



### **Female Wrestling Guidelines & Expectations**

*MISD is confident in the professionalism of our wrestling coaches and the support they provide our student athletes. We recognize there are distinct differences between our male and female athletes. Therefore, the following guidelines should be followed.*

1. Provide a separate locker room for female athletes to dress. The locker room should have locking capabilities and be in close proximity to the wrestling team.
2. If possible, two athletic periods should exist. One athletic period for the female wrestling team and JV boys, and one athletic period for the Varsity male wrestling team.
3. All wrestling instruction should be conducted within a team-setting-no individual technique sessions. Female wrestlers are only permitted to wrestle other female wrestlers. Male wrestlers will wrestle male wrestlers. There should NOT be any wrestling between males and females during practices.
4. When a male coach is demonstrating wrestling techniques, those techniques should only be demonstrated on male students. Coaches can also ask two athletes to demonstrate the technique as the coach comments and critiques without actually physically touching anyone.
5. Coaches will ask female wrestlers to sit at the front of the bus and the male wrestlers to sit at the back of the bus. Male and female wrestlers should not sit together on bus trips.
6. A female athletic trainer or female athletic coordinator should be available to female athletes to discuss any hygiene issues or personal concerns they might have.
7. Dating among the wrestling team is strictly prohibited. If, at any time, a coach becomes aware of two members on the team dating then those athletes will be subject to removal from the team.
8. If a meeting or film review is required, include other female team members, another coach, or your assistant athletic coordinator. Meetings should take place in public settings. Female athletes should never be alone with other male wrestlers or male coaches.
9. Females athletes will be expected to wear a sports bra during all practices and matches as part of their athletic uniform.