


29<sup>th</sup> April 2025

## Guidelines for the National Coaching Camps

These guidelines for the National Coaching Camp set by the Wrestling Federation of India (WFI) ensure a structured and disciplined environment to help wrestlers prepare for international competitions. Here's a summary of the main points:

1. **Camp Objective:** The camp's goal is to prepare Indian wrestling teams for international competitions.
2. **Reporting to Camp:** Wrestlers, coaches, and support staff must report within two days of the camp's commencement. Late arrivals will not be allowed entry. However, the WFI may consider the valid reason for delayed reporting on a case by case basis.
3. **Injury and Absence:** Injured wrestlers should submit a medical certificate to the WFI, the training center, and inform the Chief Coach. Medically unfit wrestlers can't participate in trials unless they submit a fitness certificate a month in advance.
4. **Leaving the Camp:** Wrestlers can't leave the camp without prior approval from the Chief Coach (or the Assistant Coach in their absence).
5. **Trial Participation:** Only wrestlers attending the coaching camp are eligible for trials, unless given special permission by WFI, particularly if they won a medal in a recent competition. Past performance alone will not qualify a wrestler for such permission.
6. **Medical Fitness:** Wrestlers must be injury-free. Any wrestler missing training for over 3-4 days due to injury will be removed from the camp but may rejoin upon providing a fitness certificate to WFI, Coaches, or Camp Authority.
7. **Diet and Discipline:** Strict adherence to the prescribed diet is required, and unauthorized visitors are not allowed. Wrestlers and staff must follow the training schedule, maintain discipline, and show respect to everyone involved.
8. **Attendance and Evaluation:** Attendance in all training sessions is mandatory, and performance evaluations will be conducted regularly. Lack of effort or discipline may lead to removal from the camp.
9. **Anti-Doping:** All wrestlers, coaches, and staff must cooperate with anti-doping measures and follow NADA/WADA rules.

These guidelines are designed to ensure the best preparation for the wrestlers and maintain a focused and disciplined training environment.

  
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President