



# Malecek Team Wrestling Camp LLC

## WRESTLING GUIDELINES

- o Your team must respect others at the resort and wrestling facility (i.e. camp staff, lifeguards, security, resort staff, other teams, as well as other guests at the resort and waterpark). If a serious problem occurs, your athlete/s may be asked to leave camp. Parents will be notified and may have to pick up their child. There will be no refunds.
- o Dangerous or destructive behavior (including but not limited to, vandalism/damage of resort property, cliff jumping, car surfing, balcony climbing, theft) will be cause for immediate dismissal from camp. Parents will be notified and may have to pick up their child. There will be no refunds.
- o Your team will be held responsible for any damage/destructive behavior committed by your team in the resort, waterpark, or wrestling facility. \*Please note: Coaches are required by the resort to put a credit card on record (for their team) with the resort in case of any such damage.
- o ANY item thrown from a balcony will result in a \$50/item fee by the resort. They do have numerous cameras in the resort area so it is not difficult for them to figure out which room/team to charge.
- o Teams and team members are required to pick up after themselves in the resort and wrestling arena. This includes any trash, personal items, cups, water bottles, etc.
- o Participants must be respectful of other resort guests when in the waterpark area and resort. Stay off little kid's slides in the water park area and do not roughhouse in the waterpark. Failure to follow these rules and lifeguard instructions will result in loss of waterpark privileges for your entire team for the remainder of camp and may result in expulsion from camp. Resort and camp security will be monitoring these areas.
- o Teams and team members must stay off of the golf course. Resort and camp security will be monitoring these areas.
- o Male & female campers will be housed separately and should not be rooms other than those to which they are assigned. Failure to comply may result in expulsion from camp.
- o Teams should not gather in large groups in the resort hotel rooms. This often creates noise complaints and hotel security will investigate.
- o In registering for this camp, coaches, participants, and parents have agreed to follow camp rules and acknowledge that failure to do so may result in immediate expulsion from camp with no refund of camp payment.



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- o WEIGHT CLASSES FOR CAMP (14 weight classes for boys & girls as listed below)
  - o BOYS - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
  - o GIRLS - 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235
- o WEIGH-INS - All wrestlers will be weighed in upon arrival at camp. There is a 7-pound weight allowance (i.e., 112lbs = 106 weight class)
- o SKIN CHECKS - All wrestlers will have to pass skin checks during weigh-ins. Please review the Infection Prevention Checklist with your team. Any athlete with questionable skin issues will not be allowed to compete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring a doctor's written clearance to participate.
- o WELLNESS - Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.
- o Teams should wear singlets for matches. Freestyle/high school singlets are acceptable
- o Athletic trainers will be present at the wrestling sessions. However, each team must bring a MED KIT with supplies for taping, blood cessation, and sanitation. Clean up your blood.
- o Our college athletes will be the referees, your team must be respectful. Each team will supply 1 table worker to run the clock and scoreboard during each dual.
- o The microphones for Flo-Track are live at the score tables. Team members should be respectful and know that their words can be heard by viewers. We often receive reports on teams from fans watching the live stream and MWC staff will talk with the head coach if an issue is reported.
- o Time periods for duals will be 2-1-1. Time periods for the individual tournament will be 1-1-1.
- o There will be a 4-man - Round Robin Tournament Tuesday night along with an All-Star Meet. The All-Star lineup will be selected by MWC staff with recommendations from coaches
- o Challenge Mats are available at one end of the arena. Anytime an athlete wants extra matches, just send them to the mat and we will set it up. Athletes can get up to 15 extra matches on the challenge mat.
- o FARM OUT/PICK UP PROCESS - Coaches may farm extra athletes out to other teams needing specific weights to get them more matches. Coaches may also pick up athletes to fill holes in their lineup. This process is completely optional. We will email a farm out form to head coaches in early June. Coaches choosing to participate must complete form by deadline indicated (usually a week prior to camp)..
- o NEW RULES - We will be using the new rules set forth by the High School Wrestling Association (2024). Three changes will be implemented:
  - o 3pt take down
  - o 4pt near-fall
  - o Out-of-bounds rule amendment

