Folsom High Wrestling Rules and Commitments 2026-27

1. **Conduct:**
   A. All wrestlers will display great citizenship at all times.
   -Any incident of disrespect towards teachers, administration, parents, community members, referees, or coaching staff may result in removal from the team.
   B. Wrestlers will not talk while coaches are talking and coaching.
   C. Cussing will not be tolerated and will result in **50** push ups per word at the time of the occurrence.
   D. Throwing headgear or questioning the referee's call will result in **100** pushups at the conclusion of the match *and* **20** rope climbs before the next competition.
   -Depending on the severity, these actions may result in removal from the Team.
   E. Stealing from teammates, other teams, or at large, will not be tolerated and will result in removal from the team.
   F. All wrestlers will assist in the set up and clean up of home matches and tournaments.
   - Wrestlers will not leave any competition without coach's permission, including both home and away.
   G. Parents, girlfriends, and friends are not allowed matside. Wrestlers are encouraged not to sit With girlfriends/boyfriends during dual matches and are discouraged from doing so at tournaments.

2. **Grades:**
   A. All wrestlers will provide the coaching staff with grade checks upon request and at all regularly scheduled reporting periods.
   B. All wrestlers will comply with the district grade requirements for participation and help meet the team goal of an aggregate GPA over 3.2 as a team.

3. **Attendance:**
   A. All wrestlers will attend all practice sessions and competitions.
   B. All wrestlers will obey the following daily attendance policy:
      a. TARDY: 50 burpees at the time of the occurrence and collectively increasing by 10 after each occurrence
      b. ABSENCES:
         i. 3 **unexcused** absences may result in removal from the team.
         ii. *7 rope climbs* for each unexcused occurrence, due immediately upon return.
         iii. *4 rope climbs* for each excused occurrence, due immediately upon return.

*All excused absences must have written verification from parent or doctor. Funerals, family emergency and vacation, illness, doctor's appointments, and school functions are the only items considered as excused.

4. Appearance:

A. Earrings, nose rings, and all other piercings are highly discouraged for sanitation purposes.
B. Hair must meet CIF Rules and referee's guidance.
C. No hats, shirts,shorts other than Folsom High Wrestling will be worn to competitions.
D. Fingernails will be clipped so that the nail is shorter than the end of the flesh at all times.
E. Practice clothes must be clean on a daily basis for disease control.
F. Headgear must be worn at all practices and competitions.
G. No Spandex only or pajama pants to practice or tournaments.

5. Transportation:

A. All wrestlers will ride their parents or arranged transportation to and from the matches.
    a. Any changes must be pre-approved by Coach Scott
B. Missing the departure time will result in 30 ropes due before the next competition.
C. Girlfriends/Boyfriends are not allowed to travel on the bus.

6. Team Spirit and Motivation:

A. All wrestlers are required to support Folsom High School Wrestling program by:
    a. Putting out flyers and posters as requested
    b. Planning and participating in promotional events
    c. Inviting relatives and friends to attend home and away competitions
B. All wrestlers will support each other at dual matches and tournaments
    a. All wrestlers will remain matside or in the stands until all wrestling is completed.
    b. All wrestlers will actively participate in fund raising activities.

7. Uniforms:

A. Uniforms will be distributed and be returned to Coach Scott after being washed and upon request.
B. All wrestlers must provide their own shoes, headgear, and mouthpieces as needed.
C. All wrestlers will be responsible for lost, stolen or misplaced gear at the following price schedule:

Sweats: $150
Singlets:$60
Bags: $40

I have read the Rules and Commitments listed above in addition to the Folsom High Wrestler Hygiene guide and completely understand them both. I also understand the results if I choose not to follow them specifically and completely. I will abide by the Coaches decisions and they have complete discretion. I agree to commit my energy, enthusiasm, and school spirit to the Folsom High School Wrestling Team for the 2026/2027 season.

_____ _____

Name (sign and print) **Date**

_____ _____

Parent Name (sign and print) **Date**