

# MSHSAA

## GIRLS WRESTLING WEIGH-IN GUIDE

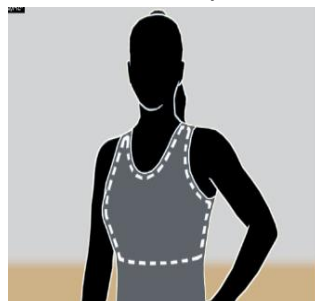
**Note: This guide will assist weigh-ins of female wrestlers. NFHS Rules and MSHSAA interpretations of these rules must be enforced.**

**PRE**

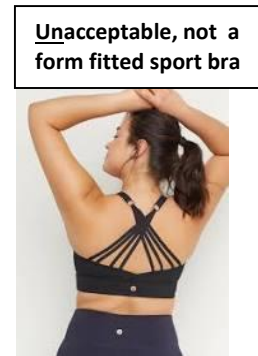
- **Only female officials or school personnel (trainers, school staff or school administrators) will be allowed to conduct female weigh ins. No exceptions**
- Determine weigh-in location
- Ensure it is in a secured space & windows are covered & accessibility is limited to females only
- Ensure scale(s) are functioning properly (NFHS Rule 2-4-2)
- Note: if more than one scale is used for weigh-ins, all scales should be available for challenge (by gender)
- Ensure weigh-in sheets generated from the Trackwrestling OPC are in hand for each participating school.

**DURING**

- Ensure all wrestlers are in the weigh-in area at the established weigh-in time
- Wrestlers are not allowed to leave the weigh-in area until after they have weighed in
- Wrestlers may not engage in any weight loss (using restroom, spitting, stand on head, etc.) or weight gain activities (eating/drinking) in the weigh in area once weigh-ins have started
- Line up wrestlers BY WEIGHT CLASS
- **All wrestlers SHALL:**
  - approach the scale **with hair secured in a legal fashion that meets the required length rule (NFHS Rule 4-2-1) \*not below collar in back, not below ear lobes on sides, not below eyebrows in front.**
  - approach the scale **with ANY/ALL "Special Equipment"** they intend to compete with (brace(s), hair cover attached to headgear (if being worn to meet the length rule), etc.)
  - **approach the scale with appropriate undergarments that completely covers the breasts, groin and buttocks (NFHS Rule 4-1-1a).** **NOTE: It is critical that this rule is enforced at all times.**



Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.



- By weight-class, call wrestler forward and
  - Check skin / nails
  - Check hair (length, no hard objects, etc.)
  - Check teeth (if braces, need special equip)

**NOTABLES**

- Remind all wrestlers that for each match, areas of hair, uniform, special equipment can and will be reviewed each time they walk on the mat so approval in weigh-ins does not constitute blanket approval for the event
  - If female wrestlers wear a singlet, a tight fitting compression undershirt or sports bra is required (to conform with the NFHS rules)
  - Ensure **no** jewelry or other type of accessory is present on body (earrings, nose rings, toe rings, necklaces, bracelets, belly rings, etc)
  - If wrestler wears compression shorts that cover portions of the thigh, ask wrestler to roll up shorts to confirm no skin issues
  - All special equipment should be IN HAND and **not on**
  - **Hair – ponytails allowed secured by rubber band(s) (Must meet length rule as noted above, NFHS Rule 4-2-1)**
  - **No** taping, wraps or equipment is permitted to be worn during weigh-ins. If so, make them remove it.
  - There is not exceptions or additional allowance for menstrual cycles
  - **Any uniform, skin condition, special equipment, or hair concerns – MUST make immediate contact w/ head official**
- Make contact with the head official to discuss any unique or note-worthy issues that were addressed or need a final ruling (wrestler name, weight and school will be needed)

**POST**