

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

STATE WRESTLING

Weigh-In Rules

The NFHS Wrestling Rules Book for 2010-11 provides in Rule 4, Section 5, Article 7 - "All contestants (male and female) shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb." This clarification has been written to ensure that all athletic directors, coaches, wrestlers and officials clearly understand the implication of the new rule. No contestant shall weigh-in without a suitable undergarment (NFHS Wrestling Case Book and Manual for 2010-11, 4.5.7 Situation (b)). This means that scratch weight must be established while wearing a suitable undergarment, and the undergarment(s) shall not be removed in order to make weight. Furthermore, any contestant not wearing suitable undergarment SHALL NOT BE ALLOWED TO WEIGH-IN (NFHS Wrestling Case Book and Manual for 2010-11, 4.5.7 Situation (c)).

A suitable undergarment may include bras, briefs, boxers, compression shorts, panties, and shorts that cover the buttocks and groin areas. Jock straps, g-strings, thongs and other such underwear that expose the buttocks are prohibited. All garments must provide an opportunity for a suitable skin check without disrobing or adjusting. No weight allowance will be provided at the scales for any article of clothing.