

Weight Classes

In accordance with NFHS Rule 4.4.1 (a) & (b), Ohio utilizes 14 weight classes as follows:

Boys

106	113	120	126	132	138
144	150	157	165	175	190
215	285*				

*OHSAA minimum weight for the 285-weight class is 210 and 212 after 12/25.

Girls

100	105	110	115	120	125
130	135	140	145	155	170
190	235*				

*OHSAA minimum weight for the 235-weight class is 185 and 187 after 12/25.

Weight Allowance – Consecutive Days of Competition

NFHS Rule 4.5.5 states (in-part): “When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponents...”.

To take advantage of the additional weight allowance in Ohio, the Ohio High School Athletic Association (OHSAA) requires a wrestler to have previously made scratch weight and competed in the weight class for which the weight allowance will be applied. Wrestlers who have not previously made scratch weight for a particular weight class cannot use an additional weight allowance to qualify for that weight class.

This has implications for the opening weeks of a season where some teams may have had a previous competition, while other teams may not have competed before a season opening event. Assuming a weight allowance is in effect for the event (48-hour notice required), wrestlers who have previously made scratch weight and competed in a particular weight class can take advantage of the weight allowance in effect for that weight class at a subsequent event, while wrestlers who have not made scratch weight and competed in the weight class before the event will have to make scratch weight for the initial weigh-in of the event. However, once scratch weight is made for the initial weigh-in, the total weight allowance in effect for the first- and second-day weigh-ins can be used at the second weigh-in.

The bottom line: Only wrestlers who have previously made scratch weight and competed in a particular weight class can take advantage of the weight allowance in effect for that weight class at an event. If a wrestler has not made scratch weight and competed in a particular weight class, that wrestler cannot use any weight allowance in effect for the weight class to qualify for the weight class (i.e., the wrestler must weigh-in at scratch weight).

Examples:

TEAM A has a dual meet on Thursday followed by a tournament on Friday and Saturday (consecutive days of competition). Assuming TEAM A gave proper 48-hour

prior notice to all teams involved in the tournament, a 1-pound allowance is in effect for the initial weigh-in on Friday and an additional 1-pound allowance becomes effective for the second weigh-in on Saturday.

A) TEAM A's 113 pounder made scratch weight at 113 and competed in Thursday's dual meet. The weight allowance for the initial weigh-in on Friday is 1-pound. Can TEAM A's 113 pounder weigh-in at 114.0? **ANSWER: YES.** TEAM A's 113-pound wrestler previously made scratch weight and competed at 113 before the initial weigh-in on Friday.

B) TEAM B's first competition of the season is the Friday/Saturday tournament. TEAM B's 113-pound wrestler (who weighs 113.5) desires to take advantage of the 1-pound weight allowance at the initial weigh-in and qualify for the 113-weight class. Is TEAM B's 113 pounder eligible for the 113-weight class? **ANSWER: NO.** Since the Friday/Saturday tournament is the first competition of the season for TEAM B, none of TEAM B's wrestlers have made scratch weight and competed in their respective weight classes.

C) TEAM B's first competition of the season is the Friday/Saturday tournament. Accordingly, TEAM B's 113-pound wrestler knowing that he/she cannot take advantage of the 1-pound weight allowance, weighs-in for Friday's initial weigh-in at scratch weight (e.g., 113-pounds) and qualifies for the 113-weight class. For the second day weigh-in on Saturday, what is the weight allowance for TEAM B's 113-pound wrestler? **ANSWER: 2-pounds.** Since TEAM B's 113-pound wrestler made scratch weight at the initial weigh-in on Friday, he/she is afforded the full two-day weight allowance for the second weigh-in on Saturday.