

WEIGH IN PROCEDURE

(12/3/2020)

New- ALL WRESTLERS WILL WEIGH IN SHOULDER TO SHOULDER, REGARDLESS OF GENDER

New- ALL WRESTLERS WILL WEIGH IN WITH A SUITABLE UNDERGARMENT UNDERNEATH THE SINGLET OR TWO-PIECE UNIFORM THEY WILL WRESTLE IN THAT NIGHT

New- THERE IS NO LONGER A REQUIREMENT ON THE LENGTH OF AN INDIVIDUALS HAIR

New- SKIN CHECKS CAN TAKE PLACE PRIOR TO OR IMMEDIATELY AFTER WEIGH IN AND MAY BE DONE BY AN ON-SITE APPROPRIATE HEALTH CARE PROFESSIONAL

New- DUE TO COVID 19 AND NEW RULES ALL WEIGH INS SHOULD TAKE PLACE IN A LARGE OPEN SPACE WHERE SOCIAL DISTANCING IS POSSIBLE

Official should make 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 you team is not in the facility as this time.”

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, in whatever uniform you will wrestle in today and with suitable undergarment on underneath** (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 wishing to wear a **hair cover/control device** 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.”
- ◆ “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 head table / take nothing for granted.” (it works best to record these individuals)
- ◆ 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

Skin Check Reminders: Appropriate Health Care Professional Recommended

Skin Checks performed with uniform and appropriate undergarment on.

Present **skin forms** (no guessing games.)

Check nails, facial hair and skin (hair length no longer a concern)

If you do not pass body inspection please return **ASAP** after addressing the issue.