

**SOUTH AFRICAN WRESTLING FEDERATION**  
**CODE OF CONDUCT FOR ANY PERSON REPRESENTING SOUTH AFRICA**  
**INTERNATIONALLY**

In accepting the national colours (Protea and South African Wrestling Federation) as the sports insignia of South Africa, sportsmen and sportswomen, their coaches, managers and other officials involved in the participation of the South African Wrestling Federation in the international sports arena, accept to conduct themselves at all times in a manner that will benefit and do credit to the insignia under which they have been chosen to represent their sport. They also agree to do the same for the South African Wrestling Federation and SASCOC as the custodian of the National Colours and finally their country, in whose name they participate.

In order to ensure that recipients of national colours or designated officials behave in a manner that suits their status, they are obliged to confirm with this code of conduct to which its representative athletes and officials adhere; after all, a representative side or the individual participants are ambassadors for the federation and South Africa.

A representative team member will be furnished with a copy of the code of conduct which he/she must sign when being selected for an event. Failure to sign the relevant document will disqualify the person from participation or representing the South African Wrestling Federation.

It is furthermore the duty of the management to ensure that everyone concerned strictly adheres to such a code and to introduce fitting disciplinary measures if, as, and when necessary.

Apart from the above, the South African Wrestling Federation itself has the responsibility to ensure that South African representative sports groups are a credit to the country and at all times worthy ambassadors while representing the high ideals that the SASCOC had set for sports participation. Generally acceptable and basic norms need to be upheld at all times.

The following guidelines have been compiled by SASCOC to serve as broad criteria for all those involved in representative participation in order to ensure basic uniformity, group unity, discipline and a friendly and comfortable disposition within the group or team.

An appeal is made to all those involved (national federation office bearers, officials/tour management, participants, and coaches) to observe their Code of Conduct at all times. In the interest of South Africa and of sport in general, it is vital that the conduct of those representing the country will at all times be above reproach. If anyone should infringe the Code, disciplinary steps in the discretion of the national federation and the SASCOC Board may be taken against such a person.

It is important to note that under special circumstances, SASCOC reserves the right to withdraw national colours awarded at the time for good cause. The South African Wrestling Federation also reserves the right to withdraw awarded colours.

Travelling abroad is often a new experience for some. There are different customs and attitudes to adapt to, language barriers to overcome, media to face, and many more. National federations must ensure that team management consists of seasoned and responsible adults who can provide the necessary guidance to young and/or inexperienced team members.

International participation is the end result of long hours of hard training, of sacrifices and of absolute dedication. Only the very best in a sport can achieve this level. To represent one's country is a singular honour reserved for a selected few and the ultimate honour would be to be adjudicated the victor. At all times, however, and without exception, this honour must only be bestowed on him or her who competed fairly. Under no circumstances ever must such a victory, or for that matter the mere participation in an event, be enhanced due to unfair methods being employed be it by cheating, unsportsmanlike behaviour, or worse, by employing methods (like doping) to enhance one's performance, thus providing an unfair advantage over fellow competitors.

It is the unconditional view of the South African Wrestling Federation that indulgence in the use of alcohol, tobacco and any illegal or banned substance or method is not part of the make-up of the serious sportsman or sportswoman.

Officials in charge of participants have a responsibility in this regard to set the right example and the consumption of alcohol or any illegal substance is forbidden during training sessions and competition but is allowed outside of these times, in moderation, and not in official tour/team clothing.

Acceptable behaviour has many facets which a representative of his/her country and sport must understand and accept as vital to his/her role as an ambassador.

These include:

1. The wearing of any designated official dress of the team where applicable
2. Ensuring a neat and appropriate mode of dress at other less formal occasions
3. Ensuring that all competition gear is clean and in good condition
4. Maintaining a high standard of general conduct, with particular emphasis on:-
  - 4.1. Bad language, poor table etiquette, rowdy behaviour (even when celebrating a victory) and any form of vulgarity likely to offend the hosts, officials and others.
  - 4.2. Respect for fellow travellers, hotel staff, hosts, speakers at events and functions
  - 4.3. Respect for any property, accommodation or transport provided for their use and convenience at any time.
  - 4.4. Punctual attendance at any training, weigh-in, function, event or outing scheduled
  - 4.5. Misuse or over-indulgence in alcohol. In this regard the following rules apply
    - 4.5.1. Use of alcohol by any minor is prohibited at all times.
    - 4.5.2. Use of alcohol by seniors during competition is prohibited and should be used responsibly and with moderation after competition - with the express permission of the coach/manager in charge (when appointed).
    - 4.5.3. Use of alcohol by coaches, officials and team managers or any other member of an official SAWF team is allowed in moderation and only when not wearing official Protea or SAWF Team Clothing, unless representing the SAWF or TeamSA at official engagements or functions.

A team is "in competition" as soon as the team is announced, and participation is confirmed. Therefore, these rules are applicable at all national practises, camps and competitions where any member of the team is participating.

South African Wrestling has a no-needle policy in place for all athletes. This means that needles are not to be used except by medically qualified practitioners for the treatment of injury, illness or other medical conditions (for which a valid TUE may be required) or for those requiring auto-injection therapy for an established medical condition with a valid TUE, e.g. for insulin dependent diabetes.

Any athlete, coach, official, team manager or other member of a touring team, found to be contravening any part of the United World Wrestling or South African Institute for Drug Free Sport's Anti-Doping Rules will be immediately withdrawn from competition and the incident will be reported to United World Wrestling and SAIDS for investigation.

No athlete, coach or member of the SAWF may allow or participate in any act or practice which involves initiation practices or may cause or contribute to the humiliation, degradation, harassment, assault, crimen injuria, intimidation or maltreatment of team members.

"initiation practice" means any act which in the process of initiation, admission into, or affiliation with, or as condition for continued membership of a wrestling team or organisation

1. endangers the mental or physical health or safety of a person;
2. seeks to undermine the intrinsic worth of human beings by treating some as inferior to others;
3. subjects individuals to humiliating or violent acts which undermine the constitutional guarantee to dignity in the Bill of Rights;
4. undermines the fundamental rights and values that underpin the Constitution;
5. impedes the development of a true democratic culture that entitles an individual to be treated as worthy of respect and concern; or
6. destroys public or private property.

## UNDERTAKING

I, \_\_\_\_\_  
(full names and surname)

have read, understand and agree to abide by this code of conduct, as confirmed by my signature hereto on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_ I also understand that I may be subject to disciplinary procedures if I do not comply with this code of conduct. I understand that in the event that my costs are subsidised by the South African Wrestling Federation or any other macro sporting body and I fail to make the weigh in or withdraw from the relevant competition, or am required to return to South Africa due to ill-discipline, I am liable to refund all the costs incurred on my behalf.

I also confirm that I have read and understand the Code of Conduct of United World Wrestling, as well as the South African Institute for Drug Free Sport Anti-Doping Rules 2015 as well as the United World Wrestling Anti-Doping Rules and understand the various sanctions (financial or otherwise) that may be imposed on me should I transgress any of these rules.

\_\_\_\_\_  
PRINT NAME (Team Member)

\_\_\_\_\_  
SIGNATURE

### **PARENT/GUARDIAN (If minor)**

\_\_\_\_\_  
PRINT NAME (Parent)

\_\_\_\_\_  
SIGNATURE

**TEAM/TOUR NAME:** \_\_\_\_\_

### **TEAM MANAGER**

\_\_\_\_\_  
PRINT NAME (TEAM MANAGER)

\_\_\_\_\_  
SIGNATURE