

WEIGHT CONTROL AND CERTIFICATION PROCEDURES

Below is the necessary information that must be followed to properly certify your wrestlers for MIAA competition. Please take the time to review **Rule 84.4 Weight Control and Certification Procedures on pages 80-81** of the [MIAA Handbook](#) to ensure that you are aware of what needs to be done. All deadlines must be met and all forms listed on page 1 of the MIAA Wrestling Tournament Format must be completed as directed in order for your wrestlers to be eligible for MIAA competition.

Notes:

1. The MIAA [Minimum Weight Control Certificate](#) MUST be kept on file in the Athletic Director's office prior to the wrestler's first interscholastic competition.
2. The MIAA Minimum Weight Control List, which includes each and every wrestler's name and certified minimum weight class, must be submitted electronically on the [FloArena website](#) prior to **December 12, 2024 or the first contest** ([click here](#) for instructions).
 - Any wrestler who joins the team after the list has been submitted must be added to the list **prior** to their first competition. The Athletic Director should call the MIAA Liaison to inform of the late entry.

3. MIAA Rule 84.4.6 states, *"To qualify at a certain weight for the MIAA Individual Sectional & State Tournaments, **including Girls Divisional States & All-States**, a wrestler must weigh-in at their certified weight class at scratch weight at least once during the season, **shoulder to shoulder in front of an opposing coach**. For the Girls Divisional State & All-States qualifier only, wrestlers are not required to compete when weighing in for scratch weight. The opposing coach must sign the weigh-in sheet verifying the scratch weight. A 2lb allowance is granted on January 1st each year, provided the wrestler has achieved scratch weight. If a wrestler has not achieved scratch weight prior to January 1st, the wrestler must achieve scratch weight before being granted the 2lb allowance.*

*After January 1st, when the 2lb growth allowance is granted, all weight classes will be adjusted to the growth allowance weight (ex. 106 becomes 108). A wrestler **must** take this 2lb allowance if they plan on bumping up a weight, regardless of if they have achieved the scratch weight. Ex. After January 1st, if a wrestler weighs 107.9 the wrestler cannot wrestle at 120. If that wrestler has not achieved scratch at 106, they are **only eligible** for the 113-weight class in that meet.*

4. No wrestler can utilize the two-pound weight allowance until they have made scratch weight. They must also weigh in at base weight (scratch plus any rulebook allowance) **50%** of the regular season varsity days of competition on which the wrestler competes. **A wrestler may qualify for scratch weight whether or not they compete that day.** Rulebook weight allowances count towards the **50%** certification.

5. The home weigh-in period MUST take place:

- For all team matches **beginning after 3:00 p.m.**, wrestlers will get an **additional two (2) pound allowance** at the match site weigh-in. Actual weights will be recorded on all dual meet weigh-in sheets. Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated. These dual meet weigh-in sheets will be kept by the coaches and one for each and every day of competition must be handed in at the sectional seeding meeting, or the day will not count toward certification or seeding. **Morning weigh-ins are no longer permitted.**
- All other weigh-ins on a non-school day must be at base weight.

IMPORTANT! Both the coach and a school administrator (the principal or their designee) must sign each and every weigh-in sheet. The school administrator need not be present at the weigh-ins, but must sign the sheet to validate the weigh-in.