

WEIGH-IN – RMN OFFICIAL GUIDELINES

{adapted from NFHS rules in alignment with our national representation}

- Print out attached list to track those needing to be seen by the head official.
 - 1. PAY: \$25/hour will be added to your weekend paycheck.
 - 2. REPORT: Weigh-ins begin at 4 pm, but we would like you there by 3:30 pm to set up. If you are available, report at 12:30 pm for 1-2 pm Fast Pass weigh-ins.
 - 3. DRESS: If possible, please come dressed in your official uniform.
 - 4. LOCATION: Changes per tournament. Locate weigh-in area as soon as you arrive.
 - 5. SKIN CONDITION: If one exists, ask for a skin condition report signed by a doctor.
 - a. With or without the note, you are to inspect the site to determine whether it appears contagious (red, oozing, irritated).
 - b. If you determine the condition to still be contagious, consult with the Head Official or head weigh-in individual. If you both agree that it cannot be covered safely, then the wrestler may be disqualified.
 - c. If the condition is noncontagious or can be safely and securely covered, then make a notation on the wrestler's weigh-in card and keep the name on a list for the trainer.
 - d. Direct any wrestler on the list to see the trainer at 8 am for cover and/or evaluation. Failure to do so may result in a forfeit if the mat official sees an uncovered condition.
 - 6. WEIGH-IN DRESS: Singlet on, straps up for skin check. Weigh in with a singlet on, straps up. For female skin check, ask athlete to lift hair off the back of neck. No undergear for weigh in (allowed for competition).
 - 7. 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 singlet and/or form-fitted compression undergarment that completely covers their breasts and minimizes the risk of exposure."
 - 8. SHAVE: For 18 & under, assess whether they need to shave prior to competing (will present danger or risk of cutting opponent). Have the wrestler weigh in. Place name on your list of those to be checked by the Head Official on the day of wrestling.
 - 9. NAILS: If they need to be clipped, they must do so before weighing in (clippers supplied).
 - 10. HAIR: There are no hair guidelines. Hairnet is recommended but not required. Suggest it!
 - 11. MOUTHGUARD: Recommended but not required. If wrestler has braces, suggest it be worn.
 - 12. OPEN DIVISION: Optional to shave, but still must pass skin and nail check.
 - 13. PARENTS / COACHES: Discourage them from entering the scale area (see below).
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WEIGH-IN PROCESS: (review participant guidelines as well)

- LINE UP IN A WAY THAT PREVENTS UNCHECKED WRESTLERS SLIPPING BY YOU.
- SET UP A NAIL CLIPPER AREA BEFORE THE WRESTLERS GET TO THE SKIN CHECK.
- ASK FOR WEIGH-IN PAPER. ASK OR VERIFY NAME ON SHEET. ANY DOUBT, CONSULT WITH HEAD OFFICIAL. (some kids may try to weigh in with a false sheet)
- AFTER SUCCESSFUL SKIN CHECK, PUT A CHECK MARK ON TOP CORNER.
- DIRECT WRESTLERS TO TAKE CLOTHING WITH THEM. MAKE SURE THEY EXIT THROUGH THE SCALE AREA, NOT BACK THROUGH THE SKIN CHECK.
- PARENTS/ADULTS/COACHES: ALLOWED TO ACCOMPANY 6U/8U WRESTLER TO THE SCALES. ALL OLDER WRESTLERS MUST REPORT UNACCOMPANIED.
- REQUEST ADULTS & OTHERS TO MEET WRESTLERS OUTSIDE THE WEIGH-IN AREA.
- ESTABLISH SEPARATE EXIT AFTER WEIGH-INS. ALLOW NO TRAFFIC THROUGH AREA.
- SKIN CONDITION:
 - WRITE WHAT & WHERE ON THE WRESTLER'S SHEET.
 - RECORD NAME/WT/ AGE GROUP WITH THE WEIGH-IN SUPERVISOR.
 - INFORM WRESTLER S/HE MUST CHECK WITH THE TRAINER PRIOR TO THE TOURNAMENT BEGINNING TO GET RECHECKED & COVERED. IF THE WRESTLER DOES NOT FOLLOW THIS PROCESS, S/HE MAY BE DISQUALIFIED.
- *If an official observes an athlete engaged in weight loss activity, by NFHS rule s/he has the authority to disqualify the wrestler. (RMN asks that you first discourage such activity and consult with the Head Official.)*