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OSAA 2018-19 Weigh-in Procedures

Starting in 2018-19 the OSAA has adopted a revision to NFHS Wrestling Rule 4-5-7 related to weigh-ins for both initial assessment to determine a body fat percentage used to calculate the minimum wrestling weight and for regular and post season competition weigh-ins.

NFHS Wrestling Rule 4-5-7 has been adjusted to read as outlined below:

ART. 7 . . . All contestants shall weigh in wearing a **legal competition uniform, without modifications, and without shoes and ear guards.** suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.

Note: Low-cut socks may be worn during regular season and post season weigh-ins but will not be allowed during the assessment to determine a body fat percentage.

Q: What is the definition of a legal competition uniform?

A: NFHS Wrestling Rule 4-1-1 outlines the specifics regarding legal competition uniform. A one-piece singlet or two-piece uniform that meets the specifications outline in Rule 4-1-1 would be considered legal.

Q: Do wrestlers get an additional weight allowance because they are now required to wear a legal competition singlet during the assessment and regular/post season weigh-in process?

A: No

Q: Under this new policy where should weigh-ins take place?

A: Weigh-ins shall now take place in a common public space. Since no wrestler will be removing any part of their clothing, all wrestlers, regardless of gender or gender identification, will be weighed-in in the same location, unless special circumstances dictate otherwise.

Q: What will be the process to complete the required skin disease evaluation?

A: All wrestlers will participate in the required skin disease evaluation wearing a legal competition uniform. All male wrestlers will remove their straps or compression tops while female wrestlers will remain in full uniform. Wrestlers will not be allowed to add or remove additional clothing once weigh-in begins.

NFHS Wrestling Rule 4-1-1

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

c. a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.