

Weigh-Ins / Weight Allowances - Girls

Weigh-Ins

- 1) Up to 12 wrestlers per team will be allowed in for weigh-ins.
- 2) Only team personnel and school personnel will be allowed in the weigh-in areas.
- 3) Weigh-ins will be held as follows:
 - Boys weigh in at 7:45 a.m. on Friday, December 27, in the Main Arena. Girls follow immediately after in South Hall.
 - All weigh-ins are in South Hall on Saturday, December 28. Boys weigh in at 7:45 a.m. with girls following immediately after.
- 4) Teams will weigh in by weight class, with wrestlers receiving their lanyard at the scale once they make weight.
- 5) We will use 12 scales for weigh-ins as follows:

Weight Class	Scale Number
100	1
107	2
114	3
120	4
126	5
132	6

Weight Class	Scale Number
138	7
145	8
152	9
165	10
185	11
235	12

Weight Allowances

- NFHS weight classes will be used.
- For day 1, there will be a two-pound weight allowance, i.e., wrestlers in the 100 lb. weight class can weigh 102 lbs. or less.
- For day 2, there will be an additional one-pound weight allowance, i.e., wrestlers in the 100 lb. weight class can weigh 103 lbs. or less.