

FEMALE WEIGH-IN GUIDE

NOTE: This guide is to assist in the weigh-in room. NFHS Rules and UIL interpretations supersede below

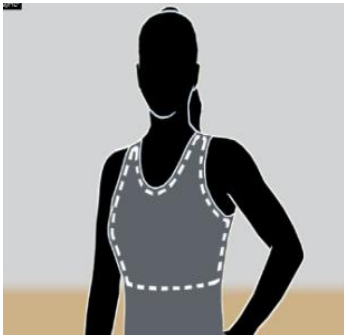
PRE

DURING

POST

- Only female personnel: Officials / Trainers / School Administrators allowed to conduct weigh ins. No exceptions
- Determine weigh-in location - Secured space limited to females only / windows covered
- Ensure scale(s) have a valid calibration sticker and are functioning properly (NFHS Rule 2-4-2)
- All scales used for female weigh-ins shall be available for challenge (by gender only)
- Ensure weigh-in sheets are available, clipboard with pen (Markers for hand / shoulders in tournaments)

- Ensure all wrestlers are present and in the weigh-in area
- Once weigh-ins begin, no one is allowed to enter the weigh-in area (if someone leaves, re-entry is prohibited)
- Wrestlers may not engage in any weight loss or gain activities in the weigh in area
- Align wrestlers BY WEIGHT (not by team)
- All wrestlers shall approach the scale with:
 - **ANY/ALL "Special Equipment"** they may walk on the mat with
 - **Hair in fashion they intend to wrestle with**
 - **Appropriate undergarments that completely cover breasts, groin and buttocks areas. (NFHS Rule 4-1-1a)**

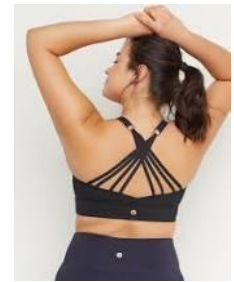


Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

Acceptable



UNacceptable



- **By weight-class, call wrestler forward and:**
 - Check skin / nails
 - Check hair (length, no hard objects, etc.)
 - Check teeth (if braces, need special equip)
 - Check for special equipment
 - Check for appropriate undergarments / sports bra
 - Step on scale / write actual weight

NOTES:

- Remind all wrestlers that for each match, areas of hair, uniform, special equipment can be reviewed on the mat so approval in weigh-ins does not constitute blanket approval for the event
- If female wrestler wears a male singlet, a tight fitting compression undershirt and sports bra is required (to conform with NFHS rules)
- Ensure **no** jewelry or other type of accessory is present on body (earrings, nose rings, toe rings, necklaces, bracelets, belly rings, etc)
- If wrestler wears compression shorts that cover portions of the thigh, ask wrestler to roll up shorts to confirm no skin issues
- Hair – ponytails allowed secured by rubber band(s)
- **No** taping, wraps or special equipment should be already on. If so, make them remove it.
- **No** additional weight allowance for menstrual cycles
- **Any uniform, skin, special equipment, hair questions – make immediate contact with head official**

- Make contact with the head official to discuss any issues that were addressed or need a final ruling (weight and school will be needed)
 - Weight issues
 - Special Equipment, etc