**Tulpehocken High School Wrestling Rules**

* Coaches will never be referred to by just their first name. Simply “Coach” is fine or Coach followed by the first name or last name is also acceptable.
* When the coaches are talking no one else is talking.
* All practices, matches, or events are mandatory.
* Wrestlers will be on time to all practices, matches, or events.
* Pre-approval from coaches are required if you have to leave any practice, match, or event early.
* If you will not be at a practice, match, or event you must notify the coaches prior to the day of.
* No jewelry can be worn while wrestling.
* Proper attire is required while at a wrestling practice, match, or event.
* Offensive language will not be tolerated.
* Fighting while at a practice, match, or event will not be tolerated.
* All rules which are applied to THS students shall be followed and applied while at wrestling practices, matches, or events.