Wrestling Weight Verification Roster

Name of School _____

NAME	WEIGHT	DATE

_____ _____

Signature of MD/Nurse Signature of Coach

WEIGHT VERIFICATION

Each team will conduct its own weigh-in on the second Tuesday of December under the supervision of a physician and/or school nurse. The weight sheet must be signed by the supervising physician or nurse and the coach. The sheet will then be sent to the Sport Manager and the Sport Chair within 24 hours. From that point, the wrestler will not be permitted to lose more than 7% of the signed weight. A wrestler may not wrestle in the tournament in any weight class in which he has not participated during the season. (Participation is defined as weigh-in.)