TEAM EXPECTATIONS AND REGULATIONS

Junior and Cadet National Wrestling Championships
North Dakota State University, Fargo, North Dakota

I. Behavior
A. Coaches and team representatives shall maintain high standards of moral and ethical conduct which includes self-control and responsible behavior; courtesy to all people in all public places, and other settings where they represent USA Wrestling (USAW) and the United States Wrestling Officials Association. Harassment, misconduct, or behavior which is deemed inappropriate by USAW and/or NDSU will be addressed and may result in removal from the tournament and/or housing and/or dining centers. In addition, further disciplinary actions will be taken against any party which is proved to have committed any acts of harassment, misconduct or behavior deemed unbecoming and inappropriate.

B. All participants shall be able to sleep peacefully in the residence halls and to tactfully confront inappropriate behavior of fellow participants without negative reactions.

C. All participants are restricted to their assigned residence hall rooms from 11:00 PM to 6:30 AM. From 6:30 AM to 11:00 PM participants are restricted to their team rooms / floors and main lounge areas. Coaches have the option to take a group of wrestlers off campus and return after 11:00 PM.

D. Visitation by members of the opposite sex is not permitted in the residence hall building or dining centers, including entryways. Parents wishing to visit their children should consult the residence hall desk staff or purchase a meal ticket.

E. Music should be played at a volume that does not disturb others.

F. Sports and horseplay - such as football, wrestling, water fights, bouncing balls, flying discs, running in the hallways - are not permitted. All items violating this policy will be confiscated and returned when participants check out.

G. Appropriate clothing, shirts, shorts and shoes, are required in residence halls and dining services public areas. Common areas of every hall are routinely checked by both male and female staff members. Shirts and shoes are required in all dining centers.

H. At the Dining Center, participants are expected to remove all dishes to the dish return area. Participants will be immediately removed from the dining center in the event of any misuse of food – food fights, blatant wasting of food – and coaches will be contacted for appropriate disciplinary measures.

I. Respect of all NDSU Staff is expected and no harassment will be tolerated.

II. Restrictions
A. Firearms, fireworks, weapons, etc. are not permitted in the residence halls or on University property and will be confiscated when found. Involved parties will be immediately removed from the halls.

B. Tampering with fire equipment and fire alarms is prohibited.

C. Use or possession of alcoholic beverages, narcotic / addictive drugs, and other controlled substances is strictly prohibited in the residence halls, in University buildings, and on University property. Involved parties will be immediately removed from the halls.

D. Gambling - which involves any exchange of money as a result of playing cards, betting, throwing dice, etc. - is not permitted in any residence hall.

E. NDSU is a tobacco free campus. Smoking is not allowed on the NDSU campus.

F. After the residence hall doors are locked at 11:00 PM, no pizza or other deliveries will be accepted. Participants should relate this information when ordering food for delivery.

G. Outside door access cards are for the use of coaches only. Wrestlers are not permitted to use these outside access cards.

H. The removal of food and beverages from the dining center is strictly prohibited. Theft of food may result in removal of dining center privileges.

I. USAW Identification cards and the meals assigned to the card are not transferable. ID cards will be confiscated when found in the possession of any other person than the person to whom the card was issued. The dining center hours are determined by USA Wrestling organization and issues and concerns with those hours should be directed to USA Wrestling.

III. Facilities / Damages

A. Vandalism - the purposeful destruction of residence hall / Dining Center / University property is not tolerated. The cost incurred by such behavior and other damages accidentally incurred will be the responsibility of the offending participant(s). All attempts will be made to identify the participant(s) involved and report the name(s) to the Team Leader. In the event of damages to common areas, prorated charges will be assessed to teams occupying the building.

B. Window screens must remain securely fastened to the window frames in the residence halls. Participants who remove their screens will be fined $25.00 plus damages per incident.

C. Furniture in individual rooms and lounges shall not be rearranged or removed from their assigned locations. All furnishings remain in the rooms; bunk beds remain bunked.

D. Participants should be aware that elevators in high rise halls should not be overloaded. Tampering, such as jumping, in the elevators could result in their being turned off and damage assessed as applicable.

E. Room Condition Forms are located on each room / suite door. Participants will review immediately after checking in. Any discrepancies will be reported as soon as possible to the hall
staff. Participants must return rooms to original condition before checking out.

IV. Team Leader Responsibilities

A. Coaches are primarily responsible for the discipline of wrestlers within their team and for the overall discipline of all wrestlers so as to promote the tournament in a positive manner.

B. The team leader will ensure that coaching staff is in the building and visible whenever camp participants return to the residence hall and will provide the hall staff with the name of coach(es) assigned for nighttime hall supervision, which begins at 10:00 PM. This information must be provided at check in.

C. University rules and policies will be explained to coaches and wrestlers, and expectations will be established that all rules be followed.

D. All team leaders in a given hall will be informed of common area damages which are assessed to all teams occupying that hall unless a specific team is identified as being responsible. Common areas include but are not limited to lounges, basements, and hallways.

E. Team leaders will meet with the hall director of the assigned building at least once per day - more as necessary - to discuss service, concerns / problems, etc. and to work with the hall staff to facilitate the check-in and checkout of the team.

G. Coaches are asked to assist the hall staff with completing their jobs in a safe and comfortable manner. Hall staff should be addressed in a professional manner at all times. The use of abusive, harassing, or vulgar language towards hall staff will not be tolerated. This type of behavior is not appropriate from either coaches or participants.

H. Upon request, internet login information may be provided to Team Leaders. Team Leaders may distribute the login information to other members of the state delegation, but are responsible to ensure that all activity/usage adheres to NDSU policy.

V. Residence Hall Staff Responsibilities

A. Hall staff will serve as a resource to coaches, assisting with the enforcement of rules and policies. The hall staff will provide information about inappropriate activity of team members.

B. The hall office will be staffed in order to assist wrestlers with lockouts, to check in wrestlers and coaches, and to check out and collect keys.

D. Express checkout will be used for all teams. Instructions are located on the back of all room doors. Coaches are expected to occasionally check conditions of rooms throughout the tournament. On the day of checkout, participants will complete the list of requirements and return keys to the front desk or key drop if a staff member is not at the hall desk. It is imperative that all keys and key access cards are returned on the day of check out.

D. Medical emergencies or other immediate problems involving camp participants will be addressed by hall staff. NDSU staff will always involve coaches / team leaders as soon as possible in these situations.
E. Dining Services and Residence Hall staff will make every effort to maintain a clean, safe environment for wrestlers according to standards established by NDSU for such activities, groups, or individuals.

F. Hall staff will assist in promoting sportsmanship, the positive aspects of sports, and a positive attitude toward having the event on the NDSU campus. Staff will also provide information about North Dakota State University and the Fargo/Moorhead community.

VI. Safety

A. Participants are advised to lock their room / suite doors whenever they are sleeping, out of the building, in the bathroom, down the hall, or even next door. Personal safety is important, and theft can take only a few seconds. The University does not have insurance which covers the personal property of participants.

B. University staff are prohibited from using the master key to enter rooms except for an emergency. **Entry into rooms to access scales is not permitted.**

C. Shower curtains must be kept closed inside the shower to prevent flooding. Any custodial or maintenance problems should be reported to the main desk or to a COAR Team member.

D. All guests are encouraged to use Code Red Alerts during the tournament. Visit [https://www.ndsu.edu/conferences/campus_safety/](https://www.ndsu.edu/conferences/campus_safety/) for sign up links, information about fire alarms, and tornado warning systems. NDSU’s general address is 1200 Administration Avenue, Fargo, ND 58105.

VIII. Rule Violation / Participant Removal

A. Violation of any of the above rules will first be addressed with the appropriate team leader. If necessary, the tournament director or USAW staff may be contacted to rectify any situation to the satisfaction of NDSU personnel.

B. If it is determined that a participant should be removed from the dining center, the coach or team leader must immediately make alternate food arrangements for the participant and dining center swipe card will be deactivated.

C. If it is determined that a participant should be removed from the hall, the coach, the team leader, or the tournament director must either identify within 24 hours a place of residence off the University campus or send the participant home.

**MY SIGNATURE BELOW** verifies that I have read and agree to enforce the guidelines, expectations, and policies outlined during my delegation’s stay at North Dakota State University.

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