



WRESTLING MEET ADMINISTRATION

To facilitate weigh-in procedures for dual meets, regular season tournaments, and post-season tournaments, the following information is being sent to MHSAA wrestling schools. All schools must follow the weigh-in procedures as outlined in NFHS Wrestling Rule 4-5 below and the MHSAA Handbook:

Weigh-In Procedures for All MHSAA Duals and Tournaments

Rule 4 Section 5 states:

Article 1

Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet or a team's first competition in a multiple dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

Article 2

Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of two hours before the first session of each day.

Article 3

For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

Article 4

The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

Article 5

When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).

Article 6

A contestant representing a school in a tournament shall be named by weight class prior to the conclusion of the weigh-in.

Article 7

All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1), if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight. The compression shirt needs to be school approved and a single solid color.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

Article 8

Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class.

Article 9

Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

MHSA Comments/Recommendations on These Rules:

It is recommended that for dual meets that ALL weigh-ins start one hour prior to any preliminary competition (sub-varsity, exhibition, etc).

When considering weigh-in areas, per Article 3, try to utilize facilities that can accommodate ALL the contestants. This is especially important for big tournaments. The only reasons a contestant should be allowed to leave a weigh-in area are sickness (vomiting, diarrhea) and extreme emergency.

In dual meets, if the host team desires the official to conduct weigh-ins, the official should be notified of that responsibility prior to the event day. In tournaments, an attempt should be made to have adequately trained and authorized individuals – other than the officials working the tournament – conducting weigh-ins. With an additional weight class, this will allow the officials the time to devote their efforts to on the mat wrestling.

Note that any contestant failing to make weight – per Article 8 – for a certain weight class can be weighed in at a higher weight class.

All weigh-ins start with the lowest weight and progress to the highest.

Meet managers should carefully consider time frames for seeding at tournaments. MHSA recommends that you seed contestants before you weigh-in. Then if an athlete does not make weight, you probably must take some time to re-seed. Make sure you allow adequate time for a seeding meeting before the weigh-ins. You might want to consider a seeding meeting the night before a tournament begins.

If you need additional information, please feel free to contact the MHSA office at 406-442-6010.