## **Sportmanship**

- 1. Competition is conducted in a manner as to promote and require **good sportsmanship**.
- 2. Competitors are expected to **show respect** to opponents, officials, and coaches regardless of the outcome of their match.
- 3. Both wrestlers are required to **shake hands before and after the match**.
- 4. It is also common practice for each wrestler to **shake the hand of their opponent's coach after the** match.