



OHSAA WRESTLING BULLETIN

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Designated Weigh-In Area - is not to be used as a locker room

NFHS Rule 4-5-7 mandates that all wrestlers weigh-in wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. In addition, female contestants must wear a suitable form fitted compression undergarment that completely covers the breasts.

NFHS Rule 4-5-3 requires for any event (e.g., duals and tournaments), all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Once in the designated weigh-in area, contestants are called to the scale(s) for weigh-ins by team or by weight class as determined by the meet manager.

These rules simplify the weigh-in process for meet managers, officials, and contestants by accommodating gender-neutral weigh-ins. By situating all of the competitors in the same area wearing a legal uniform (with suitable undergarments), modesty concerns are reduced, and gender issues mitigated.

Contestants who are called to the designated weigh-in area before weigh-ins commence must be dressed in full legal uniform (with suitable undergarments). The designated weigh-in area is NOT the place for contestants to change from their street clothes into their uniforms. It does not matter if the contestants are of the same gender, the bottom line is changing from street clothes into legal uniforms must take place in gender specific locker rooms, not in the designated weigh-in area. Moreover, we require that all wrestlers present in the designated weigh-in area have their straps up. The object is to respect the opposite gender and to eliminate any modesty concerns from the gender-neutral weigh-in process.

Toby Dunlap
OHSAA Director of Officiating Development - Wrestling