

USA Wrestling - Ohio Weigh-In and Competition Policies for Greco-Roman and Freestyle Tournaments During 2018

1. All wrestlers **MUST** wear a standard one-piece wrestling singlet for weigh-ins, but **NO** shoes (socks are optional). The weigh-in singlet **MUST** be one of the same singlets that the wrestler will be using for competition. There will be **NO WEIGHT ALLOWANCE** for the singlet.
2. For Qualifier Tournaments, singlets may be any color. Separate red and blue singlets or a reversible red/blue singlet are highly recommended, but not required. **THE USE OF SHORTS AND T-SHIRTS IN PLACE OF A SINGLET WILL NOT BE PERMITTED FOR ANY COMPETITION.**
3. For the Greco-Roman and Freestyle State Championships, all wrestlers **MUST** have both **RED** and **BLUE** one-piece FILA-approved singlets (or a red/blue reversible singlet) available for use.
4. All wrestlers in the Kids Age Divisions **MUST** wear headgear during competition.
5. Women wrestlers **MUST** wear a sleeveless sport top (**NOT** a T-shirt) under their singlet for weigh-ins and competition.
6. Wearing of rings, bracelets, ear or body rings, or any other objects that might cause injury to an opponent will be **PROHIBITED** during weigh-ins and during competition.
7. Weigh-in personnel will check skin for contagious diseases. Males **MUST** be clean-shaven or have facial hair that is soft from several months growth. Fingernails **MUST** be cut short. Long hair **MUST** be covered by ear protectors or a hair net for competition.
8. **ANY WEIGHT-CUTTING ACTIVITIES MUST BE CONDUCTED BEFORE WRESTLERS ENTER THE DESIGNATED WEIGH-IN AREA.**
9. Once a wrestler enters the weigh-in area, he/she **MUST** proceed directly to a scale (after putting on their singlet) where he/she will weigh in when directed to do so. Any wrestler who wishes to challenge the first weight **MUST** proceed **WITHOUT DELAY** to a second scale for an immediate “challenge” as directed by weigh-in personnel. The lower of the two weights will be recorded on the weigh-in card and used to place the wrestler in a weight class. **NO MORE THAN TWO (2) ATTEMPTS TO MAKE WEIGHT WILL BE PERMITTED.**
10. **ONCE A WRESTLER ENTERS THE WEIGH-IN AREA, HE/SHE IS NOT PERMITTED TO LEAVE UNTIL HIS/HER OFFICIAL WEIGHT HAS BEEN RECORDED. NO WEIGHT-CUTTING ACTIVITIES ARE PERMITTED INSIDE THE DESIGNATED WEIGH-IN AREA.**
11. **This policy will be posted prominently near the tournament registrations and weigh-in areas.**