

WEIGH IN PROCEDURE

(10/3/2017)

**All of the comments below are centered on the WI procedure for a multiple event. However, they are easily adapted for dual competition.*

Determine who is the **head / lead official** if not predetermined by meet management.

Weigh in all **females** prior to onset of WI. (Not necessary in a pre-seeded individual tournament)

10 minute courtesy call – take inventory of teams that are present - announce that “WI will begin in 10 minutes. Please make sure your athletes are present. See me if anyone from your team is not in the facility as this time.”

In a multiple event, position an **official or host school representative(s) at all exits** of the facility to insure that no contestant enters after the WI begins or leaves until they have been weighed in.

In a tournament setting, use a marker to “**X**” **the back of the hand** after the contestant has completed WI. This will allow them to leave the facility after they have completed WI.

In a multiple event, one **official** / scale should inspect contestants / mark hands, and one **official** to read and record weights. **It is best if the head official is free to roam.** He will have final “say” on skin conditions, special equipment, uniform legality, taping and will bring overweight contestants to other scales. In addition, they will be the liaison between officials and coaches.

Make an announcement 5 minutes before WI that “WI will begin in 5 minutes. Remember – absolutely no dehydration activities will take place in this facility.”

BEGIN WEIGH-IN with ANNOUNCEMENTS (by head official)

- ◆ “Everyone that is competing today **should now be in this facility and with suitable undergarment** (if not - inform me now – anyone that walks in after we start – is ineligible to wrestle)”
- ◆ Conduct **random draw** if applicable
- ◆ “Weigh in at the **lowest weight class** you may wish to wrestle today or are weight eligible to wrestle.”
- ◆ “Anyone needing a **hair cover** must wear it to the scale.”
- ◆ “Give your **name and school loud and clear** to the WI official”
- ◆ “If you need to **leave the WI facility** for any reason / including going to bathroom – get referee approval.”
- ◆ “Present **skin forms** (no guessing games.)”
- ◆ “If you do not pass body inspection please return **ASAP** after addressing.”
- ◆ “Your hand will be **marked with an “X”** immediately after you WI and then please leave the facility.”
- ◆ “Any **special equipment**, pads, T-shirts, face masks, any taping etc. – see me (head official) before contest begins – announcement will be made at control center / take nothing for granted.” (it works best to record these individuals)
- ◆ “Those with braces, make sure you **wear tooth and mouth protectors throughout the day.**”
- ◆ Your thoughts on **sportsmanship**
- ◆ “**Respect** the school facilities / you are guests / be considerate to everyone”
- ◆ “Any **questions??**”
- ◆ Announce **scale designations** if applicable

Begin weigh in. **Make it a point** to call out the name of any missing contestant before you “close” one weight class and move onto another.

106 / 113 / 120 / 126 / 132 / 138 / 145 / 152 / 160 / 170 / 182 / 195 / 220 / 285