2011-2012
INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION
INDIVIDUAL WRESTLER WEIGH IN RECORD

As per Rule 1-3-2 of the NFHS Wrestling Rule Book, state associations that have hydration and body-fat testing along with a program to monitor an average weight loss of 1 ½ % a week, with descent, 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 ½ of their weigh-ins during the season as stated in Rule 1-3-2 b.

Coaches are hereby instructed to maintain an individual wrestler weigh in record for each wrestler reporting to compete. The contest official shall weigh in the competitor as per the NFHS Wrestling Rule Book. The contest official will only record the weight of the wrestler on the team weigh-in sheet provided by the coach. The coach will then hold the responsibility to transpose the record made by the contest official to this individual wrestler weigh-in record sheet. It is the responsibility of coaches to compare the weigh-in of the wrestler to his/her individual weight loss plan as produced by the National Wrestling Coaches Association (NWCA) website from the information entered for each wrestler. If the wrestler weighs in at or above his/her minimum weight on the specific date in question, the wrestler receives a "qualifying weigh-in." The coach shall mark in the appropriate space on the chart that the wrestler did in fact achieve a qualifying weigh-in. **To be eligible for the tournament series, a wrestler must attain six (6) qualifying weigh-ins prior to January 23, 2012. Additionally, at least one of the six (6) qualifying weigh-ins must occur in the month of January 2012 and at least one of the qualifying weights must be at scratch weight in the weight class the wrestler is entered in the IHSAA tournament series. Coaches are instructed to circle the weigh-in that meets the requirement of making scratch weight in the weight class the wrestler is entered in the IHSAA tournament series.** Each weigh-in for any tournament shall count as only one weigh-in toward the minimum requirements for the state tournament series qualification (Rule 60-2 b – IHSAA By-Laws). This document, along with a copy of the wrestler's individual weight loss plan as produced by the NWCA, must be present at the seeding meeting prior to the sectional tournament.

Name of Wrestler _____ School _____

Date																		
Name of Event																		
Weight (Circle the weigh-in at scratch weight)																		
Coach's Initials																		
Qualifying Weigh-in (√)																		