

December 6, 2010

Fellow Officials,

If you haven't done it before, I think this year may be a good time to start doing a "pre weigh-in" instruction talk. We do one prior to the match to go over new rule changes and let everyone know what we expect on the mat. One before the weigh-in might be just as valuable.

With this year's rule change about how an athlete must weigh in, I think we can make it a lot easier on everyone if they know our expectations ahead of time. Here are a few items we might want to clarify in our pre-weigh-in instructions.

1. All contestants must be present in and remain in the designated weigh-in area at the time established for weigh-ins. A wrestler may leave only if given permission by the referee or meet administration. This does not include his/her coach.
2. No activity that promotes weight loss or dehydration is not allowed during the weigh-in or in that room.
3. How do you want them lined up and who steps on the scale first at each weight? Visitor or Home team?
4. Do you want to do the skin check before or after they weigh in and what do you expect them to do during the check. (arms up, rotate, etc.)
5. When do you want them to present any doctor's release forms to you? (I don't want them waiting until I find a skin issue before mentioning they have a release form. I ask that they present them to me when they come to the scale.)
6. What is a suitable undergarment? This year, a suitable undergarment "must" be worn and you can give the book examples of what they might be: briefs, boxers or shorts. (I am not going to describe any of those garments.)

7. According to the rule, what they wear on the scale, is what they must make weight in. The case book says they are not allowed to step off and remove any articles of clothing. You might want to make that clear BEFORE they step on the scale.
8. No one will be allowed to weigh in without a suitable undergarment.
9. Inform them that whatever they wear to the scale, they must be able to pull the legs up to the length of a brief for the skin check. If it can't be pulled up that high, then they are not complying with the skin check.
10. If anyone has any "special equipment", it must be presented at time of weigh-in, including hair coverings, mouth protectors, artificial limbs, braces, etc.
11. When you have weighed in all contestants in a weight class, that weight is "closed" and you will not come back to it later. (there are exceptions that may be made in advance)
12. Go over anything that will make the job easier and clearer for all involved. Surprises are not fun for anyone.

I am not trying to interpret any rule or tell you how to conduct your weigh-in.... I'm just trying to help us avoid problems later in the season and make the weigh-in easier for everyone. This will also help us do things the same across the state.

From a Washington Official