

2022-23 TWAOA Weigh-in Guide



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 (i.e. all scales used for boys must be available for those participating in the boys event; same scenario for girls class; cross event scales should not occur).
- 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.
- Ensure weigh-in sheets are completed with an ink pen (circle or highlight overweight wrestlers).

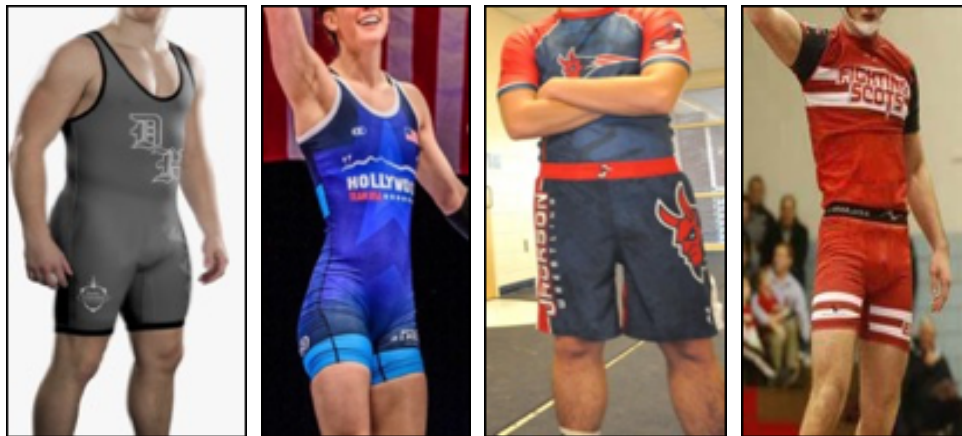
During Weigh-In

- Close access to the weigh-in room at the start of weigh-ins:
 - Tournaments – Line up wrestlers by weight, shoulder-to-shoulder a maximum of 2 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.
- 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.
 - 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/Hair Inspection
 - Skin checks shall be performed before wrestler's 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, nail, or hair issue, make sure to continue the weigh-in of the wrestler.
 - Facial hair that does not allow for a proper medical examination to be performed (see below examples) as determined by the AHCP must be immediately trimmed to within the guidelines. Wrestlers that do not meet the requirements shall be required to wear a face mask.
 - The hair length rule was eliminated. 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.

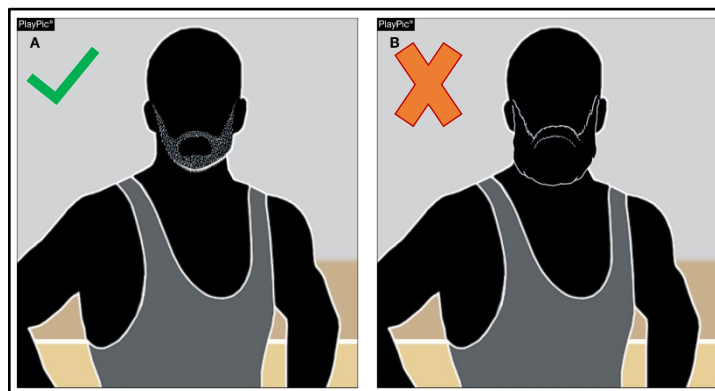
Contact the head official for clarity on any note-worthy issues encountered during weigh-in.

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Examples of Legal Uniform



Facial Hair Examples



Sports Bra Examples

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

