

**2009-10 HIGH SCHOOL WRESTLING HOME WEIGH-IN RECORD**

● **The principal or his/her designee shall be present to conduct the weigh-in.**

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ DESIGNEE \_\_\_\_\_

OPPONENT/EVENT \_\_\_\_\_ TEAM: \_\_\_\_\_ FROSH. \_\_\_\_\_ JV \_\_\_\_\_ VAR. \_\_\_\_\_  
 A.M.

WEIGH-IN DATE     /     /     COMPETITION DATE     /     /     TIME OF "HOME WEIGH-IN" \_\_\_\_\_ P.M.

⊛ **Without a recorded actual weight, a wrestler may not wrestle at the next highest weight class.**

WEIGHT CLASS	NAME OF CONTESTANT	⊛ACTUAL WEIGHT	NAME OF CONTESTANT	⊛ACTUAL WEIGHT
103				
112				
119				
125				
130				
135				
140				
145				
152				
160				
171				
189				
215				
285				

We, the undersigned principal **and** the wrestling coach, hereby certify that the weights recorded on this form are true, correct, and accurate in reference to each of the contestants listed; that the scales upon which these contestants were weighed were checked and were in balance at the time these weights were recorded; that the weights recorded above are the minimum and true weights including fractional units of pounds. **FOR ADDITIONAL COPIES, TO GO THE WEB - [www.mhsaa.com](http://www.mhsaa.com) "MHSAA Forms."**

Signed \_\_\_\_\_ Signed \_\_\_\_\_ ⇒ **OVER**  
 (PRINCIPAL - NO OTHER) (WRESTLING COACH)

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.**  
**WRESTLING "HOME WEIGH-IN" PROCEDURE**  
*for*  
**Senior High Schools**

1. Leagues and conferences may adopt home weigh-in procedures by written mutual consent prior to the regular season for all league/conference competition.
  - A. For regular-season duals meets and invitational tournaments, home weigh-in procedures shall be specified on contracts or other written correspondence as a condition of participation. Schools that agree to the conditions of the competition agreement may not subsequently request an onsite weigh-in. Note: Agreements and consent for home weigh-in procedures shall be done through school athletic administration.
  - B. For regular-season competition not governed by league or conference adoption or contractual agreements between schools that specify a home weigh-in as a condition of participation, an onsite weigh-in on the day of competition shall be conducted.

The purpose of this procedure is to make it unnecessary for an early dismissal of wrestlers and to avoid an early arrival at the site of the contest for the usual weigh-in procedure. This form must be completed in all respects and the home school wrestling coach and the visiting school wrestling coach must exchange these forms prior to the start of the meet.

2. On the day prior to a scheduled meet, (dual or individual) **the principal or his/her designee (not a coach) shall administer the "Home Weigh-In" no earlier than 3 p.m.** The individual school may select the time which best accommodates their program. All wrestlers on a team shall weigh-in at the same time following the MHSAA/NF weigh-in procedure, *but no later than two hours prior to the competition scheduled start time*. Wrestlers not present, for any reason, for a home weigh-in may not weigh-in for that event. The Home Weigh-in shall be conducted according to the National Federation/MHSAA weigh-in procedure.
3. When a day of school attendance does not precede the scheduled meet, the principal or his/her designee (not a coach) shall administer the "Home Weigh-In" in the following manner:
  - A. If the Home Weigh-In is to be held on the day before the meet, it must be **no** earlier than 3 p.m.
  - B. If the Home Weigh-In is to be held on the day of competition, it must be after 7 a.m. but before 4 p.m.
4. The "Home Weigh-In" procedure will require that **all** individuals who may wrestle on the scheduled date, on any team, shall be included on the appropriate (Frosh, JV, Var.) weigh-in list and shall make weight.
  - A. Wrestlers who weigh-in, but do not appear in the line up to receive a forfeit or do not compete will not be charged with a day of competition.
  - B. A wrestler may participate on only one school team on a day of competition. (Example: a student who wrestles a JV match on a day may not wrestle a reserve or varsity match on the same day - MHSAA Handbook, Interpretation 196).
  - C. Only regular season matches between competitors who are both varsity wrestlers at the varsity level qualify for seeding consideration in an Individual District Tournament.
5. Wrestlers shall make scratch weight at the "Home Weigh-In" in order to be eligible to participate in the meet. Actual weight shall be recorded at each weigh-in for each wrestler.
6. Wrestlers attempting to, but failing to make weight at the "Home Weigh-In" shall not be eligible to participate on that date although the weigh-in will count as one of the allowable sixteen weigh-ins for that individual.

**HIGH SCHOOL WEIGHT CERTIFICATION DATE IS THE DATE OF THE ALPHA WIEGH-IN.  
 GROWTH ALLOWANCE (2 POUNDS) OCCURS ON JANUARY 1.**

**NEED MORE FORMS? GO TO THE WEB - WWW.MHSAA.COM**