

## **Bethel Park Wrestling Team Rules**

**Practice Times:** Monday thru Friday 3:00-5:00 (Tentatively)

Saturday 9:00-11:00 (Tentatively)

**ATTENDANCE:** Each wrestler will be given **3** unexcused absences (Personal Days) from practice.

Without a note from a parent, stating why the wrestler was not at practice it will be considered unexcused.

**Wrestle Off:** First wrestle off of the season will be a best out of 3

Once starting position has been obtained challenger must beat the starting wrestler twice, to be named new starter. The starting wrestler has to only win one match to retain the starting spot. *\*See attached sheet for further explanation\**

Must ride the bus to and from wrestling events, or fill out a travel release form and have it signed off 1 day prior to the event.

The following is a list of behaviors that will not be tolerated (ZERO TOLERANCE POLICY)

NO FIGHTING, HAZING, STEALING, DRINKING ALCOHOL, SMOKING, or CHEWING TOBACCO

Proper dress attire to wrestling matches and tournaments

Parents are not allowed in practice room during practice. They may observe through windows at entrance of wrestling room.

Anyone interested in volunteer coaching needs to fill out appropriate paper work. See Coach Stewart.

Coach Bob Stewart

Bethel Park High School Wrestling

412-398-6170 or 412-831-1902

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