



## Matmen Wrestling Club - Code of Conduct

As a member of Matmen Wrestling Club, you represent your team, community, and family. Your actions—on and off the mat—reflect on all of us. To keep our club strong and respectful, all athletes must follow these rules at practices, tournaments, training camps, travel, and events:

### Expectations

1. **Respect** – Show respect to coaches, teammates, officials, parents, volunteers, and opponents at all times. No swearing, arguing, trash talk, fighting, or poor sportsmanship.
2. **Follow the Rules** – Obey the laws and rules of Ontario, Canada, OAWA, WCL, and any host venue.
3. **Conduct** – No bullying, harassment, hazing, theft, or vandalism. Public displays of affection are not appropriate at club events.
4. **Travel & Overnight Trips**
  - Curfew is 11:00 p.m. – in your assigned room and lights out.
  - No males in female rooms or females in male rooms after curfew.
  - Coaches and volunteers will not share rooms with athletes. Parents may room with their own child only.
  - Athletes are responsible for any damage to their rooms.
5. **Health & Safety** – Do not attend practice or competition with contagious illnesses. Cover and treat all cuts/bleeding immediately.
6. **Substances** – No alcohol, cannabis, tobacco, nicotine, or performance-enhancing drugs while representing the club.

### **Consequences**

- **Minor Offences** (late curfew, poor sportsmanship, fraternizing, etc.): extra training, apologies, cleaning mats, suspension from some practices/tournaments, or loss of uniform privileges.
- **Major Offences** (lying, stealing, fighting, disrespect, repeated minor offences, alcohol/cannabis use): suspension from multiple practices/tournaments or up to one month.
- **Unlawful Behaviour** (underage drinking/drug use, intoxication, harassment, bullying): suspension from 6 months to 2 years, permanent expulsion, and possible police involvement.

### **Appeals**

- Athletes or parents may respectfully raise concerns with coaches.
- If unresolved, concerns may be brought in writing to the club board.
- Membership fees are non-refundable.

### **Our Commitment**

Matmen Wrestling Club is dedicated to helping athletes grow by:

- Providing quality coaching and leadership opportunities.
- Encouraging fitness, nutrition, and skill development.
- Offering local, provincial, national, and international competition.
- Celebrating success and sportsmanship with awards and family activities.

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### **Agreement**

We have read and agree to follow the Matmen Wrestling Club Code of Conduct.

Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Athlete Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Matmen Wrestling Club – Athlete Code of Conduct

### (Quick Guide)

When you wear the Matmen singlet, you represent your **team, family, and community**.

Follow these simple rules at all times:

### The Big 5 Rules

1. **Respect everyone** – Coaches, teammates, officials, parents, opponents, and property.
2. **Be professional** – No swearing, trash talk, fighting, bullying, or harassment.
3. **Stay healthy & safe** – Don't wrestle when sick or with infections. Cover all cuts right away.
4. **Make good choices** – No alcohol, drugs, tobacco, vaping, or performance enhancers.
5. **Follow travel rules** – Obey curfew, stay in your assigned room, no boys in girls' rooms (and vice versa).

### If You Break the Rules

- **Small mistakes** = extra training, apologies, or missing a tournament.
- **Serious mistakes** = suspensions from practices or events.
- **Very serious/unlawful behaviour** = suspension or removal from the club.

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Wrestling is about **discipline, respect, and hard work**—on and off the mat.

**Let's represent the Matmen Wrestling Club with pride!**