



2020-21 FEMALE WEIGH-IN GUIDE

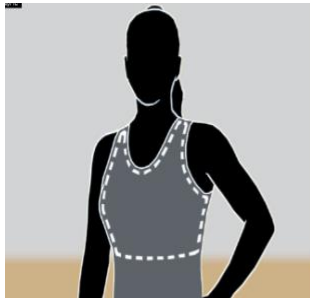
NOTE: This guide is to assist in the weigh-in room. NFHS Rules and UIL interpretations supersede below

PRE

- Determine weigh-in & skin check location
- Ensure scale(s) have a valid calibration sticker and 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 are available (with pen)
- All wrestlers shall weigh-in wearing legal uniform with suitable undergarments. Low-cut socks may be worn but may not be worn or taken off as a means of making weight (NFHS rule 4-5-7 & note)
- Draw for starting weight class
- 2lb growth allowance in effect for entire season

DURING

- Ensure all wrestlers (by entire teams for duals) are in the weigh-in area
- Wrestlers are not allowed to leave the weigh in area until they after they weigh in
- Wrestlers may not engage in any weight loss or gain activities in the weigh in area
- Align wrestlers BY TEAM
- All wrestlers shall:
 - approach the scale **with them ANY/ALL "Special Equipment"** they may walk on the mat with
 - approach the scale **with appropriate undergarments that completely covers the breasts, groin and buttocks areas. (NFHS Rule 4-1-1a)**

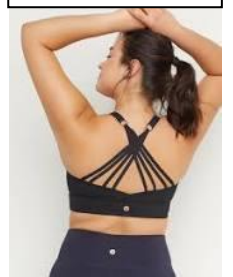


Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

ACCEPTABLE



UNacceptable



- By team & in proper weight-class order, call wrestler forward and
 - Check skin / nails
 - Check hair (no hard objects)
 - 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 wrestler wears a men's singlet, a tight-fitting compression undershirt **and 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 – **no hair length rule per NFHS rule 4-2-1**
 - **No** taping, wraps or equipment should be already on. If so, make them remove it.
 - **No** additional allowance for menstrual cycles
 - Any uniform, skin, special equipment, hair questions – **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 (weight and school will be needed)

POST