



Iowa Girls' High School Athletic Union

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Weight Management, Growth Allowance, and Weigh-In Reports

Please read the information below, as it pertains to weight management and growth allowance. Be sure to look at each of your wrestler's descent plans, paying attention to their Minimum Weight Class (MWC), their Eligible Weight Classes (EWC) and knowing what your plans are for the remainder of their season regarding their weight management.

Weigh-In Reports

Coaches must enter and submit the actual scale weight for each participating wrestler **before** they can create another weigh-in sheet. We recommend coaches enter the weights as soon as weigh-ins happen or immediately after.

1. Before you can create a weigh-in sheet for the next event, you must enter your actual weight and allow your weight plan to calculate properly.
2. For two-day tournaments/events, one weigh-in report should be created with both dates being added to that weigh-in report. You have the event in your schedule, click on the blue scale to create the weigh-in report. You select your wrestlers, enter the first date of the tournament, and add that weigh in. Then you click on the add weigh-in button again, select your wrestlers, use the weigh in date for the **second date** of the tournament, add a 1-pound consecutive allowance, then add that weigh in.

Eligible Weight Classes

Wrestlers can weigh-in at either of their two eligible weight classes listed on the weigh-in form without negatively affecting their descent plan. Wrestlers can NEVER weigh-in below the lowest weight class listed on the weigh-in form. If a wrestler's two eligible weight classes say 130# and 135#, and they weigh in above the 135# weight class, their descent plan will be IMMEDIATELY recalculated from the actual scale weight, and they must follow the plan each week if they wish to reach the 135# and 130# weight classes.

Wrestlers may only compete at the weight class for which their actual scale weight qualifies them, or one weight class above. In a dual meet, if a wrestler's two eligible weight classes are 130# and 135# they may weigh-in for the 135# weight class and compete at either 135# or 140# without affecting their descent plan. They cannot weigh-in for the 130# weight class and compete at 140# because that is more than one weight class above the weight class for which their actual scale weight qualifies them.

If a wrestler's two eligible weight classes say 130# and 135#, but they are listed on the 135# line of the weigh-in form, they can weigh-in at 130# but should have the 135# crossed off and changed to 130#. Intentionally or unintentionally causing deception regarding the weigh-in form is a practice that is unacceptable and avoidable, so plan ahead and play by the rules.

If a wrestler who is listed on the weigh-in form does not make weight, the coach can use a pen or pencil to change the line the wrestler is on as long as the weigh master and/or opposing coaches are notified, it is done before the weigh-ins are over, and before the weigh-in sheet is signed.

Growth Allowance

Wrestlers will **NOT have** to certify their minimum wrestling weight class (*certified weight class*), by making

scratch weight* All wrestlers will receive a 2lb growth allowance on **December 14, 2026**. All wrestlers will still need to follow their descent plan to get to their desired weight.

All Wrestlers will receive the 2-pound growth allowance on **December 14, 2026**. The wrestler can use the growth allowance at either of their two Eligible Weight classes (EWC) and have no impact on their descent plan. *For example, a wrestler's body composition assessment will allow her to wrestle at the 130# weight class. Then, in the first meet on December 14 she uses the growth allowance to weigh in for the 135# weight class. She is still allowed to use the growth allowance at 130# and 135# going forward without affecting her descent plan. If the same wrestler weighs in above 137# (135 + 2), her descent plan will immediately recalculate, and she will have to follow that plan to safely and legally descend back down to 135 or 130. That is considered a violation of her descent plan, thus the recalculation, which will also change her EWC to 135, 140 until the new descent plan allows her back down to 130, which will likely take 2-3 weeks.*

Eligible Weight Classes and Scale Allowance

The on-line weight management system will indicate which two weight classes a wrestler is eligible to weigh-in for each week according to their descent plan. If a wrestler's Minimum Wrestling Weight for a given week is 135.5#, she is eligible to weigh-in for the 140# and 145# weight classes that week. If a scale allowance is given for consecutive days of competition or weather postponements, that does NOT change the wrestler's two eligible weight classes. UNDER NO CIRCUMSTANCE IS THIS WRESTLER ELIGIBLE TO WEIGH-IN FOR THE 135# WEIGHT CLASS DURING THE WEEK INDICATED.

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