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To: CIF Wrestling Coaches and Tournament Directors
From: Duane Morgan, CIF Wrestling Rules Interpreter
Subject: NFHS & CIF Weigh In Rules

Date: October 1, 2011

It has come to our attention that many coaches and tournament directors have been confused regarding the proper procedures regarding weighing in for dual meets and tournaments. There are also some concerns on some protocols being misapplied when weighing in athletes, which could jeopardize the coach and program if not adhered to.

Below are some highlights of some of those rules that should be followed.

1. The growth allowance will be granted on January 15, 2012. Since this date occurs on Sunday this season the soonest a wrestler will be able to use the 2-pound growth allowance is Monday, January 16th. This weight allowance is also applied to the girl's weight classes.
2. At every dual meet and initial weigh-in for a tournament an NWCA Pre Match Weigh-In form must be submitted with every wrestler's name on the form who is scheduled to weigh-in for that dual meet or tournament.
3. Boys must weigh in with boys with a male **only** supervising weigh-ins. Girls must weigh-in with girls with a female **only** supervising the weigh-ins.
4. Boys and girls must weigh-in with no more than a suitable undergarment, which covers the genital area & the buttocks. Girls must also cover their breasts; a t-shirt would suffice for the purpose of this rule. Boys and girls **may not** wear a singlet for weigh-ins.
5. Dual Meet or a dual meet tournament weigh-in may be conducted no more than 1 hour before the dual meet(s) begin.
6. Individual Tournaments weigh-ins may be conducted no more than 2 hours before the tournament begins.
7. Once weigh-ins begin, all wrestlers must be in the weigh-in area.
8. Once weigh-ins begin, a wrestler may not leave the weigh-in area without permission from tournament administration.
9. At no time during weigh-ins may a wrestler do any activity that promotes dehydration.
10. Dual Meet & Individual Tournament weigh-ins shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. **This means when the last heavyweight wrestler weighs-in, the weigh-ins are closed and no other weigh-ins can take place.**

11. Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class.
12. 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). (NFHS Rule 4.5.5)
NOTE: For the purpose of this rule team competition is defined as like levels. Example: If a team has a varsity dual meet on Thursday and varsity tournament on Friday, all teams may be awarded a pound allowance. A mixing of non varsity and varsity to utilize this rule is not allowed.
13. Violation of the NFHS Rule 4.5.5 by any tournament or dual meet will be subject to sanctions imposed by the CIF. Including losing the privilege to host a tournament the following year, possibly having the host school placed on probation and/or reducing the total number of matches for the host school. (CIF 3102 A)

When referencing the NFHS Rules Book review pages 18-19 Rule 4.4-5 for further details and elaborations of these rules.

If you have any questions or situations that are not covered please feel free to contact Duane Morgan the CIF Wrestling Rulers Interpreter as dmorgan@cifccs.org.

9/30/2011