



## WEIGH-IN ITEMS



### Cancelled School / Access to Facilities:

Wrestlers do **NOT** automatically receive an additional pound because school is cancelled.

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”.

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 administration must be in contact with each other, letting ALL know the status of each school as it pertains to facility access*).

**NOTE:** There should **NEVER** be a time where one school in a meet receives a pound and another does not.

### NFHS Weights:

A Michigan team is wrestling in Ohio (*which uses NFHS weight classes*). The Michigan wrestler’s alpha indicates the lowest weight “class” the wrestler may go is 112 pounds, but their lowest minimum weight indicates they may go as low as 105.5 (*which does not allow them to compete in the 103 pound weight class*). As long as the Michigan wrestler’s lowest minimum weight for the DAY of the competition indicates they are allowed to weigh at or below 106 (*the NFHS weight class*), the Michigan wrestler may compete at the 106 pound weight class, even though it is below the 112 pound weight class they are restricted to in Michigan.

### NFHS Weights & “Scratch”:

A team is wrestling in a tournament using NFHS weight classes. A wrestler is competing at the 126 pound (NFHS) weight class, but weighs in under 125 pounds. Does this count as making “scratch” for 125?

**YES.** The wrestler has an official weigh-in at a competition that took place where their weight is recorded at 125 pounds, thus making “scratch” for the 125 pound weight class moving forward.

### Lowest Minimum Weight:

A wrestler’s lowest minimum weight indicates they may go as low as 175.4 pound (*which qualifies them for the 189 pound weight class*). The wrestler typically weighs in LOWER than 175.4 during the season (the wrestler typically weighs out at 173.0 pounds). There is not a violation for weighing in below their lowest minimum weight, only for competing in a weight class not allowed by a wrestler’s alpha weigh-in.

### Lowest Minimum Weight (Weigh-in vs Competition):

The wrestler’s alpha indicates they may weigh 103.2 on Friday. Weigh-in is on Friday, but wrestling is on Saturday, which the wrestler’s alpha indicates they may compete at 103.0. In this instance, the wrestler would be allowed to weigh in at the 103 pound weight class on Friday, as the alpha indicates what weight the wrestler may COMPETE at. The alpha allows them to COMPETE at 103 pounds on Saturday.

### Three (3) “Weight Window”:

Wrestler weighs in for a quad at the 130 pound weight class. The wrestler may wrestle in the 130 or 135 pound weight class. In the next meet, the same wrestler weighs in at the 135 pound weight class.

The wrestler may wrestle at 135 or 140 (*and still be allowed to go back down to 130 in future meets*).

The wrestler could even weigh in at the 140 pound weight class, and wrestle at 140, but if they step on the mat to wrestle or take a void or forfeit at 145, then may no longer go back down to the 130 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.

### “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”.

### **“Scratch” & 2 Pound Allowance:**

A wrestler makes “scratch” (135.0) for the first time, but wrestles 140 at the competition. The wrestler would still receive any additional weight allowances in future events at the 135 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”?  
**YES.** The wrestler made scratch weight for an event that was held (and counts as one of the schools days of competition). Even though they did not receive a match, it is considered that the wrestler made “scratch” weight and would receive any additional weight allowances in future events.

### **“Scratch” & Cancelled Events:**

A wrestler makes “scratch” weight for the first time and the event is CANCELLED. Does this count as making “scratch”.  
**NO.** As the event did not take place, and thus did not use a day of competition for the event. The weigh-in does not count, and the wrestler would have to make “scratch” weight for an event that actually takes place.

### **“Scratch” & Not Allowed to Attend an Event:**

A wrestler makes “scratch” weight for the first time, and the event is held but a school (or schools) is not allowed to attend as there is a potential for inclement weather. Does this count as making “scratch” for the school that 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, and the wrestler would have to make “scratch” weight for an event that team actually participates in.

### **“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.** The wrestler made “scratch” weight for an event that was held. Even though they did not get a match, it is considered that the wrestler made scratch weight and would receive any additional weight allowances in future events.

### **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 administration should 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.**