

# MN/USA Weigh Master Duties

- Assign honest and competent personnel to man the scales and weigh in area.
- Supervise and answer questions of the weigh-in staff and coaches/parents for the duration of the weigh-in time(s).
- Maintain order and make sure that every wrestler is treated with respect. Do not shout orders at the athletes. Remain calm even if instructions are not followed by the athletes.
- Assure that the rules of the weigh-in procedures are followed to the letter and that no weigh-in advantage be allowed to any one wrestler or group of wrestlers.
- Assist the Medical personnel to ensure that no wrestler avoid the medical check procedure.
- Assure that the weigh-in personnel are aware of the rules listed below and are familiar with the MN/USA Wrestling rapid weight reduction rule.
- Wrestlers may make two (2) attempts to make weight on the scale he/she first approaches.
- The wrestler may make one (1) attempt on all other official scales being used for weigh-ins. These attempts are immediate. The wrestler must remain in the weigh in area during these attempts. If a wrestler leaves the weigh in area before completing the weigh-in process, they will be disqualified from competition.
- Assure that there are no weight reduction attempts of kind, including having the wrestler stand on his/her head, or other means of adjusting weight, up or down, after the wrestler has entered the weigh-in area.
- Assure that weight slips are clearly marked and checked to match the wrestlers. Check weight slips against the athlete's MN/USA card if necessary for identification or age group verification.
- Assure that wrestlers weigh in wearing a **regulation competition singlet** that is not altered in any way.
- Assure that all weight slips are delivered to the pairing officials in a timely matter.

## MN/USA Wrestling Rapid Weight Reduction Rule

Whereas rapid weight reduction "cutting weight" through caloric restriction, dehydration, and excessive exercise in heated environments exposes wrestlers to decreased performance, heat related trauma, and hazard to health and life, MN/USA Wrestling (USAW) has adopted the following rules:

With regard to the practice of dehydration, the use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food and fluid restriction and self-induced vomiting is prohibited by USA Wrestling. Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) is prohibited. Violation of these rules at USAW sanctioned events shall cause the individual(s) in question to be disqualified from the competition. Enforcement for this rule shall be the responsibility of the Weigh Master and the tournament committee which is to be established prior to the competition. The decision of the tournament committee shall be final. Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes. MN/USAW discourages rapid weight reduction methods under any circumstances.

Guidelines for Application of the Weight Reduction Rule:

1. This rule shall be in effect for all MN/USA and USAW sanctioned events.
2. The tournament committee of each event must put its decision in writing to both the offending party and the USA Wrestling National Office.
3. The rule will be posted/distributed at the competition venue(s), and weigh-in site(s).

## Weigh-In

No wrestler may be accepted at the weigh-in if he has not undergone medical examination within the period set up in the competition regulations. Medical examinations are always carried out one (1) hour before the weigh-in. Wrestlers must present at the Medical examination and the weigh-in their MN/USA card and weigh in slip.

**No coaches or parents will be allowed in skin check or weigh-in area.**

**The contestants will be weighed with their competition singlet**, after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. ***For USAW competitions, the singlet worn to weigh-in must be an approved competition singlet without modification.***

**No weight tolerance will be allowed for the singlet.**

Contestants must be in perfect physical condition, with their fingernails cut very short.

When presented at the scale the wrestler has the right (after two (2) attempts at the first scale) each in turn, to attempt to weigh in on all the official weigh-in scales. These attempts may be made one time only at each scale. No weight reduction methods of any kind can be made between these attempts.

Referees responsible for the weigh-in must check that all the wrestlers fulfill all the requirements. Dress and to inform any wrestler of the risk he/she runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.

### **USAW Modification for Kids Regional, Cadet and Junior National Championships:**

*For Cadet & Junior Division National Championships multiple day weigh-ins have been adopted and weigh-ins shall occur a maximum of 4 hours prior to initial competition. For the second day weigh-in a 2 lb allowance shall be given. For the Kids FS/GR Nationals, and Kids/Cadet Regional Competitions weigh-ins shall occur as established by the Kids/Cadet Council and Region Councils respectively. For Kids/Cadet Region competition, an athlete may weigh in for both styles at the first style's initial weigh-in if competing in the first style. For all Junior Division Regionals, weigh-ins shall occur a maximum of 3 and minimum of 2 hours prior to competition on first day of competition, and athletes may weigh in for both styles at the first style's initial weigh-in if competing in the first style. For all other divisions weigh-ins shall occur as established by their respective National Councils or Sports Committee. For all Kids, Cadet, FILA Cadet, Junior, FILA Junior, University division regional and national events, weigh-ins shall begin at the designated time to conclusion, except when the competition is a qualifying event for a World level competition. In that case the FILA rules shall apply, with USA Wrestling modifications. All athletes must be present at the beginning of the designated weigh-in time. Athletes shall have two consecutive attempts to make weight, the initial attempt when called to the scale and an immediate challenge of another scale located in close proximity to the initial weigh-in scale(s). Athletes may not leave the weigh-in area or initiate any activity for means of weight reduction. Complete information may be requested from USAW. For all National Competition, all divisions except the Kids Division must weigh-in for each style if participating in each.*

**USAW Modification: FAILURE TO WEIGH IN** - *For Kids, Cadet, FILA Cadet and Junior divisions, a wrestler who does not weigh in, or fails to make weight at a second weigh-in, cannot place and is eliminated. No other athletes may be moved up, outside the final four in each pool, for placing purposes. This rule does not apply to wrestlers issued a red Medical Alert form.*