



Weigh-in Procedures 2008-2009

The National Federation shoulder to shoulder weigh-in procedure shall be used in MHSAA Team and Individual District, Regional and Final Tournaments as well as regular season “home” and “shoulder-to-shoulder” weigh-ins . We have outlined the procedure indicating the differences between the MHSAA procedures to be followed and the rules as printed by the National Federation.

The weigh-in shall commence at the time stated in the MHSAA Participating School Tournament Information (PSTI).

The weigh-in shall proceed through the weight classes beginning with the lowest weight class (103-285 in order) on the scale designated for that specific weight class. **Weigh-in by team is prohibited.** The host school determines the order of wrestlers to be weighed-in at a weight class.

Teams (not individuals) at either a dual meet or team/individual tournament that arrive after the weigh-in has concluded, because of emergency events, but before the first match of any weight class is wrestled may be permitted to step on the appropriate scale **one** time in order to weigh-in.

All wrestlers in a weight class shall weigh-in on the same scale designated before weigh-in begins and the actual weight of each competitor **shall** be recorded.

A contestant who, for whatever reason, cannot step on the scale at the time of his weight class shall be excluded from weighing in.

All wrestlers shall be within the defined “weigh-in area” at the time scheduled for the weigh-in to begin. A wrestler may not exit without specific permission from the registered official or weigh master supervising the weigh-in. Such permission may be granted before the wrestler weighs in. Wrestlers shall weigh-in immediately upon return to the weigh-in area if their weight class was weighed in their absence. Line “cuts” are required for this situation.

Weigh-in for teams on site, at the venue, concludes **immediately** upon the completion of the 285 pound weight class.

A contestant may step on and off the scale designated for his weight class **two immediately consecutive times.**

While in the “weigh-in area” a wrestler may not participate in any activities that promote dehydration or “super” re-hydration.

When the weight of the final 285 pound wrestler is determined, the weigh-in is concluded.

Wrestlers on teams which are present at the venue at the time weigh-in begins, but not within the designated weigh-in area shall be excluded from the weigh-in and competition.

Wrestlers shall be prepared to step onto the scale “wearing no more than a suitable undergarment” as their turn arrives. Delays caused by wrestlers removing garments other than “suitable undergarments” shall disqualify that wrestler from weighing in.

Wrestlers who fail to make the weight attempted may be entered in another weight class immediately according to National Federation Rule 4-4-2 (Note MHSAA Individual Tournament exceptions).