

**Official Weigh-in Certification**

**for Home School Weigh-ins**

**Date:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Sub-varsity wrestlers may weigh-in at their home school on the day of competition. The host school / tournament director may dictate the time of day the home weigh-ins take place. Home school weigh-ins must be witnessed and signed by a school administrator / coaching staff / designee. Additionally, the signed weigh-in form shall be presented at the meet prior to the competition.

The weigh-in sheets will be posted on Baumspage after the online entry window closes. Print the weigh-in sheet for your team. Record the exact weight for each wrestler in the weight column. Turn in the signed **Official Weigh-in Certification** and the **Baumspage Weigh-in Sheet** for the tournament at check-in**.** It will used for the skin-check at the tournament. **HS Only** must also turn-in the **Alpha Weigh-in Sheet**.

**Authorized Signature:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_ Principal \_\_\_ Assistant Principal \_\_\_ Athletic Director**

**Note Minimum Weights:**

**Junior High Boys:** The minimum weight for the 245-pound class shall be 205 pounds and is subject to the growth allowance, making it 207 pounds on and after 12/25.

**Freshmen Only Event:** The minimum weight for the 285-pound class shall be 210 pounds and is subject to the growth allowance, making it 212 pounds on and after 12/25.

**High School Boys:** The minimum weight for the 285-pound class is 210 pounds and is subject to the growth allowance, making it 212 pounds on and after 12/25.

**High School Girls:** The minimum weight for the 235-pound class is 184 pounds and is subject to the growth allowance, making it 186 pounds on and after 12/25.

**Junior High Girls:** The minimum weight for the 235-pound class is 185 pounds and is subject to the growth allowance, making it 187 pounds on and after 12/25

**Note to Coach:**

**If all wrestlers make weight in the weight class listed, text** **John Doe at 555-555-1234 with your school name and note that everybody made weight as listed.**

**If there were changes, please take a picture of the weigh-in sheet and text it to John Doe at 555-555-1234. Turn in both the certification page and the weigh-in sheet when you check in. Skin checks will be required after check-in.**