



# Wrestling Federation of India

## National Coaching Camp Policy - Wrestling

In order to maintain discipline, ensure a peaceful and professional environment, and promote high-performance standards during the National Coaching Camp, the Wrestling Federation of India (WFI), in consultation with wrestling experts and technical committees, has formulated this National Coaching Camp Policy. This policy shall govern the conduct, duties, and responsibilities of all participants associated with the camp.

### 1. Objectives of the National Coaching Camp

- To prepare wrestlers for national and international competitions
- To enhance technical, tactical, physical, and mental skills
- To promote discipline, sportsmanship, and team spirit
- To ensure the safety, well-being, and development of athletes

### 2. This policy shall apply to:

- All wrestlers selected for the National Coaching Camp
- Coaches (Chief Coaches, Assistant Coaches, Foreign Coaches, and Support Coaches)
- Support staff including Physiotherapists, Doctors, Strength & Conditioning Trainers, Masseurs, and Psychologists, Acupressure Therapists etc.
- Team officials, administrators, and any other personnel associated with the camp

### 3. Selection and Participation:

- Wrestlers shall be selected strictly as per WFI selection criteria and trial guidelines.
- Participation in the camp is mandatory for selected wrestlers unless exempted by WFI on valid medical or personal grounds.
- Wrestlers must report to the camp on the prescribed date and time. No exemptions will be granted.
- As per the existing Selection Trial policy, wrestlers must maintain a minimum of **90% attendance** in the camp to be eligible to participate in the Selection Trial. Any wrestler whose attendance falls below 90% shall not be eligible to participate in the trial.



#### 4. Code of Conduct

- All participants shall maintain discipline, mutual respect, and professionalism at all times.
- Abusive language, misbehavior, intimidation, or disrespect toward coaches, officials, or fellow athletes is strictly prohibited.
- Wrestlers must attend all scheduled training sessions, meetings, and evaluations.
- Absence or late reporting without prior permission shall attract disciplinary action.
- Use of banned substances, alcohol, tobacco, or any prohibited items is strictly forbidden.
- Gambling, violence, harassment, or any activity damaging the image of wrestling or WFI shall not be tolerated
- No outsider shall be permitted to enter the campus without prior approval from the Chief Coach and the concerned camp authority.

#### 5. Roles and Responsibilities

##### Wrestlers

- Follow training plans and instructions given by coaches
- Maintain physical fitness, hygiene, and sportsmanlike behavior
- Comply with anti-doping rules and medical protocols
- Follow the guidelines prescribed by the respective Training Centre.
- No personal coach or support staff shall be permitted within the campus area during the camp. In case of any issue related to support staff, the wrestler may approach their respective Chief Coach for resolution.
- Wrestlers shall not be permitted to train at their respective Akhada or Club for the purpose of preparing for UWW competitions.

##### Coaches

- Prepare structured training programs aligned with competition goals
- Maintain fairness, transparency, and athlete welfare
- Report disciplinary or performance-related issues to WFI
- Each coach at the camp will be assigned responsibility for preparing wrestlers in specific weight categories. The WFI will evaluate coaches' performance based on the results and overall performance of wrestlers in their assigned weight categories.
- The Chief Coach, Coach, and Support Staff must maintain a minimum of 90% attendance in the camp. Failure to do so shall make them liable for action by the WFI, which may include removal from the camp.
- The Chief Coach shall be responsible for the maintenance of attendance records for all wrestlers, coaches, and support staff.



- All team members including Coaches are expected to demonstrate mutual respect, work cooperatively, and uphold the highest standards of professionalism.

#### Support Staff

- Provide professional services in their respective domains
- Maintain confidentiality of medical and performance data
- Coordinate with coaches for athlete development
- Each Physiotherapist and Masseur/Masseuse at the camp will be assigned responsibility for providing services to wrestlers in specific weight categories. The WFI will evaluate the performance of the support staff based on the results and overall performance of the wrestlers in their respective assigned weight categories.
- Report immediately to the concerned Chief Coach if any issues arise during the camp.

### **6. Accommodation, Food, and Facilities**

- Accommodation and meals shall be provided as arranged by SAI Centre.
- Wrestlers must follow hostel or camp facility rules.
- Wastage of food, damage to property, or misuse of facilities will attract penalties.

### **7. Medical and Injury Management**

- All wrestlers must undergo medical examination before and during the camp.
- Injuries must be immediately reported to the medical team.
- Wrestlers declared unfit by medical authorities shall not be allowed to train until cleared.
- Absence from training for up to two days is permitted on medical grounds. If any wrestler sustains a major injury, he or she will be automatically removed from the camp.

### **8. Communication and Media Policy**

- Wrestlers and staff shall not give media statements or social media posts related to camp matters without prior approval from WFI or SAI.
- Confidential training methods and internal discussions must not be disclosed.

### **9. Disciplinary Action**

In case of any violation of this policy, the WFI Disciplinary Committee has, at its discretion, the authority to penalize the concerned participants. The penalties may include:



- Issuance of a warning or reprimand
- Temporary suspension from participation in WFI events or activities
- Disqualification from a specific competition or event
- Forfeiture of titles, medals, points, or awards
- Removal from official positions or roles held under WFI
- Permanent ban from participation in WFI-affiliated activities
- Any other disciplinary action deemed appropriate by the Committee, depending on the severity of the violation
- Removal from the national camp and future selection consideration

#### **10. Grievance Redressal**

- Any grievance related to training, behavior, or facilities may be submitted in writing to the Chief Coach.
- WFI shall ensure fair, timely, and confidential resolution of grievances.

#### **11. Amendments and Authority**

- WFI reserves the right to amend or modify this policy as and when required.
- The decision of WFI shall be final and binding in all matters related to the National Coaching Camp.

#### **12. Anti-Doping Policy**

The National Coaching Camp shall strictly adhere to the National Anti-Doping Agency (NADA) and World Anti-Doping Agency (WADA) regulations, as applicable. All wrestlers shall:

- Refrain from using any prohibited substances or methods listed in the WADA Prohibited List
- Submit themselves for in-competition and out-of-competition doping tests as directed
- Declare any medications or supplements being used to the medical team
- The Coaches shall not encourage, facilitate, or tolerate the use of banned substances
- The Coaches educate wrestlers on clean sport principles and anti-doping awareness on regular basis.
- Any fine imposed by WADA due to an Anti-Doping Rule Violation (ADRV) shall be recovered from the concerned wrestler. Failure to pay the fine may result in the wrestler being suspended from all wrestling activities for life.

Any wrestler or official found violating anti-doping rules shall be:

- Immediately suspended from the camp



- Subject to disciplinary action as per NADA/WADA rules
- Liable for further penalties including bans from competitions
- Refusal to submit to a doping test or tampering with samples shall be treated as an anti-doping violation.

### **13. Safeguarding and Athlete Protection Policy**

The Wrestling Federation of India is committed to providing a safe, respectful, and harassment-free environment for all wrestlers, especially women and junior Wrestlers.

The following behaviors are strictly prohibited:

- Physical, emotional, or verbal abuse
- Sexual harassment, exploitation, or inappropriate conduct
- Bullying, intimidation, discrimination, or coercion

All participants shall:

- Maintain professional boundaries at all times
- Respect personal dignity, privacy, and cultural sensitivities
- Report any form of misconduct immediately

The WFI has constituted a Prevention of Sexual Harassment (PoSH) Internal Complaints Committee. The Committee shall function to:

- Receive complaints in a confidential manner
- Ensure a prompt, impartial, and fair inquiry process
- Recommend appropriate actions to WFI based on its findings

Any violation of safeguarding norms shall result in strict disciplinary action, including removal from the camp and further legal or administrative proceedings, if required.

The contact details of the Committee are available on WFI's website.

### **14. Declaration**

All participants shall sign a declaration confirming that they have read, understood, and agreed to abide by the National Coaching Camp Policy.



# DECLARATION / UNDERTAKING

## National Coaching Camp Policy

I, \_\_\_\_\_ (Name of Wrestler),  
son/daughter of Sh. \_\_\_\_\_,  
aged \_\_\_\_\_ years, residing at \_\_\_\_\_,  
and representing \_\_\_\_\_ (State/Unit/Team),  
do hereby solemnly declare and confirm that:

1. I have received, read, and clearly understood the National Coaching Camp Policy issued by the Wrestling Federation of India.
2. I agree to abide by all rules, regulations, guidelines, and code of conduct mentioned in the said policy during the entire duration of the National Coaching Camp.
3. I understand that any violation or non-compliance with the policy may result in disciplinary action, including removal from the camp, as decided by the authorities.
4. I undertake to maintain discipline, sportsmanship, and professional conduct at all times during the camp.
5. I confirm that this declaration is given voluntarily and without any coercion.

I shall be fully responsible for my conduct during the National Coaching Camp.

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Weight Category: \_\_\_\_\_

State/Unit: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

\_\_\_\_\_  
Signature

Place: \_\_\_\_\_

Date: \_\_\_\_\_