

## **SECTION 88: WRESTLING.**

### **88-4-1 Weights:**

(1) Wrestlers will follow all provisions of the VHSL Weight Control Program (WCP). All coaches are cautioned that rapid reduction and exaggerated fluctuations in weight can endanger the health of a wrestler.

(2) All wrestlers will establish a minimum weight using the procedures established under the VHSL WCP. This minimum weight must be established in a time period beginning one week prior to the VHSL practice start date and ending two weeks after the VHSL practice start date for a total of a three week period. Wrestlers weighing in at a weight lower than permitted based on the allowable weight loss per week including buffer will be considered an unsportsmanlike violation and will be ejected from that date event and suspended from the next date event. Wrestlers competing in a weight class lower than their proper weight class as established by the VHSL Wrestling Weight Control Program shall be ineligible participants subject to the prescribed penalty of match forfeiture(s) and school fine for use of an ineligible. Electronic WCP school file shall be uploaded to VHSL no later than Dec. 15 and supplements to this file submitted as needed.

(3) All wrestlers will receive a one-pound growth allowance on Jan. 1 when WCP testing is completed on or before Dec. 15 with the exception of wrestlers participating in fall season playoffs as outlined in 88-4-1 (1). All wrestlers will receive an additional one-pound growth allowance on Feb. 1 when WCP testing is completed on or before Jan. 15 for a two-pound total allowance.

(4) A wrestler's minimum weight class will be determined by the initial measurements of the VHSL WCP. The minimum weight class is not impacted by any proposed growth allowance.

(5) Wrestlers must have at least one official competition weigh-in at that weight class and participate in that weight class or one weight class above to be eligible for district tournament participation at the weight class they weighed in at.

(6) Forms for reporting original wrestling weights and for necessary supplements to the original list are available upon request to all schools participating in wrestling. If a wrestler fails to make his/her weight, or fails to have his/her exact weight shown on the scales when wrestling one weight above his/her certified weight, he/she shall be reclassified and placed in the proper weight classification. The wrestler's weight classification for regional or state competition shall be that classification in which he/she entered the district tournament.

(7) A wrestler may wrestle one weight class above his/her current weight at weigh-in for that particular competition.

(a) If the wrestler desires to return to his/her certified weight after wrestling up a weight class, he/she may do so at any time during the season pending compliance with the allowable

weight loss per week as indicated by the VHSL WCP. At no time may a wrestler compete in a weight class lower than his/her lowest allowable weight class as indicated by the VHSL WCP.

(b) The coach must provide proof of actual weight for all weigh-ins for each entry in the district tournament. VHSL weight form with required signatures will be used for verification.

(c) The district tournament director will be responsible for checking verification of each district entry prior to the district tournament.

(8) Principal or designee shall verify each wrestler's compliance with the VHSL WCP through verification comparing MELs with WCP Coach Official Team Reports and match weight sheets one time during the season, during the second week of January. Only the W-3 forms needs to be completed and forwarded to the VHSL office during the second week of January. WCP Coach-Official Team Reports and MELs are used only by the local principal for verification.

(9) Athletes participating in fall sport playoffs occurring after Dec. 1 are provided the option of being tested in the VHSL WCP within 8 days of participation in the athlete's last playoff contest and still be eligible for the first allowable growth allowance pound and appeals process. The eligibility for the growth allowance pound will not impact the athlete's eligibility to reach a lower weight class based on current testing results. If the athlete who competes in fall sport playoffs is not tested with 8 days of their last participation in a playoff contest, they may be tested within one week of the athlete's first wrestling practice date, and are not eligible for the growth allowance pound if the test is completed after Dec. 15.

(10) Coaches are required to complete the W-1 form for all dual meets providing allowable weight loss per week and verification the weight class entered is permitted based on the WCP Coach Official Team Report for each athlete. The date and actual weight of the most recent weigh-in is also required on the W-1 form which must be reviewed for accuracy and compliance and signed by the principal or their designee (not a coach) within 24 hours from the time of weigh-in. The host school is responsible to confirm accuracy and compliance of both team W-1 forms.

(11) Coaches are required to provide WCP Coach Official Team Report and all W-1 forms (to date) to opposing coaches for review prior to each match or tournament. Coach is to report any problems to match/tournament official.

(12) Athletes shall weigh prior to each practice and record the weight on a weight chart providing a tracking system that shall be reviewed daily by coaches to monitor and discourage unhealthy weight bouncing.