



## H.S. WRESTLING HOME WEIGH-IN RECORD – GIRLS ONLY

**25-26**

The principal or their designee shall be present to conduct the weigh-in.

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

OPPONENT/EVENT: \_\_\_\_\_ TEAM: ☐ GIRLS ONLY DIVISION/EVENT

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

**⊗ AN ACCURATE ACTUAL WEIGHT FROM THIS WEIGH-IN MUST BE RECORDED FOR EACH WRESTLER ON THIS FORM.  
ONLY ADD WRESTLERS ON THE LINES FOR THE LOWEST WEIGHT THAT THEY MAY COMPETE AT DURING THIS EVENT.**

WEIGHT CLASS	REF INITIALS	NAME OF CONTESTANT	⊗ ACTUAL WEIGHT	REF INITIALS	NAME OF CONTESTANT	⊗ ACTUAL WEIGHT
100	1			3		
	2			4		
105	1			3		
	2			4		
110	1			3		
	2			4		
115	1			3		
	2			4		
120	1			3		
	2			4		
125	1			3		
	2			4		
130	1			3		
	2			4		
135	1			3		
	2			4		
140	1			3		
	2			4		
145	1			3		
	2			4		
155	1			3		
	2			4		
170	1			3		
	2			4		
190	1			3		
	2			4		
235	1			3		
	2			4		

We, the undersigned **administrator** 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 (certified) at the time these weights were recorded; the weights recorded above are the minimum and true weights, including fractional units of pounds.

FOR ADDITIONAL COPIES, GO TO - [www.mhsaa.com](http://www.mhsaa.com) on the "Wrestling" sports page.

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

**Coaches will share Alpha Masters with opponents at each event. Coaches are encouraged to save all weigh-in forms until the next year.**

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 school administrator or 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 school administrator or 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 lineup to receive a forfeit or do not compete will not be charged with a day of competition.
- B. 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.

### INSPECTION

EACH participating school **MUST** supply the "inspecting" official (or meet personnel in charge of inspection) with the completed weigh-in portion of the form. Each team will line up by weight (light to heavy) with the head coach **PRESENT** during inspection.

As the official completes the inspection of EACH individual (skin, hair, nails, etc.) the official:

1. Enters their **own initials** in the box labeled "REF INITIALS" approving competition for that wrestler.
2. Do NOT enter initials if the wrestler in question needs to cut their nails, etc. until the athlete returns in the allotted time with the required corrections, at which point the official would then initial the corresponding box approving that wrestler's participation. Marks an **"X"** in the box for any wrestler **NOT** passing or **\*NOT present** for inspection, and **the wrestler's name should be struckthrough to indicate they are NOT allowed to participate in the event.** This act **MUST** be witnessed by the Head Coach.

**\*It is at this time that a coach must inform the inspecting official that the wrestler in question will be utilizing the approved "Late Arrival Inspection for Multiple Dual Meets" exception. The official will put an open "circle" in the "REF Initial" box and remind the coach that the student in question must be inspected prior to any participation in the event. Competing prior to inspection deems the wrestler as an ineligible participant, and the team in question would be required to forfeit the competition.**

3. Once the inspection is concluded, the completed form is returned to the on-site administrator facilitating the event. This person will supply a copy to each of the teams in the event. **\*For late inspections, coaches must communicate with each other prior to subsequent duals.**

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

**NEED MORE FORMS? GO TO THE WEB - [WWW.MHSAA.COM](http://WWW.MHSAA.COM)**