

MIDDLE SCHOOL/JUNIOR HIGH WRESTLING HOME WEIGH-IN RECORD

MS/JH

The principal or their designee shall be present to conduct weigh-ins.

SCHOOL: _____ COACH: _____ DESIGNEE: _____

OPPONENT/EVENT: _____ TEAM: MS JH 7th 8th

WEIGH-IN DATE: ____/____/____ COMPETITION DATE: ____/____/____ TIME OF "HOME WEIGH-IN" _____ A.M./P.M.

AN ACCURATE ACTUAL WEIGHT FROM THIS WEIGH-IN MUST BE RECORDED FOR EACH WRESTLER ON THIS FORM.

WEIGHT CLASS	NAME OF CONTESTANT	ACTUAL WEIGHT	WEIGHT CLASS	NAME OF CONTESTANT	ACTUAL WEIGHT
70			125		
75			130		
80			137		
85			145		
90			155		
95			167		
100			185		
105			215		
110			245		
115			285		
120					

SCHOOL ADMINISTRATOR SIGNATURE _____

WRESTLING COACH SIGNATURE _____

OFFICIAL SIGNATURE + ID _____

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
WRESTLING "HOME WEIGH-IN" PROCEDURE for MS/JH

1. Leagues and conferences may adopt home weigh-in procedures by written mutual consent prior to the regular season for all league/conference competition.

A. For regular-season duals meets and invitational tournaments, home weigh-in procedures shall be specified on contracts or other written correspondence as a condition of participation. Schools that agree to the conditions of the competition agreement may not subsequently request an onsite weigh-in. Note: Agreements and consent for home weigh-in procedures shall be done through school athletic administration.

B. For regular-season competitions not governed by league or conference adoption or contractual agreements between schools that specify a home weigh-in as a condition of participation, an onsite weigh-in on the day of competition shall be conducted.

The purpose of this procedure is to make it unnecessary for early dismissal of wrestlers and to avoid an early arrival at the site of the contest for the usual weigh-in procedure. This form must be completed in all respects and the home school wrestling coach, and the visiting school wrestling coach must exchange these forms prior to the start of the meet.

2. On the day prior to a scheduled meet, (dual or individual) **the school administrator or designee (not a coach) shall administer the "Home Weigh-In" no earlier than 3 p.m.** The individual school may select the time that best accommodates their program.

All wrestlers on a team shall weigh in at the same time following the MHSAA/NF weigh-in procedure, but no later than two hours prior to the competition scheduled start time. Wrestlers not present, for any reason, for a home weigh-in may NOT weigh in for that event.

The Home Weigh-in shall be conducted according to the National Federation/MHSAA weigh-in procedure.

3. When a day of school attendance does not precede the scheduled meet, the school administrator or designee (not a coach) shall administer the "Home Weigh-In" in the following manner:

A. If the Home Weigh-In is to be held on the day before the meet, it must be **NO** earlier than 3 p.m.

B. If the Home Weigh-In is to be held on the day of the competition, it must be after 7 a.m. but before 4 p.m.

4. The "Home Weigh-In" procedure will require that **ALL** individuals who may wrestle on the scheduled date, on any team, shall be included on the appropriate (Frosh, JV, Var.) weigh-in list and shall make weight.

A. Wrestlers who weigh-in, but do not appear in the lineup to receive a forfeit or do not compete will not be charged with a day of competition.

B. Only regular season matches between competitors who are both varsity wrestlers at the varsity level qualify for seeding consideration in an Individual District Tournament.

5. Wrestlers shall make scratch weight at the "Home Weigh-In" in order to be eligible to participate in the meet. Actual weight shall be recorded at each weigh-in for each wrestler.

6. **THERE IS NO GROWTH ALLOWANCE FOR MS/JH WRESTLING.**

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