

Cardinal Wrestling Club Handbook

Amended 10/10/2019

MISSION STATEMENT

The Cardinal Wrestling Club is created to promote the sport of wrestling by giving the opportunity to compete in the sport of wrestling to all students male and female who are too young to compete in regular Middle School matches and to give all wrestlers the opportunity to increase their skills by attending off-season tournaments. Emphasis is to place Academics, Sportsmanship, Character Building, Physical Fitness, and Health and Well-Being of the student athlete, above winning. The club is formed to teach life lessons and build self-confidence in participants.

Club wrestling is offered by **Union Athletic Association**. All questions and concerns will be handled by the following chain of command.

1. Team Parent
2. Head Coach
3. Wrestling Commissioner (Scooter Marlow)
4. UAA Board

GOVERNING BODY

As wrestling is a sport, the Cardinal Wrestling Club shall be governed by Union Athletic Association (UAA) and will comply with all rules and regulations put forth by the Athletic Department, National, State, and Local rules and regulations.

FEES

A fee may be assessed for participation in the club. A warm-up uniform and competition singlet fee may also be requested. Such fees and monies will be maintained by the UAA accounting department under a separate Cardinal Wrestling Club account. The fees can be used for additional referee fees, end of the year trophies, and other uses as approved by the Accounting Department. The current participation fee is \$50. This fee may be increased or lowered due to current needs. A general guideline is to keep the fees as low as possible to allow all students to participate. Additional tournament entrance fees and transportation fees may be assessed according to needs.

ELIGIBILITY

The Club will be open to all students, male and female, which have not yet reached the sixth grade level. (See “Non-School Sponsored and Off-Season Wrestling” section below.)

Students, who do not attend Union Academy, are required to provide proof of grade level, coverage by health insurance, and a current physical. The participant must also complete all forms required for participation by the Middle School wrestling team. The participant must also sign a waiver, releasing Union Athletic Association, Union Academy, its Board members, the administration, the athletic department coaches, volunteer parents, and anyone else overseeing or involved with the Club from responsibility for injury, negligence, or death. Such proof and needed forms will be kept on file with the Athletic Department.

Students, who attend Union Academy, are required to provide a current physical. The participant must also complete all forms required for participation by the Middle School wrestling team. The participant must also sign a waiver, releasing Union Athletic Association, Union Academy, its Board members, the administration, the athletic department coaches, volunteer parents, and anyone else overseeing or involved with the Club from responsibility for injury, negligence, or death. Such proof and needed forms will be kept on file with the Athletic Department.

Number of Regular Season Contests

The number of regular season school-sponsored contests is limited to no more than 14. Up to two (2) additional matches may be played in lieu of a conference tournament.

Tournament

The number of in season, school scheduled and sponsored tournaments is limited to one (2) single elimination, not to exceed eight (8) teams. The exception is that a third and fourth place may be determined in tournament play. The Club may schedule one (1) regular season school sponsored contest the week of the tournament.

Transportation

Transportation of participants shall be provided to and from matches if they are scheduled in conjunction with regular season school sponsored middle school matches, where transportation is supplied to the middle school team. Parents must supply their own transportation to non-school sponsored in-season tournaments and off-season tournaments.

Weight Classifications

Weight classifications shall be governed by the Middle School rules. Additional weight classes of 73 pounds or lower may be added to accommodate younger and smaller wrestlers. A two (2) pound growth allowance will be allowed after January 15th each year.

Sanitary and Safety Measures

Sanitary and safety measures shall follow current Middle School rules.

Adopted Game Rules

Club members at (5th) grade level or below may not compete in matches with other participants at seventh (7th) grade level or above.
Exception: When competing against a non-state sanctioned team or club, in accordance with American Athletic Union and USA Wrestling rules, a participant may opt to compete in matches at one age level above their current age group. This must be done at the coach's discretion with upmost consideration for the safety, health, well-being, both mental and physical, and skill level of the individual athlete. Prior parental approval is required.

Time of Bouts: First, second, and third periods shall be 1 minute.

No wrestler may compete in more than 3 matches in any dual team meet. See section labeled "Tournament" for exceptions for tournament play.

A contestant shall not wrestle more than One (1) weight class above the class for which his official weigh in, qualifies him/her.

All effort will be made to allow a wrestler at least one match per team meet or tournament. Due to weight, age restrictions, skill level, and years of experience, the amount of individual matches per meet may vary.

Non-School Sponsored and Off Season Wrestling

Participation in non-school sponsored and off-season practices and wrestling tournaments shall be made at the parents' discretion. Transportation and tournament fees shall be the responsibility of the participants' parents.

In regards to off-season wrestling tournaments and non-school sponsored tournaments, middle school and high school students may be added to the Cardinal Wrestling Club as long as they comply with fees and regulations stated above. In addition, all participants, coaches, and parents must comply with the rules and regulations of the tournament as stated by the tournament host.

Some rules are adopted and quoted from regular Middle School rules.

Additional rules regarding to conduct, equipment care, use of electronic devices, etc. not covered by the above rules, may be instituted by the head coach.

Changes in these rules must be made with the approval of the Union Academy Athletic Department.

Any discrepancies or objections about or in the above policies shall be resolved by the Union Academy Athletic Department.

Return this page to your coach.

Union Academy

CLUB Wrestling

Information, Medical and Waiver of Liability Form for the Sport of Wrestling

Club wrestling is an enrichment experience for participating students. Students will not be allowed to participate without submitting a completed form.

The parent/guardian must check the following box below that applies to his/her child (the "student"), sign at the bottom, and submit this form prior to participating in practice or matches.

I do not authorize the student to participate in this activity.

I do authorize the student to participate in this activity.

Transportation: CLUB wrestling staff shall not be responsible or liable for any injury or accident via commercial transportation or transportation in any owned, leased or operated vehicle, or any vehicle not driven by a CLUB Wrestling staff or not under the control of the club wrestling staff.

Personal Insurance Coverage for Wrestling: Personal insurance is required to cover a student for any accidents or injuries experienced by the student while participating.

My child is covered by the following insurance:

Policy Number: _____

Insurance Company: _____

Claims Address: _____

Return to UAA or Coach.

**Keep the preceding pages for your records
Return this page to your coach.**

In the event of accident, injury, or emergency involving the student, CLUB wrestling staff shall, to the extent feasible, seek medical and any other necessary assistance. The parent/guardian will be contacted as soon as feasible. Any medical charges or other obligations are the parent/guardian's responsibility.

By allowing the student to participate in Wrestling, the parent/guardian authorizes CLUB Wrestling staff to secure any medical or other necessary personnel or services to perform x-rays, routine or other necessary tests and treatments, hospitalize the student, release records necessary for insurance or health purposes, and administer or arrange for any other necessary measures intended for the student's well-being.

The parent/guardian authorizing participation is assumed to have determined that the student is sufficiently healthy and otherwise fully capable of participating in the activity without special risk. If medical clearance, examination, or other precautionary measures are required to ensure the fitness of the student, the parent assumes full responsibility for providing proof of medical clearance.

Assumption of Risk and Waiver of Liability. CLUB wrestling involves inherent risks associated with the activities involved. The parent/guardian voluntarily assumes all associated risks and responsibilities and releases CLUB wrestling and its agents of all liability for any resulting death, injury, damages, or loss not proximately caused by any willful or wanton act or omission by a school agent.

Every student must comply with all applicable behavior guidelines and rules while participating in CLUB wrestling. CLUB wrestling staff may separate any student failing to do so and may contact the parent/guardian as soon as feasible. Upon request by a CLUB staff member, the parent/guardian must arrange to have the student picked up as directed by such CLUB wrestling staff member. If a pick-up cannot be feasibly arranged, CLUB wrestling staff may arrange for alternative transportation at the expense of the parent/guardian. Depending on the severity of the behavior, the student may also be subject to additional and subsequent disciplinary measures.

By signing below, the parent/guardian acknowledges that they have read, understand and, if authorizing participation, agree to abide by the terms and conditions described herein. No changes may be made to the terms of this form without prior written authorization of the CLUB wrestling sponsor.

Parent/Guardian Name (Print)

Student Name (Print)

Parent/Guardian Signature Date

Return to UAA or Coach.

Middle School Wrestling

The number of regular season contests is limited to no more than 14. Up to two (2) additional contests may be held in lieu of a tournament.

Number of Regular Season Contests 24

NCDPI July 2012

The tournament is limited to one (1) single elimination, not to exceed an eight (8) wrestler bracket. The exception is that a third and fourth place may be determined in tournament play. Schools may schedule one (1) regular season contest the week of the tournament.

Tournament

For both middle and junior high schools the weight classes are as follows:

Weight Classifications

83, 90, 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and heavyweight.

The maximum weight for the heavy weight contestants will be 250 pounds. The minimum weight for the heavyweight class is 196 pounds. The minimum weight for an 83-pound weight class contestant is 68 pounds. The minimum weight for a 90-pound weight class contestant is 75 pounds. A two (2) pound growth allowance will be allowed after December 25th each year.

NOTE: The use of artificial weight loss devices/measures is prohibited.

All mats must be cleaned with a 10-percent bleach solution or isopropyl alcohol solution prior to the first match and each time blood gets on the mat. A bucket or squeeze bottle with a 10-percent bleach solution or isopropyl alcohol solution and rubber gloves should be placed at each mat for cleaning purposes. This same solution should be used to wipe any blood off an opponent's skin. It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases. If the bleeding problem is severe enough, the competitor should not be permitted to continue, not only from the standpoint of possible disease transmission, but also for the health and safety of the injured athlete.

Sanitary and Safety Measures

NOTE: During the match each coach will be responsible for cleaning their own wrestler, and the home team is responsible for cleaning the mat using the guidelines set forth in the National Federation Rule book.

NOTE: It is recommended that coaches monitor daily weigh-ins with weight loss not to exceed 3 pounds per week.

Time of Bouts: First period shall be one (1) minute. Second and third periods shall be two (2) minutes.

Adopted Contest Rules

No wrestler may represent his/her school in more than one (1) weight class in any meet or compete in more than three (3) full-length matches in tournament or championship play

NCDPI July 2012

In any one (1) day. A minimum of forty-five (45) minutes of rest between matches shall be observed.

A contestant shall not wrestle more than one (1) weight class above the class for which his/her actual stripped weight, at the end of the weigh in, qualifies him/her.

UNION ACADEMY WRESTLING

EXPECTATIONS AND POLICIES

PRACTICES

Practice will be in the wrestling room in the South Gym. We will also use the weight room for strength training.

No eating food, candy, or anything in the wrestling room.

Parents must come in and pick up wrestlers at end of practice every day at 5:00.

WEIGH-INS

Wrestlers are required to weigh in before practice and weigh out after practice. These weights are to be recorded daily in their respective books. Failure to do so will result in extra conditioning for the wrestler.

PERSONAL BELONGINGS

All clothes, books, cell phones, etc. must be placed in the locker room or on the side of the wrestling room. Union Academy is not responsible for lost or stolen items.

Cell phones are not to be on your person during practices or on the benches during matches.

I-pods, MP3's, or other electronic devices use will only be allowed during the warm up run at the beginning of practice. Before stretching begins, they are to be put away.

MISSING PRACTICE

Three (3) unexcused missed practices will result in dismissal from the team.

The amount of excused missed practices before a wrestler is dismissed will be at the discretion of the coaching staff.

*Excused or unexcused, a missed practice will still result in additional conditioning for the wrestler, in order to maintain a high level of fitness.

TARDINESS

A wrestler that is late to practice, a match or a tournament will be assigned extra conditioning.

PROFANITY

Profanity will not be tolerated by wrestlers or coaches. This includes practices, matches and tournaments. Extra conditioning will result for violations.

TUTORING

If a wrestler has after school tutoring, the day, time, and teacher must be provided to the coaching staff in advance of the tutoring session.

SCHOOL RULES

Wrestlers violating school rules will be dealt with appropriately by the school administration. Also, additional punishment will be administered at the discretion of the coaching staff.

HAZING

Hazing is strictly prohibited by UA Wrestling, Union Academy, the YVC, and the North Carolina High School Athletic Association. Violation of the policy will be dealt with by the coaching staff and the school administration.

MATCHES AND TOURNAMENTS

Any wrestler who is present at a home match, as a wrestler or spectator, is expected to help with the setting up, running of, tearing down, and cleaning up after the match. Refusal to do so will result in extra conditioning for the wrestler, or dismissal from the team for repeated violations.

Cell phone use, even Text Messaging, will be prohibited on the bus, the locker room, the bench, and in the wrestling area, unless authorized by a coach.

For all Dual Matches, while warming up, or on the bench, wrestlers are to wear their authorized Union Academy wrestling warm up clothes.

During dual matches, wrestlers are to remain on the bench, unless warming up, to support their teammates, until the conclusion of the match. For away matches and tournaments, wrestlers must ride the bus to the event and will only be released to leave with their parents or legal guardians upon approval of the head coach. This year, no eating of food will be permitted on the bus. This is to and from matches and tournaments.

PARENTS/GUARDIANS

While the athlete is on the bench, please refrain from talking to them. Unless authorized by the coach.

Practice schedules will be distributed at the beginning of each month. Please be there to pick up your child at the specified time. *(5:00 at front in North Entrance)*

EQUIPMENT

Union Academy will provide the uniform singlets and head gear for the matches, but each athlete must provide his/her own warm up clothing and wrestling shoes. Wrestlers will be required to pay for any damaged or lost equipment that is issued to them or that they are responsible for.

Any wrestler with braces is **REQUIRED** to wear a mouth piece by the NCHSAA.

Keep the preceding pages for your records

