

WEST VIRGINIA STATE WEIGH-IN PROCEDURE

1. All schools may check weight up to 20 minutes before the official weigh-ins. All coaches should tell their wrestlers to go to the restroom prior to the official weigh-ins.
2. All schools must be present in the designated weigh-in area at the start of the official weigh-in period each day:

THURSDAY: 4:30 P.M.

FRIDAY: 9:30 A.M.

SATURDAY: 8:45 A.M.

3. All teams will stay in the weigh-in area at the start of weigh-ins and NO wrestler can workout during this time. The wrestlers can not leave the weigh-in area until they are done weighing-in.
4. We will weigh-in starting with the 106-pound weight class, and work up to the 285-pound weight class.
5. If a wrestler is overweight on his scale, he will step off and immediately step on the scale again. If he is still over weight, he will **IMMEDIATELY** try all the other scales in the weigh-in area **ONCE**. If he is still overweight, the wrestler is disqualified from the state tournament.
6. When a weight class is done weighing-in, say the 106-pound weight class, and the 113-pound weight class has started, it is too late for any 106-pounder to weigh-in. He is disqualified from the state tournament for not being at weigh-ins for his weight class on time.

NOTE: There is no such thing as a time limit anymore. Once all the 285-pound wrestlers have weighed-in, official weigh-ins are over. Should there be any extenuating circumstances, the tournament committee will make the final decision. If the late team is granted permission to weigh in, each team member can **ONLY** step on one scale **ONLY** once.