

# Wrestling Team Weight Chart Directions and Notes

## Directions:

1. Enter appropriate data in 1st six columns (Last Name, First Name, Gender, Weight at Certification, Date of Certification, Certified Minimum Weight Class).
2. Submit this form to the local supervisor of athletics prior to the first match.
3. Copy of completed form must be taken to all contests/weigh-ins.
4. Coach must carefully review MPSSAA Weight Certification/Weight Management Plan. Information contained in that source should be used in conjunction with this form.

## Notes:

1. A wrestler may not compete at any time during the season at a weight lower than indicated in column six (Certified Minimum Weight Class).
2. Columns H-P (Week 1-9) indicate the lowest weight class in which a wrestler may compete for that week.
3. Copy of form must be taken to all contests/weigh-ins.
4. Beginning with week 9, a wrestler may not compete in a weight class more than one-weight class below his/her week 7 weigh-in. This remains for the duration of the season.
5. If a wrestler weighs in for multiple matches in a particular week, the highest weight will apply for the next week.