

# **HORIZON WRESTLING TEAM POLICIES**

## **ATTENDANCE:**

- 1. Attend all practices two weeks prior to your first meet.**
- 2. Attend all practices the week preceding a match or tournament**
- 3. Be in good academic standing in school**

## **CHALLENGES:**

- 1. Attend all practices the week prior to the challenge match**
- 2. Be present the day of the challenge match**
- 3. Weigh-in within three pounds of the challenge weight**

## **WEIGHT LOSS:**

- 1. Each wrestler may wrestle the weight they certify at or higher**
- 2. Any wrestler with less than 5% body fat must have a note from their doctor to participate**
- 3. Starvation diets are not recommended**
- 4. Fluids must be maintained at least until the night before a match**

## **TEAM BENCH:**

- 1. Only the team, coaches, trainers and alumni wrestlers allowed on bench**
- 2. Team members must remain on the bench during the entire dual**

## **VARSITY LETTERING:**

- 1. Demonstrate a good practice attitude and complete work-outs**
- 2. Return all equipment in good shape**
- 3. Finish the season in good standing with the coaches**
- 4. Achieve two of the following**
  - a. Participate in the regional meet**
  - b. Show improvement in varsity matches**
  - c. Participate in five varsity matches**
  - d. Recruit a friend to come out for wrestling and remain the whole season**

## **J.V. & FRESHMAN LETTERING:**

- 1. Demonstrate a good practice attitude**
- 2. Return all equipment in good shape**
- 3. Finish the season**