



# Kansas State High School Activities Association

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*Member of the National Federation of State High School Associations*

## Senior High Schools Weigh-in Policy Change

### Senior High School Weigh-In Policy

The KSHSAA Executive Board revised and passed the process to follow NFHS Weigh-In Guidelines. This decision was not made lightly, as the factors of safety, weight-class accountability and being compliant with NFHS guidelines led to the decision. Therefore, the board made the decision to act and change the policy for the 2019-20 wrestling season.

#### **NFHS Rule 4-5**

**Article 1:** Contestants of the same gender shall have the opportunity to weigh-in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

**Article 2:** Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

**Article 3:** For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class (101-pound for Kansas Girls) and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

**Article 4:** The referee, or other authorized person of the same gender, shall supervise the weigh-ins. **SKIN-CHECKS SHOULD TAKE PLACE AT THIS TIME, FOR CONSISTENCY OF THE PROCESS IN KANSAS.**

Sincerely,

Mark Lentz  
Assistant Executive Director  
Wrestling Administrator