

2011-2012 IHSAA WRESTLING WEIGH-IN REGULATIONS



Preface

As per the NFHS Wrestling Rules Book, state associations that utilize hydration and body-fat testing along with a program to monitor average weight loss of 1 ½ %, may use the minimum weight determined by the body-fat testing as the lowest weight a wrestler may wrestle during the state series instead of at least one-half of their weigh-ins. Indiana has adopted this protocol for determining qualification into the wrestling tournament series. The following information details the regulations for qualification into the IHSAA tournament series.

The Regulation

1. All wrestlers must have a minimum of six (6) "qualifying" weigh-ins prior to Monday, January 23, 2012 which is the Monday prior to the sectional and the day of the seeding meetings. The six (6) qualifying weigh-ins must occur between November 14, 2011 and January 23, 2012. Additionally, one of the six (6) qualifying weigh-ins must occur in the month of January 2012 and at least one (1) of the qualifying weigh-ins must be at scratch weight for the weight class the wrestler is entered into the IHSAA tournament series. *A weigh-in at scratch weight is defined as a wrestler weighing in at or below the actual poundage of the weight class (i.e. – a wrestler weighs in at 112.9 achieves a scratch weigh in for the 113 pound weight class)*
2. A qualifying weigh-in occurs when a wrestler weighs in at or above his/her minimum weight for that date as determined by the individual wrestler's weight management plan. As per IHSAA by-law 60-2.b, a weigh-in for a tournament shall count as one weigh-in toward the total of six (6).
3. For a wrestler to be eligible for the IHSAA tournament series, their coach must possess an official IHSAA Individual Wrestler Weigh-In Record sheet for each wrestler they intend to enter into the tournament series. This document is available on the IHSAA website at www.ihsaa.org under Boys Sports > Wrestling > Wrestling Forms. This record must reflect each weigh-in for the wrestler and six (6) qualifying weigh-ins must be present prior to Monday, January 23, 2012. This record, along with the individual weight loss plan generated by the IHSAA internet calculator must be present at the seeding meeting on Monday, January 23, 2012.
4. A wrestler must have passed his/her specific gravity urine test and have been measured for body fat percentages with all data entered into the IHSAA internet calculator and a report generated for that student prior to their first competition.
5. A coach may enter his wrestler in the IHSAA tournament series in any weight class that wrestler may be eligible for provided that wrestler has adhered to their individual weight management program that states a wrestler may never lose more than 1 ½ % of their body weight per week.

At no time may a wrestler compete in a weight class lower than he/she is entered on the IHSAA sectional entry list.