



December 15, 2017

Attention Wrestling Officials ... Weigh-In 2017-18

Once the wrestlers are in the weigh-in room no one is permitted to leave. Physician notes must be in the weigh-in area. With the new NFHS rule stipulating that once a wrestler steps on the scale, he/she is not allowed to do anything to either gain or lose weight in any manner, and must immediately try all the scales in the weigh-in room the same way he/she is attired. This includes, but not limited to the following; spitting, urinating, any form of exercise, cutting hair, cutting the undergarment, remove socks if wearing, remove any extra clothing beyond the minimum requirement of an undergarment that completely covers the groin and buttocks for males and a sports bra for the ladies. Remember, every wrestler becomes an entrant in the event once he/she passes the health and skin check, then makes the weight for the weight class. It is for the above reason the skin & health check is first.

The proper routine to complete the skin, health check and weigh-in process is to:

1. Conduct the hair, nail, shave inspection:
 - a. hair may not hang below a not shirt collar in the back,
 - b. may not hang below the eyebrows in front, and
 - c. may not hang below the bottom of the ear lobe on the side
 - d. finger nails may not be long and/or sharp as to scratch the opponent,
 - e. although a clean mustache trimmed to the corners of the lips is allowed, the face shall be clean shave, free of stubble.
 - f. clean shave also applies to the wrestlers who shave their heads – no stubble.
2. Conduct the skin inspection:
 - a. as for physician's notes; read and examine closely and completely
 - b. inspect each wrestler completely
 - c. around and about the head, neck, face and hair line
 - d. scan the torso, shoulders, under the armpits as you continue down to the legs,
 - e. scan behind the knees, around the thigh and lower legs around the ankles
 - f. as you send them to the scale, find out if anyone will certify at scratch, and make sure the weigh master and recorder check for scratch weight
3. Onto the weigh master to check weight:
 - a. check for wrestlers who will certify at scratch
 - b. weigh master shall announce the weight aloud
 - c. recorder shall confirm aloud also, and write the exact weight

Once again we have tournaments where the **coaches plan to vote to change the rules of the sport**. The officials have jurisdiction of the event once they arrive. There is no such thing as a coach's vote to let a wrestler compete with a contagious skin condition, especially after the onsite physician has declared it contagious and disqualified the contestant. Simply stated, coaches don't get to vote on which rules will be disallowed. We prefer to apply all the rules of the sport, apply them fairly to give all the athletes the same equal opportunity to compete.

Wearing socks during the weigh-in is supported in the NFHS rules in Case manual situation 4-5-3 E. It also stipulates that once the wrestler steps on the scale and is overweight he/she may not remove any clothing, such as the socks.

Flagrant misconduct is not just those acts that occur on the mat. A wrestler's actions of the mat are also expected to be ethical and within the bounds of sportsmanlike behavior. If a wrestler is fighting in the hall way or restroom and witnessed by an official or school administrator he/she may be removed from the premises. Stealing from fellow competitors or the host school is certainly a removal offense, as is vandalism. If a competitor is caught smashing a fire extinguisher window, destroying lockers, or rest room facilities, etc., he/she is deemed to have committed a flagrant act, deduct three team points and the offender is removed from the premises. The official or administrator shall complete the flagrant ejection form within the 48 hour time period. Financial restitution may be necessary, that is why the school shall notify the local authorities to report the incident.

Be Professional * Polite * Prompt * Direct * Decisive

All Ohio officials are expected to "Do It Right". That starts from the beginning of the weigh-ins through the completion of the last match. Remember to sign the official book with the following; print your name, sign your name, write your OHSAA license number and write the time you are signing the book.