/Belittling from parents towards their own children or others will NEVER be tolerated and result in expulsion from the Lewis County Junior Wrestling Team.
* It is the parent's responsibility to ensure the appropriate tournament forms have been turned in to the coaching staff ON TIME (usually the Monday prior to the tournament). There are exceptions to this date. If no form is turned in, the assumption will be made that the wrestler will not be attending.
* If the team has paid the entry fee for the tournament, your child is to wear the team singlet.
* It is the parent's responsibility to contact one of the coaches or board members in the event that your child cannot attend a tournament for which he/she was registered. If your child misses a tournament that he/she has been signed up for, you will be responsible for reimbursing the team for that attendance fee REGARDLESS OF REASON OR CIRCUMSTANCE. If the weather prohibits you from attending, and the team still goes, you will be responsible for reimbursing the team. The team has a limited amount of funds to spend and cannot be expected to pay entry fees when the child does not participate. If your child does not make weight for a tournament, you will be responsible for paying any costs associated with moving to another weight class. If your child does not wrestle due to a weight issue, you will be responsible for reimbursing the team for the entry fee. **If you double enter your child for a tournament you will be responsible for the extra entry fee**.
* The child must attend at least **ONE (1)** practice per week for the team to pay admission to the weekly tournament. In the last few years, there have been kids who do not attend practice and only attend tournaments on weekends. If this becomes an issue, the team will no longer pay entry fees for that child for the remainder of the year. It isn't fair to those who do attend practice.
* The parent(s)/guardian(s) of the wrestler is expected to help work the yearly tournament. This is how the team funds the yearly expenses. It costs approximately $10,000 to run the team for a year; including insurance, referees, trophies, weekly entry fees, uniforms, etc. We cannot run our tournament without help from everyone. If the tournament doesn't succeed, the team doesn't make money, and; therefore, the weekly expenses will fall to the parents.
* It is everyone's responsibility to help with fund raising events throughout the wrestling season. Please help us continue to pay the team's weekly/yearly expenses and help our team continue to succeed.
* **ADULT CODE OF CONDUCT: In order to uphold the goals of Lewis County Junior Wrestling and ensure that all participants have the benefit of a safe and fun learning environment. All parents, guardians and other adults and attendees of junior wrestling events, including but not limited to practices, competitions, and banquets, must behave accordingly and be respectful, courteous and sportsmanlike manner at all times. Any adult who is using alcohol, tobacco (including electronic cigarettes) or non-prescription drugs and/or appears intoxicated at a wrestling event or practice, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with a coach, board member, official, volunteer, staff member, participant or other event attendee will receive a verbal warning and be asked to leave the event. The adult's children may also be removed from the event. All Lewis County School regulations regarding tobacco, drugs, alcohol and weapons must be followed while at the RLBMS mat room. Any adult who commits one of the above stated offenses a second time will be banned from any/all events for the remainder of the year and may include removal of the child/children from the program. Any adult who physically assaults a coach, board member, official, volunteer, staff member or participant, or threatens bodily harm against any of the aforementioned, may be banned from any/all events for the remainder of the year and have charges filed against them.**
* Be a good teammate. CHEER FOR EVERYONE, we are a team!
* Be a leader. Help push your teammates and yourself to improve every day.
* Practice hard.
* Fight until the clock says 0:00.

Learn from the losses, Celebrate the wins, & Believe in yourself!

BE STRONG, BE BRAVE. BE HUMBLE.

