

WEIGHT ALLOWANCES:

ADDITIONAL POUNDS:

(2008-09 NFSH Rule Book pg 20)

- The **Growth Allowance is still in effect.** Each weight class will go up 2 lbs on **12/25**, but the weight class you certify at does not include these two pounds.
To wrestle at 98 pounds in sectionals you must certify at 96, not 98.
- Each wrestler must make scratch weight for **every** contest prior to: **12/25**.
- A 1 lb allowance is granted when schools have back to back competitions.
48 hours notice is required to get the extra pound.

Weight allowances:

After December 25th all weight classes go up 2 lbs.

The 96 lbs weight class becomes 98 lbs.

- If a team has consecutive days of competition the first day scratch weight is required, 98 lbs.
- The second day a 1 lb allowance is given, 99 lbs.
- **If there were a third day of competition the weigh class would increase to 100 lbs.**
- **Since the maximum allowance is +2 that would mean NO EXTRA POUND for a second day of a 2-day tournament (if the tournament began on Friday with +2). The +2 would carry over from the first day.**

Example: Dual meet Tuesday 98 lbs.
Dual meet Wednesday 99lbs.
Dual meet Thursday 100 lbs.
Tournament Friday 100 lbs..
Second day of tournament Saturday 100 lbs.

Under no circumstances may coaches agree to grant an extra pound(s) with the following two exceptions.

Dual meet:

A team is scheduled for back to back duals on two consecutive days. Team A informs Team B that within 48 hours that they have a match the day before, so both teams get an extra pound.

Team A's match the day before the match with Team B is then cancelled (bad weather etc).

The extra pound stands for the next day, even though Team A did not wrestle back to back.

Beginning with the 2008-09 season: If a practice is cancelled on Day One (snow day, bad weather, no after school activities, etc.) and a dual is scheduled for Day Two (the next consecutive day), **one** additional pound **is** allowed. The coach should notify their opponent of the extra pound as soon after they receive notice of the school closing as possible (in these situations the 48 hour notice is waived). The above chart would still apply if contests were scheduled on two consecutive days. The additional extra pound would be added on to the next event. The **two** pound allowance would continue to carry over to additional contests. At no time would a third pound be allowed.

Tournament:

A tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc). All teams in the tournament still get the extra pound.

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, the teams and all the wrestlers become ineligible. The teams will both forfeit the dual and each individual wrestler will receive a loss on their individual records. If this was a tournament, all wrestlers from all teams become ineligible and all receive a loss on their records.