

Player's Agreement to Participate In Youth Wrestling And Parental Consent

The sport of wrestling is designed to provide participants with hours of enjoyable activity. The rules are written to promote competition in a fair and safe environment. If players are to realize the benefits of selflessness, striving for a common cause, and the development of skills, knowledge, fitness, and other sport-related outcomes, they must assume many personal responsibilities.

The most important of the participant's responsibilities relates to what must be done to avoid injuries to self, teammates, and opponents. Although wrestling is not a hazardous activity, and in spite of rules to prevent injuries and equipment to protect vulnerable body parts, participation does include risk of injury. Injuries may be very slight or severe, such as bruises, lacerations, broken bones, injuries to eyes and teeth, and those with long-term catastrophic consequences, including permanent paralysis or even death. Although serious injuries are not common in supervised youth wrestling programs, it is possible only to minimize, and not completely eliminate, this risk.

Participants have the responsibility to help reduce the chance of injury through following the rules of the game, instructions from the leadership, and proper conditioning, specifically. Players must follow the rules of the game, including:

- Obey the letter and spirit of the rules. Use your body and equipment only for purposes provided for in the rules.
- Discourage rule violations among your teammates.
- Avoid aggressive acts and remain under emotional control at all times. Players are legally liable for injuries to others due to "reckless disregard" for the safety of others.

It is essential that the players give special attention to the instruction and direction of the leaders. They must give undivided attention to instruction on the skills and techniques of the sport and then try their best to perform according to that instruction. When difficulty is encountered, assistance from the coach should be sought. Leaders should be obeyed regarding behavioral conduct, whether at the activity site or traveling to and from games or practices.

Players must wear appropriate clothing when playing. They also must inspect their equipment before every practice and game to ensure that it has the essential protective qualities. Any equipment which appears to have torn or have a defect in some way should be identified to the coach promptly. In addition, equipment must fit properly and if there seems to be a problem, the player should so indicate.

The physical condition of the player is an important element in avoidance of injury.

- Players must participate fully in the conditioning and training drills that are designed to: a.) strengthen muscles, tendons, and ligaments; b.) provide required flexibility; and c.) provide the required cardiovascular fitness.
- Players must report all personal physical problems and injuries to their coaches and parents; medical assistance must be sought, particularly where pain persists.
- In order to participate after injury, one can do so only when the injured player is free from pain and the rehabilitation program has restored complete range of motion, strength and normal speed and agility to the injured part. There should be physician approval to resume participation for those injuries that require medical attention.
- Players must participate with a clear mind and avoid any chemical substances that will impair vision or intelligence.

By signing this for, I acknowledge that I have read and agree to accept the foregoing responsibilities of players. I also understand and appreciate the fact that participation may result in injury, as indicated, and I do voluntarily assume the inherent risks in the sport of wrestling.

Signature of athlete _____ Date _____

Parental/Guardian Consent: Having read the foregoing regarding a player's responsibilities and possibility of injury, I (we) hereby give my (our) consent for _____ to participate in
(first name) (last name)
the wrestling program sponsored by: _____ for the period of _____ to _____

Signature of parents or guardian: _____ Date _____

Parent/Guardian initials below indicate consent for the athlete to participate under special tournament situations. Athlete participation under special circumstances must also be approved by the player's coach:

Initials: ____ Athlete may compete one weight class above actual weigh-in class within actual age group.

Initials: ____ Athlete may compete two weight classes above actual weigh-in class within actual age group.

Initials: ____ Athlete may compete one age group above his actual age group.

Initials: ____ Athlete may simultaneously complete one weight class above actual weigh-in weight class **and** one age group above actual age group.