

PAYSON LIONS WRESTLING CLUB

ATHLETE & GUARDIAN CODE OF CONDUCT

The Payson Lions Wrestling Club (PLWC) is dedicated to building a safe, disciplined, and supportive environment where young athletes can grow both on and off the mat. Participation in PLWC is a privilege that requires dedication, sportsmanship, and mutual respect.

This Code of Conduct outlines our expectations for both wrestlers and their families during all practices, meets, tournaments, and team activities.

I. ATHLETE EXPECTATIONS & RESPONSIBILITIES

As a Payson Lions wrestler, you represent your team, your family, and your community. Every athlete is expected to uphold the following standards:

1. **Respect for All:** Treat teammates, coaches, opponents, referees, and facility staff with dignity and courtesy at all times.
2. **Commitment & Effort:** Come to every practice prepared to work hard, listen to instructions, and give your best effort. Strive to improve every day with a positive attitude.
3. **Safety & Integrity:** Refrain from any behavior that compromises the safety, well-being, or positive experience of yourself or others.
4. **Accountability:** Take ownership of your actions, demonstrate strong character, and represent the Lions with pride.

II. PROHIBITED BEHAVIOR & RULES

The following conduct is strictly prohibited. Violations may lead to immediate disciplinary measures, including suspension or permanent removal from the club:

- **Safety Compliance:** Failure to follow PLWC mat and wrestling safety protocols.
- **Controlled Substances & Contraband:** Possession, use, or distribution of tobacco, vaping/nicotine products, alcohol, unauthorized drugs, weapons, or inappropriate/explicit media on club grounds or during club events.
- **Harmful Language:** Using abusive, profane, threatening, racist, sexist, or otherwise discriminatory language.
- **Inappropriate Contact:** Any unwanted, abusive, or sexually inappropriate physical contact, gestures, or sharing of explicit content.
- **Bullying & Aggression:** Engagement in hazing, harassment, physical fights, intimidation, or verbal abuse. *(Note: Controlled, aggressive wrestling during matches and drills under coach supervision is expected and encouraged).*

- **Unsafe Conduct:** Engaging in reckless behavior that risks injury (e.g., horseplay, climbing on wall pads or equipment).
- **Property Damage:** Vandalism, misuse, or destruction of PLWC equipment, facility property, or personal belongings of others.

III. PARENT & GUARDIAN CODE OF CONDUCT

Parents and guardians are essential partners in shaping our club's culture. By setting a positive example, parents help create an encouraging atmosphere for all wrestlers.

- **Positive Sportsmanship:** Model self-control and respect at all events. Confrontational behavior, screaming at referees, or arguing with coaches, staff, or other spectators will not be tolerated.
- **Interactions with Opponents:** Parents must **never** confront, intimidate, or direct negative comments toward an opposing athlete under any circumstances—regardless of match outcomes, injuries, or controversial calls. Interactions should be limited to standard sportsmanship (e.g., high-fives or positive encouragement).
- **Supporting the Coaching Staff:** Respect the authority and decisions of the coaching staff. Allow coaches to coach during practices and matches without distraction.
- **Practice Time Boundaries:** Avoid interrupting coaches during practice sessions (in person, by call, or via text). Address questions or concerns with coaches before or after scheduled practice times.
- **Media & Recording:** Photography or video recording during team practices is prohibited unless explicitly approved by PLWC leadership.
- **Weigh-in Responsibility:** Ensuring the athlete completes scheduled weigh-ins and that weights are accurately recorded on time (including Thursday evening deadlines) is strictly the responsibility of the athlete and parent—not the coaching staff.

IV. DISCIPLINARY POLICY & SAFESPORT

- **Club Discipline:** PLWC reserves the right to suspend or terminate any athlete or parent's participation in club events, training, or competitions without tuition reimbursement if this Code of Conduct is violated.
- **SafeSport & USA Wrestling Standards:** PLWC operates under the guidelines of USA Wrestling and the U.S. Center for SafeSport. Any alleged violations involving misconduct, abuse, or safety breaches may be reported to SafeSport or appropriate legal authorities. Individuals under SafeSport restrictions or suspensions will be barred from participating in PLWC and USA Wrestling-sanctioned activities accordingly.