

WEIGH-INS

1. Check with all coaches 10 minutes before weigh-ins start to make sure contestants are present.
2. In a tournament, position an official or host school representative at the exit(s) of the weigh-in area to insure that no contestant enters after weigh-in begins or leaves until after they have been weighed in.
3. In a tournament, for each scale, one official should inspect contestants for skin integrity, one should read the scale and mark hands, and a third should record the official weights on the weigh-in sheets. One official of the crew should be designated head official. He will have final determination on skin conditions, special equipment, uniform legality and taping. In addition, the head official serves as the liaison between officials and coaches.
4. In a tournament, mark the back of the hand with an "X" using a marker after the contestant has successfully weighed in. This mark will allow the contestant to leave the facility after they have completed weigh-in.
5. Make an announcement 5 minutes before weigh-ins start that "Weigh-ins will begin in 5 minutes".

Just prior to the beginning of the weigh-in procedure, comment on the following:

- ◆ Everyone that is competing today should now be in this area. If not, your coach must inform me now as to the reason.
 - ◆ Scale designations (which weight classes will be weighing in on each scale).
 - ◆ Weigh in at the lowest weight you may want to wrestle.
 - ◆ If you want to leave the weigh-in facility for any reason prior to completion of the weigh-in, ask the head official.
 - ◆ Present skin forms to the official doing the skin inspections right away. Do not attempt to slip anything past the officials.
 - ◆ Give your name and school "loud and clear" to the official(s) at the scale.
 - ◆ Your hand will be marked with an "X" immediately after you weigh in. You may then leave the weigh in area.
 - ◆ If you are wearing boxers – roll them up or tuck the legs into the elastic waist band.
 - ◆ Anyone needing a hair cover or mouthguard must wear it to the scale, or hold it in their hands while they weigh in.
 - ◆ For the skin inspection, you must hold hands in the air and "slowly" rotate in a full circle. If you do not pass inspections for length of hair, nails, or facial hair, you must return to the official recording the weights to be checked off and cleared.
 - ◆ Any special equipment (braces, pads, T-shirts, face masks, or taping) must be approved by the head official before contest begins. He is the only one that can approve special equipment.
 - ◆ Protocol for reporting to score table ready to wrestle.
 - ◆ Wear tooth and mouth protectors if you have braces.
 - ◆ Each wrestler must give the official scorer his/her name before every bout.
 - ◆ We will expect great sportsmanship by all throughout the day!
6. Any questions??
 7. Begin weigh-in. Make it a point to call out the name of any missing contestant before you "close" one weight class and move onto another.

*Most of the above comments are based on the Wisconsin procedure for a multi-team tournament. However, they can easily be adapted for dual meets.

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