

NJSIAA Optional Changes to Weigh-In Procedures: Release: February 25, 2021

NOTE: The NJSIAA recommends the standard weigh-in as per the 2020-21 NFHS Wrestling Rules Book Rule 4, Section 5, or the modification Wrestling Weigh-In Considerations within the 2020-21 COVID-19 Wrestling Guidelines & Considerations posted on the NJSIAA website at the link below:

https://www.njsiaa.org/sites/default/files/documents/2021-01/2020-njsiaa-nfhs-wr_covid-19_considerations_final-1.pdf

However, in response to the NJSIAA member schools and conferences, the NJSIAA will grant an optional home school weigh-in for the primary reasons identified below:

1. To reduce the amount of time wrestlers are required to be present at the host school prior to competition.
2. To eliminate eating after the weigh-in at the host site and removing the face covering at the host site.
3. To give host schools maximum flexibility in conducting their events to provide the safest possible competition environment this season due to the multiple sports in Season 3.

The NJSIAA (in consultation with the NFHS) will grant an optional home school weigh-in under the following conditions:

- **Both Schools athletic directors must agree prior to scheduling the match to conduct the home school weigh-in. If the match has already been scheduled, the athletic directors must connect prior to the start of the season (March 16, 2021) and agree to home school weigh-in.**
- The weigh-in must occur the day of the match at the same agreed upon time as per the athletic directors. Please note: the weigh-in time should be as close to the match time as travel permits. By NJSIAA recommendation it should be within a 2 to 3-hour time frame of the match.
- Both Schools athletic directors must coordinate oversight of the weigh-in by the Athletic Trainer or designated administrator.
- If the home school weigh-in is utilized, it must be conducted virtually unless a coach from each school is present to supervise the weigh-in. The weigh-in must be conducted at the same time at both schools. The random draw, supervised by the match site athletic trainer or designated administrator, shall begin the weigh-in procedure.
- If the athletic trainer is present, the ATC may conduct the skin check, otherwise the skin check will be conducted at the site of the match.
- All wrestlers must weigh-in at the home school weigh-in at the designated time. No additional weigh-in for any wrestlers will be allowed.
- If the opposing coach is present, he/she will initial the weigh-in sheet. If the weigh-in is conducted virtually the Athletic Trainer or Administrator present will initial the weigh-in sheet. Note: Trackwrestling generated weigh-in form.
- Weigh-ins must be in wrestling uniform (singlet, wrestling uniform and appropriate undergarments). (NFHS 2020 Wrestling Rules).
- Home school weigh-ins require unquestionable integrity from every participating school's administration, coaching staffs, and athletic trainer.

NOTE: The optional home school weigh-in is for the regular dual match season and applicable to this year only, the NJSIAA 2021 Season 3.