



# California Interscholastic Federation

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## NFHS WRESTLING WEIGH IN VIOLATIONS

### Rule 4 Section 5 Article 5

**When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).**

1. **CONCERN:**

That tournaments are granting one or two pounds in their advance information bulletins without really knowing if a team, in the tournament, will have consecutive days of competition to warrant the additional pound(s).

Example #1      A two day tournament with weigh-ins on Friday morning, one pound should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament on Thursday. On Saturday morning the athletes will be given one more pound.

Example #2      A two day tournament with weigh-ins on Friday morning, **two** pounds should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament Wednesday **and** Thursday. On Saturday morning the athletes will **not** be given any more pounds, because the maximum pounds to be given in consecutive days of competition is 2 pounds.

Example #3      If a JV wrestler competes in JV only tournament or dual meet on Thursday and on Friday is moved up to Varsity to compete in the Varsity tournament the one pound is **NOT** given for the Friday weigh ins because the “consecutive days of team competition...” has not been met. In this case it must be varsity to varsity team competition.

If there are any questions please contact Duane Morgan, CIF State Wrestling Rules Interpreter <mailto:dmorgan@cifccs.org>