



WEIGH-IN POLICIES & INFO



Canceled School / Access to Facilities

Wrestlers do **NOT** automatically receive an additional pound at weigh-in because school is canceled.

An additional one (1) pound is given **ONLY** when at least one (1) school in the event does not have access to their facility, and only at the weight for which a wrestler has made “scratch” weight.

If one of the schools participating in a competition could not access their school or facility the day before the weigh-in, ALL teams in that competition will receive an additional one (1) pound for that competition.

School admins must be in contact with each other, letting ALL know the status of each school regarding facility access.

NOTE: THERE SHOULD NOT BE A TIME WHEN ONE SCHOOL, IN AN EVENT, RECEIVES A POUND AND OTHERS DO NOT.

Lowest Minimum Weight

A wrestler’s lowest minimum weight indicates they may go as low as 176.4 pounds (*which qualifies them for the 190-pound weight class*). The wrestler typically weighs LESS than 176.4 during the season (typically weighing out at 174.0 pounds). There is no violation for weighing below their lowest minimum weight, only for COMPETING at a weight class not allowed by a wrestler’s alpha weigh-in. Special attention must be paid to ensure this wrestler does not compete in the 175-pound weight class, which is not allowed per the wrestler’s alpha.

Lowest Minimum Weight (Weigh-in vs Competition)

A wrestler’s alpha indicates they may compete at 106.2 on Friday. Weigh-in is on Friday, but wrestling is on Saturday, which the wrestler’s alpha indicates they may compete at 106.0. In this instance, the wrestler would be allowed to weigh-in at the 106-pound weight class on Friday, as the alpha indicates what weight the wrestler may COMPETE. The wrestler’s alpha allows them to COMPETE at 106 pounds on Saturday.

Three (3) “Weight Window”

A wrestler weighs in for a quad at the 132-pound weight class. The wrestler may wrestle in the 132 or 138-pound weight class. In the next meet, the same wrestler weighs in at the 138-pound weight class.

The wrestler may wrestle at 138 or 144 (*and still be allowed to go back down to 132 in future meets*).

The wrestler could even weigh in at 144 and wrestle at 144, but if they step on the mat at 150 or take a void or forfeit, they **may no longer go back down** to the 132-pound weight class.

They have exceeded the “3 Weight Window” at this point.

NOTE: A wrestler’s “3 Weight Window” may systematically move down with them during the year.

Three (3) “Weight Window” - GIRLS

A girl competing in an event using the boys weight classes is eligible with the “3 Weight Window” for the boys’ weights. This is SEPARATE from the “3 Weight Window” for Girls-Only weights.

Example: A girl who has made “scratch” at 105 utilizing girls’ weights is eligible for 105, 110, & 115 in girls’ weights.

Using boys’ weights, the girl would be eligible at 106 and may also be eligible at 113 and 120 in boys’ weights.

This girl could weigh in at 108.2 (making the 113-weight class) and bump up to 120 in a boy’s event. This is still within the “3 Weight Window” for boys’ weights, and as such, she would not forfeit her certification in girls’ weights even though 120 in girls is outside the Girls’ “3 Weight Window.” If the same girl were to compete at 120 at the event using girls’ weights, she would forfeit her eligibility at 105, and her new lowest girls’ weight would become 110.

In summary, a female is also bound by the “3 Weight Window” for girls’ weight classes, and the “3 Weight Window” for the boy’s weight classes. It is understood that a female, if competing in the boys’ weight classes, could unintentionally exceed the “3 Weight Window” for girls.

“Scratch” & Additional Weight

A wrestler may receive an additional pound or pounds (*growth allowance, no access to facilities, consecutive days of wrestling*) **ONLY AT THE WEIGHT FOR WHICH THEY HAVE MADE “SCRATCH” WEIGHT.**

"Scratch" & 2 Pound Allowance

A wrestler makes "scratch" (120.0) for the first time but wrestles 126 at the competition.

The wrestler would still receive any additional weight allowances in future events at the 120-pound weight class.

"Scratch" & On-Site Weigh-In / Inspection

Can a wrestler make "scratch" at Team Districts if they do not pass inspection and cannot wrestle?

NO. Post-season (*shoulder to shoulder*) requires a wrestler to pass inspection BEFORE getting on the scale.

If they do not pass inspection, they cannot get on the scale and may NOT weigh-in.

"Scratch" & Home Weigh-In / Inspection

What if a wrestler makes "scratch" weight for the first time during a HOME weigh-in (*supervised by school administration*), then subsequently arrives at the event and fails inspection? Does this count as making "scratch"?

NO. The wrestler was not able to compete at the competition and thus could not use one of their dates of competition.

The weigh-in does NOT count, and the wrestler would have to make "scratch" weight, be eligible, and participate in the event (wrestle, step on the mat to take a void or forfeit) for it to count.

"Scratch" & Cancelled Events

A wrestler makes "scratch" weight for the first time, and the event is CANCELED. Does this count as making "scratch,"

NO. As the event did not take place, a school or wrestler did not use a day of competition for the event, and the weigh-in does NOT count. The wrestler would have to make "scratch" weight for an event that takes place, with the wrestler competing in the event either by wrestling in a match or stepping on the mat to take a void or forfeit.

"Scratch" & Not Allowed to Attend an Event

A wrestler makes "scratch" weight for the first time. The event is held, but their school is not allowed to attend as there is a potential for inclement weather or other reasons. Does this count as making "scratch" for the school and wrestler who was not allowed to attend?

NO. Even though the event took place, the school did not attend (*and thus did not use a day of competition for the event*).

The weigh-in does NOT count. The wrestler would have to make "scratch" weight for an event that takes place, with the wrestler competing in the event either by wrestling in a match or stepping on the mat to take a void or forfeit.

"Scratch" & No Match

A wrestler makes "scratch" weight for the first time but does not receive a match at the event.

(*Maybe there are no other participants at their weight, or they only receive a forfeit.*) Does this count as making "scratch," which would then allow the wrestler to receive any additional weight allowances in future events?

YES. Even though they did not receive a match, they are still using a day of competition. It is considered that the wrestler made "scratch" weight for an event that takes place, with the wrestler competing in the event either by wrestling in a match or stepping on the mat to take a void or forfeit, and would receive additional weight allowances in future events.

"Scratch" Weight (GIRLS)

A girl could achieve "scratch" weight at an NFHS girl's weight by the following:

- Makes "scratch" weight for an event that uses NFHS girls weight classes that their school participates in, with the wrestler competing in the event, either by wrestling in a match or stepping on the mat to take a void or forfeit.
- Makes "scratch" weight for an event that uses NFHS boys weight classes that are the same or below an NFHS girls weight class that their school participates in, with the wrestler competing in the event, either by wrestling in a match or stepping on the mat to take a void or forfeit.
 - A wrestler is NOT required to compete at the weight for which they have made "scratch."
 - Example: A girl weighs in at 113.0. This qualifies as making 113 "scratch" in the NFHS boys weight class and 115 in the NFHS girls weight class.
 - Example: A girl weighs in at 100.0 pounds to wrestle 106 for a dual meet. This would qualify as making "scratch" at 100 pounds for the NFHS girls weight class, as well as "scratch" at the NFHS girls 105-pound weight class. If this same girl weighs in at 101.2 for 106, they have made "scratch" for 105, but not the 100-pound weight class.
 - In all cases, it is important to record EXACT weights at all weigh-ins.

In simplest terms, a wrestler cannot have made “scratch” weight without using a day of competition by either competing or stepping on the mat to accept a void or forfeit.

Consecutive Days of Competition

School “A” weighs in on Thursday for a Friday quad. Before wrestling on Friday, school “A” weighs in for a Saturday tournament. School “A” and ALL other teams weighing in at this time for the same event on Saturday would receive an additional one (1) pound. This is due to school “A” wrestling on *consecutive (back-to-back)* days. (School “A’s” AD must share this information with the tournament host well in advance, who then will inform all participating teams.)

NOTE: Wrestlers do NOT receive an additional pound for back-to-back WEIGH-INS.

Wrestlers receive an additional pound for back-to-back DAYS OF COMPETITION IN THE WEIGHT FOR WHICH THEY HAVE MADE “SCRATCH.”

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
NFHS: B	106	113	120	126	132	138	144	150	157	165	175	190	215	285
NFHS: G	100	105	110	115	120	125	130	135	140	145	155	170	190	235

Coaches are encouraged to keep a copy of ALL opponent weigh-in forms provided to them throughout the year.