



## **OHSAA EARLY SEASON WRESTLING BULLETIN**

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### **Tournament Weigh-Ins - Scales Protocol**

In most cases tournament weigh-ins are conducted on multiple scales. Rule 4.5.3 states in-part: "...If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration (e.g., sweating, spitting, weight loss (e.g., urinating, defecating, removing articles of clothing), or weight gain (e.g., drinking liquids) are prohibited" (parenthetical examples added).

Wrestlers who do not make weight on their first attempt on their designated weigh-in scale may step off and back on the same scale one additional time. However, between the first and second attempts on the first scale, and any single attempt(s) on challenged scale(s), a wrestler is prohibited from removing any article of the uniform (including undergarment(s), tights, form-fitted compression shirts and socks) that were worn on the initial weigh-in attempt to reduce weight.

Rule 4.5.7 mandates that: "All contestants shall weigh-in wearing a legal uniform and a suitable undergarment that completely covers the buttocks and groin area...Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure...Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight."

When administering weigh-ins, officials are not only responsible for skin and grooming checks, but also are charged with the responsibility to ensure the weigh-in protocols at the scale(s) are strictly adhered to. The head official must assign an official to oversee the actual weigh-in activity on the scale(s). The head official is also responsible for communicating the weigh-in protocol to the weighmaster to ensure Rules 4.5.3 and 4.5.7 are specifically complied with. Additionally, official(s) or tournament personnel must be assigned to monitor the designated weigh-in area to ensure that no wrestlers enter/re-enter the designated weigh-in area after the scheduled commencement time of weigh-ins.

At a recent tournament event, the officials were focused solely on conducting the requisite skin and grooming checks. No official was assigned to oversee the scales during the weigh-ins. The weighmaster at each scale was not advised of the weigh-in protocols. A wrestler who was wearing a form fitted t-shirt under the singlet and socks stepped on the primary scale for the initial weigh-in and was overweight. The wrestler stepped off the scale, removed the form-fitted t-shirt and socks and stepped back on the scale for the second weigh-in attempt and made weight. That wrestler was allowed to compete in the tournament.

This incident could have been prevented if an official(s) had been assigned to oversee the scales. At the very least, if the weighmaster was advised of proper protocols, the incident could have been properly addressed, resulting in the disqualification of the overweight wrestler and fairness to those wrestlers who legitimately made weight.

Weigh-ins entail very technical protocols and must be managed to the letter of the rules.

Here are some points to keep in mind when overseeing weigh-ins:

- Activities that promote weight loss and weight gain are prohibited in the designated weigh-in area.
- At least one official should oversee the actual weigh-ins on the scale(s).
- Official(s) or tournament personnel should be assigned to monitor the designated weigh-in area to ensure that no wrestlers enter/re-enter the designated weigh-in area after the scheduled commencement time of weigh-ins.
- Weigh-in protocol should be effectively communicated to the weighmaster at each scale, including:
  - Two weigh-in attempts on the first scale and one weigh-in attempt on each available scale designated for weigh-ins.
  - Between weigh-in attempts, wrestlers are prohibited from removing or adding any uniform items, e.g., shirts, tights, undergarment(s), socks, etc., to reduce or add weight.
- When an overweight wrestler desires to challenge available scales, an official should accompany the wrestler to each scale to ensure compliance with the rules.

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