

Wrestling Weigh-Ins

"I have noticed tournament weigh-ins where there are weigh-in END times on the wvmat website. In reference to dual meets or any type of tournament weigh-ins, there is a starting time where ALL wrestlers must be PRESENT, but there should NOT be any end times! Weigh-ins are over after the 285 pounders have weighed-in. This is a National Federation Rule which we must all totally abide by regarding all wrestling weigh-ins."

When wrestling in Multiple-Day Dual Meet Tournaments, wrestlers **MUST** weigh-in each day of the competition.

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