

## RMN EVENTS: PARTICIPANT WEIGH-IN GUIDELINES

### **WEIGHT ALLOWANCE** { .2 lbs. allowed for singlet }

*Weight allowance differs between tournaments – check online tournament information.*

*Those with an ongoing skin condition must bring the official NFHS form signed by a doctor.*

Clip your fingernails in advance! Nails should be short enough to not be felt when you push in on each finger.

***Wrestlers are not allowed to perform weight loss activities anywhere in the weigh-in or mat area.***

*To do so may jeopardize your participation in the event.*

### **WEIGH-IN ATTIRE – Boys & Girls**

- Wear your wrestling gear – either a singlet or a two-piece compression shirt and shorts. Shorts must be tight-fitting, without pockets.
- Tights or tight-fitting leggings allowed for competition, not weigh in. Long-sleeved shirts must be approved by the trainer for a medical condition (do not wear to weigh in).
- Do not report in underwear or a sports bra!
- BOYS: Remove your singlet straps or take off the two-piece shirt for skin check. Replace to weigh in.
- GIRLS: Leave your singlet or two-piece uniform in place for skin check. Do NOT remove your straps.
- NEW NFHS UNIFORM GUIDELINES: " All contestants wearing a one-piece singlet shall wear a suitable undergarment that completely covers the buttocks and groin area. Female wrestlers wearing a one-piece singlet shall wear a form-fitted compression undergarment that completely covers their breasts."

### **SKIN CHECK**

- Each athlete must be checked for communicable diseases before s/he is allowed to participate.
- If you have skin condition which has been treated by a medical professional, you must present this documentation to the official conducting weigh-ins. (Form is posted under Rules > Weigh-Ins.)
- The official will record the names of all individuals who have skin question concerns.
- The athlete may still be required to have a trainer evaluate and cover a present condition.
- The Head Official and the trainer have the authority to declare any athlete unable to participate.
- Please cut your fingernails in advance of weigh-ins. Athletes may still be asked to trim nails on site.
- All special equipment should be brought to weigh-ins for inspection and approval by an official.

### **PARENTS, COACHES, & ADULTS**

- Adults may accompany athletes to the skin check area.
- Only adults with a 6U or 8U wrestler may accompany the athlete to the weigh-in scale.
- No adults for 10U and older wrestlers are allowed in the weigh-in area. No exceptions!

### **GENERAL GUIDELINES**

- No exercising directly in the vicinity of weigh-ins or in view of athletes lined up to weigh in.
- No running, horseplay, or wrestling in the weigh-in area at any time.
- Wrestlers enter through the skin check area and exit through the scales (not return the same way).
- Wrestlers should weigh in with a singlet on; no on-site stripping down to change into a singlet.
- Male wrestlers take straps down for skin check, then put the straps back up to weigh in.
- Female wrestlers leave singlet in place and lift hair off back of the neck for official inspection.
- Mouthpieces for braces and hairnets are highly recommended for safety though not required.

### **MAKING WEIGHT**

- There is a weight check scale in the weigh-in area.
- If you are overweight, leave the area to exercise. *If an official observes an athlete engaged in weight loss activity, by NFHS rule s/he has the authority to disqualify the wrestler.*
- If the wrestler does not make weight, s/he may weigh in on a 2<sup>nd</sup> scale.
- If a wrestler leaves the weigh-in area to make weight, s/he must take the registration form and return before the close of weigh-ins.
- If a wrestler does not make the intended weight class, s/he may elect to weigh in for a higher weight class (for no additional charge).