



California Interscholastic Federation

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NFHS WRESTLING WEIGH-IN VIOLATIONS

Rule 4 Section 5 Article 5

When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).

1. **CONCERN:**

That tournaments are granting one or two pounds in their advance information bulletins without really knowing if a team, in the tournament, will have consecutive days of competition to warrant the additional pound(s).

Example #1 A two day tournament with weigh-ins on Friday morning, one pound should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament on Thursday. On Saturday morning the athletes will be given one more pound.

Example #2 A two day tournament with weigh-ins on Friday morning, **two** pounds should be given to all teams in the tournament, if one of the teams in the tournament had a dual meet or tournament Wednesday **and** Thursday. On Saturday morning the athletes will **not** be given any more pounds, because the maximum pounds to be given in consecutive days of competition is 2 pounds.

Example #3 If a JV wrestler competes in JV only tournament or dual meet on Thursday and on Friday is moved up to Varsity to compete in the Varsity tournament the one pound is **NOT** given for the Friday weigh ins because the "consecutive days of team competition..." has not been met. In this case it must be varsity to varsity team competition.

2. **PENALTIES FOR WEIGH IN VIOLATION**

Violation of NFHS Rule 4 Section 5 Article 5 will result in the following sanction:

A. **Any school hosting a tournament that violates this rule will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year.**

In addition to the above sanction, the Section, depending on the violation, may impose the following additional sanctions:

- 1) **The hosting school placed on probation.**
- 2) **Reduction of maximum number of matches allowed for the following year for the host school.**