

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
WRESTLING "HOME WEIGH-IN" PROCEDURE

for
Junior 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 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.
5. Wrestlers shall make scratch weight at the "Home Weigh-In" in order to be eligible to participate in the meet.
5. 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 twelve weigh-ins for that individual.

JUNIOR HIGH/MIDDLE SCHOOL WEIGHT CERTIFICATION - SHALL BE FOLLOWED.

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