



**WRESTLING "HOME WEIGH-IN" PROCEDURE**  
**for**  
**Junior High Schools**

1. By mutual written agreement, schools may option to utilize the "Home Weigh-In" procedure for wrestling weigh-ins during the school year. The "Home Weigh-In" procedure is not required and may not be a verbal or coaches decision, however, it may be a league adoption.

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-A On the day prior to a scheduled meet, (dual or individual) **the principal or his/her designee (not a coach) shall administer the one hour "Home Weigh-In" no earlier than 3 p.m.** The individual school may select the time which best accommodates their program. All wrestlers shall weigh-in within the same one hour period, (i.e. 4:15 p.m. - 5:15 p.m.) Wrestlers not present, for any reason, for a home weigh-in may not weigh-in for that event.

2-B 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" within one hour of the school start time. Specifically, the weigh-in time can be during the one hour before school is scheduled to begin or the one hour after school begins. The individual school may select the one hour segment of time which best accommodates their program.

3. 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 183.)

4. 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 sixteen weigh-ins for that individual.

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

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