



"Be The Referee" is a series of one-minute messages designed to help educate people on the rules of different sports, to help them better understand the art of officiating, and to recruit officials. "Be The Referee" features MHSAA Assistant Director Mark Uyl's insights on officiating.

Wrestling Weight Monitoring

It has often been said that wrestling is the toughest and most grueling six minutes in all of sports. It is a sport that requires great dedication, discipline and conditioning from those kids that step onto the mat.

One of the most important parts of the high school wrestling program in Michigan is the weight monitoring program. Prior to the season, every wrestler undergoes a body composition test where the body fat percentage of each student is determined and based on that data, a minimum weight and weight class is established for every participant.

This data provides a safe and healthy plan for kids that wish to drop weight and move down to a lower weight class as a wrestler can never lose more than 1.5 percent of their body weight in a given week. This program has made wrestling a safer and healthier sport for every single wrestler in the state of Michigan.

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