

CLARIFICATION OF WRESTLING WEIGH IN PROCEDURE

In order for a weigh-in to be official, all contestants must be wearing a suitable undergarment as outlined in the NFHS Wrestling Rule book on page 18 rule 4.5.7.

As it states "all contestants (male and female) shall weigh in wearing suitable undergarment that completely covers the buttocks and groin area. Female contestants must also wear a suitable undergarment that covers their breasts."

Examples of these suitable undergarments for males include briefs, boxers and shorts. Examples for females include a t-shirt or sports bra.

Please direct any questions to you wrestling coordinator

Nina Van Erk
Executive Director
NYSPHSAA