



Wrestling Class Policies

(Updated January 2026)

TARDINESS

- Students arriving more than **5 minutes** after the start of class will not be permitted to participate. Students arriving late disrupt the class, and miss the warm up activities which may lead to injuries.

ABSENCES

- Your child will be dropped from class if:
 - They miss **more than two** classes in a calendar month without prior notification for excusal.
 - Do not show up for class during a calendar month.

ATTIRE

(Students wearing incorrect attire will not be allowed to participate, and will be marked absent)

- **Promotion shirts must be worn every day to class.** New students must purchase a white promotion shirt. As athletes are promoted through the program, designated CYC colored promotion shirts **MUST** be worn.
- **Students must wear athletic shorts or sweat pants which must be free of rivets, buttons, buckles, zippers or any sharp objects that may damage the wrestling mats (ABSOLUTELY NO JEANS).**
- Wrestling shoes are recommended but only required for intermediate/advanced levels. **Absolutely no street shoes on the mat. If your wrestling shoes are worn outside they are considered street shoes.** Parents should make sure that their children are not wearing wrestling shoes when entering or exiting the building. If a wrestler does not have appropriate shoes, they can participate in **clean socks (no bare feet)**.
- Street shoes are not to be worn in the wrestling room, take street shoes or sandals off before entering the room.
- Mouth guards are recommended for children with braces.
- Headgear to protect the ears is not required for non-competitive wrestling. It is recommended for wrestlers over 100 pounds who wrestle more than three times a week.
- Hair must be pulled back and away from face.
- Jewelry of any kind is not permitted.
- Fingernails must be cut short enough to prevent scratching other students.
- All participants must also adhere to the CYC general attire guidelines.
- **NO coaching of students during class or water breaks, please leave all coaching to CYC Wrestling staff**

Should you have questions or concerns, please contact Head Coach Steve Gee at (925) 671-7070 ext. 224 or sgee@cycmail.org. Thank you for your cooperation.