

Wrestling Weigh-In Q & A

- For school year 2015-16 NFHS Wrestling Rule 4-5 shall be followed by all GA schools.
- To help with the transition to the new weigh in protocol, it is recommended that advanced communication about an event take place between coaches and officials assigners.

Below are answers to questions that have been asked. Please check this document regularly for any updates.

1. May a school use non-certified scales for weigh ins?
**No, all scales used for official weigh-ins must have a current certification.
If a school does not have certified scales available, the official shall submit a game report to the GHSA office.**
2. Who provides scales for weigh-ins?
**The host school is responsible for providing scales.
Scales may be borrowed from others to help speed the weigh in process.**
3. Will JV weigh in on-site also?
Yes, the weigh in rule applies to JV also.
4. Will match start times have to be adjusted to allow for weigh-ins and skin checks?
Possibly. It is recommended that event hosts communicate (prior to the start of the season) with the assignment secretary of the officials association that serves their school to determine when officials can reasonably arrive and adjust as needed.
5. If the ref arrives late, will the match start time have to be adjusted to allow for weigh-ins?
Not if an "authorized person(s)" has already conducted weigh-in (no earlier than the specified time). The official(s) will, however, still have to conduct skin checks before starting.
6. Who qualifies as an "authorized person"?
Adults only: referee, opposing coaches, AD's from opposing schools, other certified coaches/teachers of opposing schools, certified athletic trainer.
7. If the official is not present 60 minutes prior to a dual, can the coaches from both schools perform weigh-ins?
Yes but no earlier than one hour before the scheduled start time for the dual AND both coaches & full teams must be present.
8. If the host team and the ref are present, do they have to wait for the other team(s) before weighing in?
How long do they have to wait?
If a referee is present and it is the designated start time, weigh-in may start for the team(s) present.
9. Should the host school of a competition (weekday event or tournament) publish only the time weigh-ins start or a time period such as 7a to 9a?
It is up to the host school to establish a weigh-in time that is within the guidelines of Rule 4-5. This may be influenced by when the assigning officials association can get refs there but all weigh ins are to be set at a specific time, not for a time period. All participants shall be present in the weigh-in (staging) area at the designated time set by meet administration.
10. All athletes are present at the stated weigh-in time and weigh-ins begin at the designated weight class and go through. If an athlete does not make weight, can he/she step on the scale one more time after everyone else is done?
No. If there is only one scale available, the contestant may step on and off that scale two times. If multiple scales are available, a contestant may step on and off the first scale two times. If the contestant fails to make weight on the first scale, he shall immediately step on each available scale one time. When all wrestlers for a weight class have had an opportunity to weigh in and the next weight class is called, that weight class is closed.
11. At individual tournaments, can schools weigh in when they arrive or will it be by weight order?
Tournament weigh in may be by team(s), lowest weight class to highest and end immediately upon the completion of the highest weight class. All athletes must be present in the weigh-in/staging area at the start of weigh-in period.

12. What happens if a school will be late for the designated start time for weigh-in?
Per GHSA by law 2.63, e: As soon as a coach knows that their team will be late for weigh-in, the coach must communicate that information to the host coach and provide the host coach with an estimated time of arrival. If the estimated time of arrival must be adjusted, the host coach must be provided with regular updates. Once the team arrives, the athletes will be given the opportunity to weigh-in. If there has not been communication between the coaches, the late team may be prevented from competing.
13. Can the wrestlers run, exercise or participate in any other activity designed to cause weight loss/gain while in the weigh in/staging area?
No. While in the staging area, athletes shall not participate in activities that promote weight loss/gain.
14. Will weigh-outs be allowed at tournaments?
No.
15. Can an adjustment in weigh-in time be given for dual tournaments?
Yes. Example: If 4 schools will wrestle at 9am in round 1 of a dual tournament and the other 4 schools will not wrestle their first round until 11am, weigh-ins may be staggered. All teams may be required to weigh-in at one designated time (as early as 7am in this case) or there may be a different time set for teams wrestling their first match later. If there is a staggered weigh-in, all teams must weigh-in at the time designated for their round.
16. Can a male official or male authorized person weigh in female athletes?
Yes, but only with an adult female present.
Female and male athletes shall not be staged in the same area for weigh-in or weighed in together.
17. Should referees be required to arrive a specific amount of time prior to the start of the weigh-in?
At this time there is no arrival requirement for wrestling officials but it is strongly recommended that officials make every effort to arrive at least 30 minutes before the start of weigh-ins.
18. When a wrestler steps on the scale and misses the attempted weight class, does his/her actual weight have to be entered into the OPC or can the coach state that the athlete will not be wrestling and the weigh-in does not count?
If the athlete steps on the scale, the weight must be recorded on the weigh-in roster and later entered into the OPC.
19. Will weight allowances still be given due to consecutive days of competition?
Yes, a +1 will be given at the second day's weigh in and the weigh-in roster should reflect that.
20. Does the new weigh in procedure change the seeding and bracketing process that has been used in the past?
No. Coaches are strongly encouraged to complete seeding prior to the weigh-in; a scratch meeting should be all that is needed after weigh-ins are completed.
21. How will this rule impact weigh-ins for the state duals and state traditional tournaments?
Weigh-ins for the duals will be staggered based on the start time. For the traditional tournament, weigh-ins will be a maximum of 2 hours before the first session each day; there will be no weigh-out.
22. Are refs to be paid extra for conducting weigh-ins?
No, weigh-ins are part of the pre-meet duties and the GHSA fee chart covers pay for all duties.