

Official Wrestling Weigh-in Form

School _____

Date / /

Weight	Name	Actual Wt.	Name	Actual Wt.
106				
113				
120				
126				
132				
138				
145				
152				
160				
170				
182				
195				
220				
285				

I hereby certify that the above named student/athletes have met all the eligibility requirements of the NFHS and are certified to wrestle at the weight listed above on the minimum weight certification summary form.

Head Coach Signature _____

As opposing coach, I certify as to the actual weight of the above named students/athletes.

Name of Opponent _____ Signature of Opposing Coach _____

Weigh-in Form Procedures: In accordance with NFHS rule book and any appropriate state association rules

- 1 – Fill out the names of all wrestlers weighing in for each dual meet with the head coach signing to verify eligibility.
- 2 – Exchange this form with the opposing coach at the start of weigh-ins. (Original copy may be machine copied)
- 3 – Each wrestler must state their name, weigh-in, while the opposing coach records the opponent’s actual weight.
- 4 – Completed forms are copied, exchanged and go to the head table before competition.
- 5 – When a wrestler represents his school at a particular weight class, his/her name, actual weight and weight class will immediately be transferred from the weigh-in form and entered in the official score book by the official scorer.
- 6 – Following the completion of the match, the score book will be signed by the referee and the score book will become the official document of the meet.

Signature of Weigh-Master _____
(Not at dual meets)