

## **WIAA FEMALE WEIGH-IN PROCEDURES** **(DUAL MEET / TOURNAMENT WEIGH INS)**

The National Federation Wrestling Rules weigh-in procedures will be followed whenever possible for all regular season dual and tournament weigh-ins.

### **WEIGH-IN WILL PROGRESS MOST SMOOTHLY IF EACH COACH FAMILIARIZES WRESTLERS WITH THE FOLLOWING PROCEDURES PRIOR TO WEIGH-IN.**

- A. NFHS 4.5.4 – The referee or other authorized person shall supervise weigh-ins.**
  - a. An official will perform weigh-ins if at all possible.
  - b. If an official is not available or is over 15 minutes late, a school administrator can perform weigh-ins.
  - c. Coaches are not to perform weigh-ins.
- B. Per WIAA starting in 2016 – All females will weigh in wearing their school issued appropriate uniform for the wrestling match. There will be no allowance for uniforms.**
- C. Per WIAA starting in 2016 – To accommodate male officials doing weigh ins, female weigh ins may take place in an alternate gym, hall, classroom, etc.**
- D. Per WIAA starting in 2015 – The official will require that all teams present at weigh-ins will produce copies of their Weight Management Weigh-In Sheet(s) and exchange them with the opposing teams and give the official or authorized personnel a copy.**
- E. Contestants will have the opportunity to weigh in shoulder-to-shoulder. (See NFHS 4.5)**
  - a. **If a contestant is overweight, they may step off the scale, allow the scale to clear (read "0") and step back on. They will be allowed to do this ONCE. If the contestant was over weight on both of the attempts, they are ineligible to wrestle at that weight class. The contestant may wrestle in the weight class for which their actual weight qualifies the contestant, or one class higher, as long as either of these weigh classes are permitted by the contestant's weight loss plan. See NFHS 4.5.3 for weigh in opportunities when multiple scales are available.**
- F. The weigh-ins end immediately following the completion of the last wrestler.**

### **WIAA interpretation defining Proper Wrestling Attire:**

- A. 4.1.1 – Wrestlers will wear: (NFHS RULE)**
  - a. **A one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet.**
- B. 44.10.0 / 44.68.0 (WIAA RULE)**
  - a. **UNIFORM VARIANCE - Wrestlers may wear a one-piece singlet as outlined in the NFHS wrestling rule book, or a two-piece outfit consisting of close-fitting "fight shorts" and a short-sleeved compression top. No combination of the two will be allowed. Wrestling teams must adhere to all other uniform regulations.**
    - i. **WIAA INTERPRETATION OF SPORTS BRA:**
      - 1. The bra will meet the above language addressing undershirts, and:
      - 2. Must be one piece (NO adjustable straps (metal, plastic, etc)
      - 3. Solid in color
      - 4. Must be worn as intended (no tape or other items altering the fit)
    - ii. **WIAA INTERPRETATION OF SOCKS**
      - 1. Must be tight fitting and not cause a disadvantage to opponent.
      - 2. Must not go above the upper-most portion of the shin (stop prior to the knee-cap)

WIAA and NFHS do not have language on undergarments during competition. If undergarment becomes visible, the undergarment is subject to the uniform/undershirt/tights language above. If it does not comply with the language above, an unsportsmanlike conduct point will be awarded to the contestant's opponent and the one and one-half minute injury time clock will be used to correct the in-appropriate clothing.

*updated: 12/6/2016*