



USA WRESTLING  
Colorado Springs, CO 80918  
www.TheMat.com  
Phone: 719.598.8181  
Fax: 719.598.9440

## USA Wrestling Training Requirements Exemption Policy

National Team Coaches may set mandatory requirements athletes must meet in order to receive the monthly training stipend as outlined in the National Team Wrestler Agreement. This schedule will vary by style and time of the year. Some months may have multiple requirements while other may have none. The only outright exception to these requirements is the birth of a child or pregnancy in the case of female athletes.

A pregnant athlete is exempt from all training requirements; however, special accommodations may be possible if that athlete still wishes to attend camp.

Both male and female athletes are exempt from mandatory training requirements if the athlete's significant other, domestic partner, or spouse:

- is due within four weeks of a mandatory training camp or competition requirement, or
- has given birth within three weeks of a mandatory training camp or competition requirement, or
- has documented complications related to a pregnancy or birth that require special care.

Athletes should communicate with the National Coach in advance to provide written notification of the pregnancy (or birth) and the athlete's intent to miss a mandatory National Team training camp or tour.

Situations that don't meet the criteria above will be evaluated on a case-by-case basis by the National Coach and National Teams Staff and/or the appropriate Sport Committee. Such situations may include, but are not limited to:

- Emergencies
- Academic conflicts
- Medical conditions of injuries

Approved by Executive Committee July 9, 2019

"WHERE OLYMPIC  
JOURNEYS BEGIN"

