

STATE WRESTLING WEIGH-IN RULES

- Contestants of the same gender shall **weigh-in, shoulder-to-shoulder**, as listed on the attached state tournament and weigh-in schedule.
- **ALL contestants shall be present in, and remain in, the designated weigh-in area when weigh-ins begin.** Contestants shall not leave the designated weigh-in area unless permission is granted by meet administration to use the restroom.
- **Any wrestler leaving the weigh-in area to use the restroom will be supervised by tournament personnel.**
- **The weigh-in shall proceed through the weight classes beginning with the lowest weight class designated for each scale and end immediately upon the completion of the highest weight class designated for each scale, unless a wrestler has been given permission to use the restroom.** When all wrestlers for a weight class have had an opportunity to weigh-in, and the next class is called, that weight class is closed, unless a wrestler has been given permission to use the restroom.
- **Meet administration may give a wrestler permission to use the restroom, if properly supervised, but only between the 1st and 2nd time the wrestler steps on their designated scale.**
- **Because more than one scale is available, a wrestler may step on, step off and step back on their designated scale in order to make weight. If over weight, he may step on each other available scale ONE TIME.**
- **When off the scale, any activities that promote dehydration are prohibited, i.e., spitting, vomiting, working out, etc.**
- **At any time, the use of sweat boxes; hot showers; whirlpools; rubber, vinyl & plastic-type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes are prohibited and shall disqualify an individual from competition.**