

# TWOA Weigh-in Guide - 2024-25 Season



## Pre Weigh-In

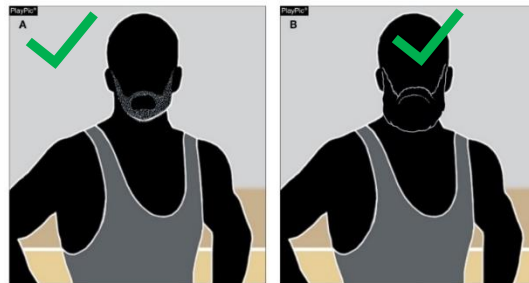
- Establish a weigh-in location large enough to comfortably accommodate all participating wrestlers. Please note that boy and girl wrestlers weigh-in at the same time in the same location.
- Ensure scale(s) have a valid calibration sticker and are functioning properly.
- If more than one scale is used for weigh-ins, all scales in use must be readily available for challenge weigh-ins for each group.
- Wrestlers may not remove socks, clothing, or use the restroom prior to a challenge weigh-in. The only thing they may do is step on and off one time on each challenge scale.

## During Weigh-In

- Close access to weigh-in room at the start of weigh-ins.
  - Tournaments – Line up wrestlers by weight, shoulder-to-shoulder a maximum of two hours before the first session of each day.
  - Dual Events – Line up wrestlers by team, shoulder-to-shoulder a maximum of 1 hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin.
- Wrestler weigh-in requirements
  - Wrestler must wear a legal, school-issued uniform (see below) with a suitable undergarment underneath the singlet that completely covers the groin and buttocks.
  - Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure.
  - Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage. If the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt.
  - Full-length form-fitted tights are permissible (non-modified, both legs intact, with or without stirrups)
  - Wrestler shall not have any tape, wraps, special equipment, or jewelry (of any kind or placement) on their bodies during weigh-in.
  - Wrestler must bring "Special Equipment" to scale in-hand for inspection (but must not wear it).
- Skin/Nail/Proper grooming
  - Skin checks shall be performed before wrestlers step on the scale by a designated, on site, appropriate health-care professional (AHCP) per Rule 3-1-4a
  - For skin issues, the wrestler must have a properly completed NFHS Medical Release Form available for inspection by the AHCP and the head referee.
  - For any skin or nail issue, make sure to continue the weigh-in of the wrestler.
  - Facial hair is permissible. It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present.
  - Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk are allowed. A wrestler may contain hair in a legal hair cover as special equipment.
  - Ensure weigh-in sheets are completed with an ink pen or permanent marker (circle or highlight wrestlers with weight or other qualifying conditions).

Contact the head official for clarity on any note-worthy issues encountered during weigh-in.

**Facial Hair Is Permitted:**



**Mouthguards – Tooth and mouth protector (intraoral) shall include an occlusal and a labial portion and cover the teeth and all areas of the braces.**



**Single arm or leg sleeves without a pad are illegal:**



Padded material

Sleeve, no padding

Compression sleeve, no padding

**Sports bra examples:**

Sports Bras <b>Should</b>	Sports Bras <b>Should NOT</b>
<ul style="list-style-type: none"> <li>be “racerback style” - see examples below</li> </ul>	<ul style="list-style-type: none"> <li>contain any plastic or metal (underwire, hooks, clasps, adjusters)</li> </ul>
<ul style="list-style-type: none"> <li>provide full coverage of the breast area not only during weigh-ins but also during wrestling</li> </ul>	<ul style="list-style-type: none"> <li>have multiple interlacing or crossing straps</li> </ul>

Realizing there are many styles, if the sports bra does not meet the criteria above, or if you have questions on legality, assume it is not in compliance.

