



## **Code of Conduct**

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### **Article I. Application of Code of Conduct**

**Section 1.01** The rules of conduct shall apply to all competitive members, MWA Board Members, coaches, or any other persons operating/volunteering under the auspices of the Montrose Wrestling Association. It is the expectation of the Montrose Wrestling Association (MWA) that all affiliated individuals and organizations shall conduct themselves in a manner conducive to promoting honor, virtue, and respect to the individual, team, association, and the Montrose Community.

**Section 1.02** The rules of conduct are applicable to all MWA associated events including, but not limited to, the following: practice, tournaments, duals, fundraising/volunteer events, meetings, and ceremonies.

### **Article II. Violation of Code of Conduct**

**Section 2.01** Violations of the Code of Conduct are to be reported to designated head coaches and corresponding parents/legal guardians. In effort to properly investigate any violation, persons are strongly encouraged to file a report within 48 hours of occurrence.

- (a) Proper forms of communication to head coaches and parents/legal guardians include the following: direct conversation in person or by phone, letter, or email. Social media and texting are not acceptable forms of communication.
- (b) Violations of the Code of Conduct by Coaches or Board Members are to be reported to the MWA Board President or Vice-President.

**Section 2.02** Coaches shall be required to communicate reported violations to the MWA Board President or Vice-President within 72 hours of notification.

- (a) Proper form of communication includes a written report by letter or email.

**Section 2.03** The MWA Board shall be required to provide a verbal or written response and/or disciplinary action to involved parties within 7 days of notification by the head coach.



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### **Article III. Disciplinary Action**

**Section 3.01** Violations of the Code of Conduct shall be reviewed by the MWA Board and disciplinary action shall require majority vote of MWA Board Members.

- (a) Exceptions shall include, but are not limited to, decisions made by Head Coaches in regard to violations of the Substance Abuse Policy, injuries resulting from unwarranted acts of aggression, repetitive violations, or flagrant violations. Such exceptions may warrant immediate disciplinary action and subsequent MWA Board Notification.

**Section 3.02** Forms of disciplinary action shall include, but not be limited to, mediation with involved parties, reprimands, suspension from practice or events, revocation of coaching privileges, or termination from team/association.

**Section 3.03** Disciplinary action resulting in termination shall not include any refund of team registration fees. Future participation with MWA sanctioned programs/events shall be the sole discretion of the MWA Board.

**Section 3.04** Violations of the Code of Conduct that constitute or may involve a criminal/legal offense will be reported to local authorities.

### **Article IV. General Code of Conduct**

**Section 4.01** No person shall commit, encourage, or allow any act of verbal, physical, or psychological abuse of any other competitor, coach, parent, official, tournament volunteer, or board members.

- (a) Abuse shall include, but not be limited to, the following actions: inappropriate language, threatening language or actions, unwarranted aggression (beyond the level of strong competitive sportsmanship), taunting, or actions intended to demean others.

**Section 4.02** No person shall commit, encourage, or allow destruction, defamation, or theft of public or personal property.

- (a) Defamation shall include, but not be limited to, the use of derogatory language to other persons, teams, or organizations. This policy applies to comments posted publicly on online forms of communication (e.g. twitter, facebook, blogs, forums, etc)

**Section 4.03** No person shall conduct him/herself in an unsportsmanlike fashion.



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- (a) Unsportsmanlike behavior shall include, but not be limited to, language, actions, attitude, or mannerisms.

**Section 4.04** No person shall violate the Substance Abuse Policy.

### **Article V. Substance Abuse Policy**

**Section 5.01** No person shall use, possess, or be under the influence of drugs, alcohol, or tobacco during any MWA associated activities/events.

- (a) The use of physician prescribed medications shall be exempted.

*(i) Medically prescribed marijuana and narcotics are excluded from approved physician prescribed medications.*

### **Article VI. Wrestler Code of Conduct**

**Section 6.01** Wrestlers shall abide by the General Code of Conduct and Substance Abuse Policy.

**Section 6.02** Wrestlers shall treat teammates, fellow competitors, coaches, officials, volunteers, and parents with respect and courtesy.

**Section 6.03** Wrestlers shall make every effort to practice/compete with an appropriate level of competitive aggression and avoid actions that may injure teammates and fellow competitors. Intentional harm to others will not be tolerated.

**Section 6.04** Wrestlers shall refrain from behavior that may be deemed disruptive to coaches or fellow wrestlers.

**Section 6.05** Wrestlers are not permitted to leave practice or events unattended. Parents/legal guardians are required to vacate premises.

**Section 6.06** Wrestlers shall wear appropriate attire to practice and events.

- (a) Wrestling shoes are required on wrestling mats at all times. Non-wrestling shoes and socks/bare feet are strongly discouraged.
- (b) Singlets, athletic protectors, and head gear are encouraged, but are not required.
- (c) Clothing with inappropriate language or signs will not be allowed.



(d) Jewelry is prohibited as it may result in injury.

(i) *Medical ID bracelets, etc are discouraged. Parents should notify coaches of medical conditions.*

**Section 6.07**      **Wrestlers shall maintain a healthy form of hygiene to avoid the spread of communicable diseases.**

(a) Wrestlers shall avoid practice or competition in the event of contagious illnesses including, but not limited to, skin rashes, colds, and non-healing lesions.

**Section 6.08**      **Wrestlers shall not compete in a match without the presence of a coach.**

(a) Parents are not allowed to coach at matside due to insurance concerns

## **Article VII. Parent Code of Conduct**

**Section 7.01**      **Parents shall be responsible for the administration of all medically prescribed medications and provide necessary emergency contact information.**

(a) Emergency medications including, but not limited to, rescue inhalers and epi pens shall be present at all athletic functions.

**Section 7.02**      **Parents are required to report all relevant injuries to the coaching staff. This includes injuries sustained outside of wrestling that may affect safety or performance.**

**Section 7.03**      **Parents are strongly encouraged to actively promote and encourage proper levels of hydration and nutrition corresponding to high levels of athletic exercise.**

(a) Parents are strongly discouraged from promoting weight loss.

**Section 7.04**      **Parents shall be prompt in transportation to and from practice and events**

**Section 7.05**      **Parents shall leave instruction during practice and competition to the coaching staff.**

**Section 7.06**      **Parents shall conduct themselves in a manner that promotes positive emotional and physical support of wrestlers regardless of winning or losing. Parents are encouraged to leave constructive criticism to the coaching staff.**



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**Section 7.07** Parents shall report concerns, questions, or grievances to the head coaches in a timely manner.

### **Article VIII. Coach Code of Conduct**

**Section 8.01** All coaches shall pass a back ground check and obtain a USA Wrestling card through USA Wrestling.

**Section 8.02** Coaches shall provide equal attention and instruction to all participants

**Section 8.03** Coaches shall refrain from behavior or actions that are deemed a distraction to wrestlers or other coaches.

**Section 8.04** Coaches shall promote a safe and clean wrestling environment at all times

**Section 8.05** Coaches shall report all medical injuries to parents or notify medical personnel promptly when appropriate.

**Section 8.06** Coaches shall notify parents of all involved parties regarding altercations or violations of the Code of Conduct before reporting to the MWA Board.

**Section 8.07** Coaches shall make every effort to promote a positive and fun environment for all participants.