

Weigh-in Procedures:

1. Needs to occur in gym or other gender neutral area (not locker room)
 - a. Give 10 minute and 5 minute warnings
 - b. Prior to start, verify with coaches that all contestants are in the weigh in area
 - c. Draw start weight (Not applicable for tournaments)
 - d. Remind wrestlers to weigh in at the lowest possible weight they are eligible for
 - e. Only qualify for two weights, their weight of the day plus one weight class
 - f. Skin sheet, hair control device if they choose to wear
 - g. No bandages, taping, wraps
 - h. Sock are allowed, once wrestler steps on the scale they cannot remove
 - i. No dehydration activities in the weigh in area (quick means at any time)
 - j. No dehydration or hydration once they step on the scale
2. Must weigh in wearing a legal school issued uniform with suitable undergarment:
 - a. Singlet (straps up)
 - b. Two-piece uniform
3. Female wrestler requirements
 - a. Female cut singlet that completely covers the breasts
 - b. Must wear suitable undergarment (Sports Bra) that completely covers the breasts
 - c. If complete coverage has not been achieved they are required to wear t-shirt
 - d. If wearing a form fitted t shirt, still required to wear sports bra
4. Tournament Weigh In Procedure (required for use Regional, Sectional, State)
 - a. All of #1 still applies minus the draw
 - b. If regular season tournament chooses to weigh in by team no need to follow this
 - c. Have contestants line up in the weight class they will weigh in at that day
 - i. 14 parallel lines
 - ii. Do not leave without permission
 - d. Verify the wrestlers with the provided weigh in sheets
 - i. Make sure all are there
 - ii. Address any uniform issues
 - e. Call weights to scale(s) in order
 - f. If they don't make weight
 - iii. 2nd chance immediately on the original scale
 - iv. One chance on each other scale that is used immediately
 - v. Lowest weight is recorded