



MONTVILLE BRONCOS

Montville Athletic League Inc. P.O. Box 669 Montville, NJ 07045

<http://www.montvilleyouthsports.com/~wrestling2>



Montville Bronco Wrestling Policies & Guidelines Updated October 31, 2008

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A) PARENTS CODE OF CONDUCT

Note: the following was included on the registration form and is being repeated here;

Montville Township Recreation Athletic Code of Conduct

The following is promulgated in accordance with the provisions of State of New Jersey P.L. 2002, Chapter 74.

PREAMBLE: Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:

- 1) I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or other attendee
- 2) I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- 3) I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
- 4) I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
- 5) I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
- 6) I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
- 7) I will not engage in the use of profanity.
- 8) I will not encourage my child, or any other person, to engage in the use of profanity.
- 9) I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.

- 10) I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
- 11) I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
- 12) I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
- 13) I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
- 14) I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
- 15) I will not encourage my child, or any other person, to engage in any property damage.
- 16) Failing to abide by a league/organization rules for minimum playing time required for each player.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination, and possibly be banned as described in provision P.L. 2002, chapter 74:

- 1) Verbal warning issued by a league, organization or school official.
- 2) Written warning issued by a league, organization or school official.
- 3) Suspension or immediate ejection from a youth sports event issued by a league, organization or school official who is authorized to issue such suspension or ejection by a school board or youth sports organization.
- 4) Suspension from multiple youth sports events issued by a league, organization or school official who is authorized to issue such suspension by a school board or youth sports organization.
- 5) Season suspension or multiple season suspension issued by a school board or youth sports organization.

B) ADDITIONAL PARENT RESPONSIBILITIES

- 1) It is the responsibility of the parents to ensure their wrestler has had a physical within the last year and is in good medical condition to participate in wrestling.
- 2) Parents must ensure that their children attend practice, matches and tournaments on time. It is their responsibility to notify the coach when unable to attend. Parent must also ensure proper and timely pick up.

- 3) It is the parents' responsibility to ensure their wrestler has wrestling shoes and properly fitted headgear. Wrestling shoes should never be worn outside. Street shoes are not allowed on the mats.
- 4) Parents should let the coaches do the coaching and are discouraged from sideline coaching of wrestlers during matches and practices.
- 5) Parents should encourage their children, and provide positive feedback for participating in the sport regardless of performance.
- 6) Parents should realize that all children develop and mature both physically and mentally at different times. A child should never be discouraged but assured that if they continue to work hard they will be successful.
- 7) Parents should not impose their own ambitions and expectations on the child. They should not judge their child's progress based on the performance of others. They should never push them based on what the parent thinks their child should be doing.
- 8) Expect that in some matches a wrestler could lose as a result of an error on the part of an official or scorekeeper. It is important to accept it and help the child understand that the official does their best to officiate fairly. Parents should never criticize the officials.
- 9) Parents are responsible to check our website, www.Montvilleyouthsports.com for scheduling updates and general information.
- 10) Parents are encouraged to cheer for the team, but should remain in the stands when doing so. Parents should not sit on the mat and yell instructions to the wrestlers during tournaments. It can be confusing for the wrestler to hear instructions differing from the coach's.

C) EQUIPMENT

- 1) Wear shorts, sweat pants, T-shirts or sweat shirts to practice. No jeans.
- 2) No chains watches or earrings.
- 3) A Uniform Deposit Check of \$125.00 was collected at registration for the singlet and warm-up top and bottom. Equipment deposit checks will only be cashed if the equipment is damaged, altered, or not timely returned at the end of the season; a \$25 charge will be assessed for each week equipment is returned late or un-cleaned. Singlets are for competition only. Wash the singlet and warm-up in cold water without bleach.
- 4) Although the Broncos will supply headgear, we strongly recommend that you purchase your own wrestlers' headgear and write their name inside
- 5) It is recommended that you purchase form fitting wrestling shoes.

- 6) Most wrestlers bring a gym bag to practice. It is recommended that you put your wrestler's name on the bag and any other personal item that you are able to.
- 7) Please encourage your wrestler when at competitions, to place their warm-up in their gym bag when they take it off, so it does not become confused with someone else's.

D) PRACTICES

- 1) The more experienced wrestlers (2 years or more) and those in 5th grade and above, practice in the High School wrestling room. These practices are mandatory, but will be excused for illness, religious obligations or if your child participates in a club training program at least once a week, then one Bronco practice may be missed the same week. Unexcused absences will result in not being able to participate in the next dual meet or wrestle-off. Practices may be excused for wrestlers participating in national tournaments at Bronco coach's discretion. Please refer to our web site for the practice schedule.
- 2) In certain circumstances a wrestler may be allowed to miss Bronco practice to practice at another gym. This arrangement must be approved in advance by the Director.
- 3) The less experienced wrestlers (0-1 years) practice in the "Barn Wrestling Room" at 91 Passaic Valley Road. Please refer to our web site for the practice schedule.
- 4) All wrestlers should make every effort to avoid walking on the mats until you've changed your shoes. Parents should not be on the mats at any time unless for a medical emergency or per the coaches' request.
- 5) Practices may run a few minutes later on occasion; please be patient with your coaching staff. We will make every effort to end practices as scheduled.
- 6) If you are unable to make practice, please call or email the coach responsible for attendance. This coach will be identified at the mandatory parent / wrestler meeting at the beginning of the season. All coaches are listed on our web site.
- 7) If your child will be late to practice, or needs to be excused early, again, see the coach responsible for attendance.
- 8) If school is cancelled or closed early due to snow, practices are cancelled as well.

E) REGULAR COMPETITION

- 1) The Montville Bronco Wrestlers currently belong to two different leagues;
 - i) **Tri-County Wrestling League (Varsity & JV):** (winner of wrestle-off and runner-up) The wrestle-off winner and runner-up will compete in the applicable varsity or JV Tri County Youth Wrestling League (Tri-County). We are generally scheduled to have between 12 to 15 dual meets during the season. See the Tri-county schedule for details. The regular season Division Champions will earn a team trophy. There are currently 18 weight classes [50 55 60 65 70 75 80 85 90 96 102 110 118 126 136 146 165 SHWT \(optional\)](#). After you have secured your spot, it is anticipated that the wrestler will make weight. There will be weight progression allowances on January and February 1st of 1 pound (i.e., - 50lb classes extends to 51lbs after January 1, and to 52lbs after February 1). The Tri-County season will conclude with the Tri-County Championship Tournament. Additional information including league bylaws may be found on the league website via the link on the Bronco website.
 - ii) **The King of the Mat League (KOM):** (for all wrestlers not on Tri-County or NJYWL who are in 5th grade and below with no more than 2 years experience.) The Morristown colonials sponsor this league. The wrestlers will compete against other teams and be matched up according to their age, weight, and experience at the coaches' discretion. This is considered to be a developmental league for our younger and less experienced wrestlers. Each wrestler may wrestle 2-3 times at a match. Matches usually consist of two - four teams at the same time, normally on Saturday mornings. There will be league tournaments at the conclusion of the season. Additional information including league bylaws may be found on the league website via the link on the Bronco website.
- 2) Broncos Wrestlers that also wrestle for another team are required to request permission to wrestle elsewhere in the event of a scheduling conflict with the other team. This includes all dual meets and team tournaments that the Broncos enter as a team.
- 3) Home Tri-County League matches may be held at the Lazar middle school or the High School. Home King of the Mat League are held at Lazar.
- 4) When we are the host team, there is always some help needed in setting up the gym, we would ask that you please help by getting

- there a half-hour before weigh-ins and lending a hand. We also need help with scoring and timekeeping during the match. Afterwards please help us roll-away the mats and put away chairs.
- 5) Away Tri-County matches are generally traveled to by caravan-style. All wrestlers must meet at the High School. Directions for all matches are on the web site, or league web sites. In addition, we may distribute directions before we leave. NOTE that we cannot weigh-in Tri-County League without our full team, therefore, it is imperative that you are at the High School on time and ready to leave at the designated time.
 - 6) If your child has any signs of ringworm, YOU MUST have a signed note from your Doctor stating that the ringworm is not contagious or that it's not ringworm at all.
 - 7) Please review the Tri-County Youth Wrestling League, King of the Mat League and JV League Rules and policies on their respective web sites. You may particularly want to review the "certified weight" and "hard weight" definitions.

F) TOURNAMENTS

- 1) Tournaments are run almost year round (usually on Sundays). They may be found on www.njwrestlingtournaments.com. We would encourage you to attend as many as you can to gain match experience. Anyone who learns of any tournaments, or plans to attend should contact one of the coaches, so we can post it and share it with the other wrestlers. While the coaching staff will attempt to be available at these tournaments there is no guarantee. You are basically on your own. These are not Bronco sponsored, or paid for by the Broncos. Please email the webmaster with any place finishes.
- 2) Tournament that Broncos traditionally attend on an individual basis include the Caldwell open tournaments along with the Chatham and Madison Novice Tournaments. Novice tournaments are usually for wrestlers with up to two years of experience.
- 3) All Broncos wrestlers are strongly encouraged to register as "Montville" (please not Towaco, Pine Brook, or Broncos) and proudly wear their Bronco singlet in all tournaments that they participate in, including USAW-NJ qualifiers and finals. This not only helps the Bronco program in state rankings, but also is an affirmation of team unity, and strength.
- 4) USAW-NJ State Tournament. While during the season wrestling is a team sport first and an individual sport second, every wrestler should set goals extending themselves striving for success at the State Tournament. Regional qualifying tournaments (qualifiers) will be held over six weekends starting late in January at different

locations. Qualifying wrestlers (top three) will be eligible for the State Tournament, which will be held sometime in March. These may be found on www.njwrestlingtournaments.com.

- 5) The Tri-County wrestlers generally participate in the Randolph Team tournament, which is held the Sunday of Thanksgiving weekend.
- 6) We usually travel to an "away" tournament as a team for a weekend sometime in February. Money raised by fundraising (our Invitational Team Tournament) generally pays for the majority of the expenses associated with this event.

G) WRESTLE-OFF GUIDELINES & POLICIES

- 1) Wrestle-offs are a privilege...NOT a right!
- 2) The coaches will determine who is eligible based on attendance and skill level (beginners will practice separately and not be expected to compete for a Tri-County position)
- 3) The coaches reserve the right to move ("bump") wrestlers to different weight classes on the day of the match in order to obtain better pairings for the team as a whole. This maintains the component of wrestling as a "team" sport.
- 4) Wrestlers should be no more than approximately 1 lb over the weight class they are challenging at the time off wrestle-offs for weight classes up to the 82lb class, 2lbs for the 86lb class up to 123lbs, and 3lbs for 130lbs to Heavyweight.
- 5) All wrestle-offs will be according to Tri-County weights.
- 6) Wrestlers will be "seeded" according to common wrestling criteria. After wrestle-offs are completed, the Tri-County wrestler will be considered the "top seed" for the next wrestle-off.
- 7) Wrestlers not attaining Tri-County level at their weight class may challenge up in weight per Tri-County rules. (That is, if a wrestler loses the 50lbs. wrestle off, he/she may challenge at 54lbs. and/or 58 lbs.) However, if there are multiple wrestlers losing at a weight class, all may not challenge up. The wrestler who finished second, gets preference over the rest of his weight class, and a wrestler who defeated another wrestler in that class is the next eligible. The Tri-County wrestler at the higher class should have to defend his position to a lower weight class wrestler once. (There could be the odd circumstance that a lower JV wrestler challenges up, in the meantime a lower varsity wrestler is beaten by a challenge and chooses to challenge up.) This avoids repeating wrestle-offs already decided and conserves time to allow instruction. The second place finisher will wrestle in the Tri-County JV match.

- 8) There will be NO coaching during the wrestle-offs ...by parents or teammates!! Parents and parent coaches are not allowed in the room. Coaches will not ref or be in the room during their child's wrestle-off.
- 9) If a wrestler cannot make wrestle-offs for any reason (i.e. sick, party, event, etc.) his position is open to challenge. This prevents someone from avoiding a challenge in order to keep his position. If a wrestler is truly sick, the coaches will try to accommodate by accepting challenges for that weight class first, and then sending the sick wrestler home.
- 10) The frequency of wrestle-offs will be determined by the match schedule. Ideally, wrestle-offs would be held every week. Due to the number of matches and time that it takes to complete wrestle-offs, there would be no instructional time if they were done too frequently. There will also be times when weeknight matches or snow/make-ups prevent more frequent wrestle-offs. This is coaches' decision.
- 11) Tri-County Tournament eligibility is determined by the number by the number of matches wrestled and the weight class they were wrestled at. A wrestler who has won every wrestle-off for the season will not be challenged for the Tournaments. A wrestler who has won the vast majority of the wrestle-offs will earn his tournament birth by beating his opponent in the first match of the wrestle-off. If the wrestler winning the minority of his matches wins the first wrestle-off, it becomes a best of 3 series. A wrestler who has won no wrestle-offs will not be eligible to challenge for the Tournament.
- 12) As it is impossible to project every scenario and possibility, these aforementioned rules should be viewed as guidelines to treat each wrestler as fairly and objectively as possible. In the event that an unforeseen case arises, the coaches will have the final decision as to the method applied to solve the issue(s).
- 13) FINAL NOTE it is ultimately the wrestler's responsibility to make the weight he challenges at. Failure to make that weight causes the team to possibly forfeit that class and lose team points as well as depriving another wrestler the opportunity to compete. The coaches reserve the right to impose penalties at their discretion.

H) SAFETY & HYGIENE

- 1) Ringworm has been kept relatively under control the last few years with the adherence to the following policies and guidelines. Lets do everything we can to avoid, minimize and prevent the outbreak and spreading of Ringworm this year.
- 2) The mats will be moped down with a mat disinfectant prior to every practice and match. Anyone that would like to volunteer to help would be greatly appreciated.

- 3) We've purchased Sport Hair & Body Cleanser, which can be used at home after practice and matches. (Showering after all practices and matches is a must!)
- 4) Parents are not allowed on the mat at anytime unless asked by a coach.
- 5) Anyone with signs of ringworm will not be allowed on the mats with the other wrestlers without a doctor's note. Parents and wrestlers need to be responsible and diligent. Please check with the coaches if you believe your child has it.
- 6) Headgear is mandatory at practice and competition.
- 7) No chains watches or earrings are to be worn.
- 8) Please keep your wrestlers' fingernails neatly trimmed.

I) FUNDRAISING

- 1) The wrestling program generally has only one fund-raising event during the year. We've hosted our Annual Invitational Dual Meet Wrestling Tournament every year since 1994, with approximately sixteen to eighteen teams from across the Northeast participating. It is usually the second weekend in December. Each wrestling family should attempt to sell ads for our Program Book. The parents of second year wrestlers (and above) are strongly encouraged to contribute some hours at the Tournament either in Concessions, Score Keeping, Admissions, 50/50 Sales, Security, etc.

J) SCORING DEFINITIONS

- 1) Match Points;
 - i) Takedown - 2 points. A takedown shall be awarded when, from the neutral position, a wrestler gains control of his opponent on the mat.
 - ii) Escape - 1 point. An escape occurs when the defensive wrestler (the one on the bottom) gains a neutral position and the offensive wrestler has lost control of the defensive wrestler, while remaining in-bounds.
 - iii) Reversal - 2 points. A reversal occurs when the defensive wrestler is able to come from underneath and gain control of the opponent, either on the mat or in the rear standing position.

- iv) Near-Fall - A near-fall occurs when the offensive wrestler (the one on top) exposes the defensive wrestler's back to the mat at 45 degrees or less.
 - 1. 2 points - 2-4 uninterrupted seconds.
 - 2. 3 points - at least 5 uninterrupted seconds.
- 2) Team Points;
 - i) 6 Points - Win by fall (pin, default, forfeit, or disqualification).
 - ii) 5 Points - Win by technical fall. This occurs when one wrestler has a 15 point advantage over the other wrestler.
 - iii) 4 Points - Win by major decision, where one wrestler has an 8-14 point advantage over the other wrestler.
 - iv) 3 Points - Win by decision, where one wrestler wins by 1-7 points.

K) OTHER

- 1) Our end-of-season wrestling party is usually held some time in the end of March in the Senior House. We can always use a hand.