

## WEST VIRGINIA STATE WRESTLING TOURNAMENT

### CHECKING WEIGHT AND OFFICIAL WEIGH-INS

DURING THE WEST VIRGINIA STATE WRESTLING CHAMPIONSHIPS (REGIONAL AND STATE TOURNAMENTS), ALL WRESTLERS CAN CHECK THEIR WEIGHT UNTIL 20 MINUTES BEFORE THE OFFICIAL WEIGH-INS EACH DAY.

IF A TEAM IS LATE FOR “CHECKING WEIGHT,” THEY HAVE FORFEITED THE OPPORTUNITY TO CHECK THEIR WEIGHTS. NO EXCEPTIONS.

PLEASE NOTE: CHECKING WEIGHT AT REGIONAL AND STATE TOURNAMENTS IS NOT A NFHS REQUIREMENT; IT IS A **COURTESY** BY EACH STATE ASSOCIATION.

IN REFERENCE TO OFFICIAL WEIGH-INS: IF A TEAM IS LATE AND HAS A LEGITIMATE REASON ACCEPTED BY THE STATE TOURNAMENT COMMITTEE, EACH WRESTLER CAN STEP ON ONE SCALE – **ONLY** ONCE.

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