

Please read the wrestling room etiquette and rules below. This information was covered at the registration meeting. The coaches will be strictly enforcing them at practice from now on.

Please note, your wrestler will not be allowed to practice without a USA wrestling card, long fingernails, street shoes, jeans/jean shorts or shorts with multiple pockets.

WRESTLING ROOM ETIQUETTE

- ***Absolutely No talking in the wrestling room, library type atmosphere.***
- ***Wrestlers can not practice without a USA wrestling card.***
- ***Be Respectful to the coaches and staff.***
- ***Pick up after yourself.***
- ***No food or drinks in the wrestling room.***
- ***Non-wrestlers, keep off the mats.***
- ***Manage young children, NO toys in the wrestling room.***
- ***Check your wrestlers **FINGERNAILS BEFORE PRACTICE**, trim them as required.***
- ***No street shoes on the mat.***
- ***No jeans/jean shorts or shorts with side/back pockets, belt loops, metal and buttons. Wrestlers must practice with gym shorts, sweatpants or singlet.***
- ***Please have your wrestler wear their street shoes into the school and change into their wrestling shoes before getting on the mat. Wrestling shoes should not be used as street shoes.***

Question: I have filled out and submitted the forms, we haven't paid yet because we are not sure if he wants to stay in the sport. Can he still practice?

Answer: **NO!!!!** The USA wrestling card is a **requirement** by all clubs and tournaments. Your child is not **permitted** on the mat and will not be allowed to wrestle or practice without being issued a USA wrestling card. Rockwall County Wrestling (RCW) will obtain your child's USA wrestling card from **USA Wrestling Association** as soon as your club payment is submitted and processed.

Question: How short should the fingernails be?

Answer: Fingernails must not be longer than the tip of the finger. Parents, with your child holding his fingers straight out, feel the very tip of the finger, if the fingernail is felt then the nail may require trimming. I highly suggest having a pair of fingernail clippers with you at every practice and tournament should the coach or referee find your wrestler's fingernails are too long. Your wrestler will not be permitted to practice or wrestle with long fingernails.

Question: Why can't my boy practice in street shoes, he forgot his wrestling shoes at home?

Answer: Street shoes are too hard, too abrasive and dirty from boys stepping/stomping on anything that looks cool to smash (bugs, glass, small plastic toys...). Last year we had an incident where someone, in street shoes, tracked dog poop on the mat and that was horrific!!! Our boys' faces and bodies are all over the mat surface and we don't want any foreign objects on it.

Question: My son has swimming shorts with pockets on the side, is it ok?

Answer: **NO!!!** Shorts with side/back pockets, metal and/or buttons are not allowed. Jean shorts are too abrasive and contain metal (zipper, buttons, ...). The problem with side/back pockets and belt loops is that wrestlers get their fingers caught and broken in them. Wrestlers' practice apparel should only be gym style shorts or sweatpants (no metal, side/back pockets, belt loops or buttons) and T-shirts or singlet.