GUIDEBOOK
FOR
WEIGH MASTERS

GRECO-ROMAN WRESTLING
FREESTYLE WRESTLING
WOMEN'S WRESTLING

Second Edition

PREFACE

The role of a Weigh Master is often overlooked or dismissed as unimportant. Weigh-ins can be and often are boring, and that's a good thing. If your weigh-in is boring and uneventful, then things are going as planned and running smoothly. The absolute last thing you want is "Mayhem" appearing at your weigh-ins and causing havoc.

It is very important to understand the "Scale" is the first opponent every wrestler will face at any competition. Before a wrestler steps onto a mat, they will be 1-0 or 0-1. Beat the scale and make weight, a wrestler enters the tournament 1-0. Lose to the scale, failing to make weight (0-1); the wrestler is either out of the weight class, or worse, the tournament.

During the 2020 Olympic Trials, a weigh-in situation arose that brought scrutiny on everyone involved with weigh-ins and the weigh-in processes. Every aspect of the weigh-in process was intensely scrutinized. Fortunately, the weigh-in process for the 2020 Olympic trials was precise and protocols were followed exactly in accordance with the rules. Although, this situation occurred at the Olympic trials, these situations can and do occur at the state, regional and national level weigh-ins. Any flaw in the weigh-in process causing a wrestler to fail making weight could be deemed a breach of protocol and thus a wrestler could be allowed back into the tournament. It is important that the weigh-in process is not haphazardly executed.

As a Weigh Master, it is imperative you approach your duties with the same intensity and focus as you would at being a referee, judge, or chairman. You must ensure all weigh-in rules and protocols are applied accordingly without exception. Ensure your weigh-in crews are properly briefed. Never cut or allow corners to be cut; such as starting early, running long, or giving a wrestler a pass if they are one-tenth over. Cutting corners will eventually come back to haunt you.

I cannot overstate it enough, your integrity as a weigh master, referee, and person are on the line. Don't give away your integrity.

This guide is designed to complement the USA and UWW rulebooks and assist the prospective weigh master in his or her duties. It is intended to provide insights you can apply for a successful tournament weigh-in.

I wish each of you the very best and good luck.

<div align="center">
Tim J. Pierson
2024
</div>

TABLE OF CONTENTS

WEIGH MASTER RESPONSIBILITIES

1. The weigh-in process is the responsibility of the weigh master. As the weigh master, you will have final say on set up and process. In most cases, the Tournament Direct and LOC will already have the weigh-in set up when you arrive. It is very important to coordinate with the Tournament Director and Local Organizing Committee (LOC) to discuss weigh-in set up.

2. Ensure you familiarize yourself with the weigh-in rules listed in the USAW Rulebook.

3. Ensure you contact the Tournament Head Referee.
    a. For any guidance or concerns.
    b. Coordinate all weigh-in plans/processes with the Head Referee.

4. Ensure you contact the Tournament Head Operations Official.
    a. The Head Operations Official can provide total number of registered wrestlers to help determine the number of scales.
    b. Process for moving a wrestler up or down a weight class. At the scale or do they need to go to an over scale.
    c. If a scanner will be used for direct weight input, or weigh-in cards.

5. Ensure you contact the tournament LOC, for the following:
    a. Weigh in location.
    b. Number scales available.
    c. Any specific venue limitations.
    d. Tables and chair.
    e. Computers and scanner for direct weight input.

6. Ensure the medical check area is properly identified and set up.
    a. Trash cans for fingernail clippings, tape, trash, etc.

7. Ensure the scale area is properly identified and set up.
    a. Tables, Chairs, Scales, etc.
    b. Once at the tournament/weigh in location, ensure you personally step on every scale to check its accuracy.
        i. Ensure all scales are within one-tenth/two-tenths of a pound or .1 kilo. If Tanita scales are used, they area calibrated to two-tenths.
        ii. Scales that are excessively heavy or light should be removed and not utilized.
        iii. You may also need to use painters' tape to mark line-up positions for each scale.
    c. Ensure you have a "Check: Scale available in a general area for easy access prior to the start of weigh-ins. Leave in place until weigh-ins close.
    d. If you elect to use an "Over" scale, the lightest weighing scale should be used.

8. Ensure your movement pattern from medical check area thru the scale area is easily identified and simple to follow.

9. You are responsible for starting and ending weigh-ins.
    a. It is imperative you use an industry standard for your timing.
    b. To open weigh-ins,
        i. It is recommended you give a one-minute call in a loud voice or using the venue loudspeaker system, "Weigh-ins will open in one-minute.
        ii. Then a 30-second call, "Weigh-ins will open in 30 seconds."
        iii. Then you must announce, "WEIGH-IN ARE NOW OPEN."
            1. Do not let any of your scale operators start early.
            2. All the scales must begin at the same time.
    c. To close weigh-ins.
        i. It is recommended you give a five-minute call in a loud voice or using the venue loudspeaker system, "Weigh-ins will close in five-minutes."
        ii. Then a two-minute call, "Weigh-ins will close in two-minutes."
        iii. Then a one-minute call, Weigh-ins will close in one-minute."
        iv. The you must announce, "THE TIME IS _____WEIGH-INS ARE NOW CLOSED."
            1. Do not let any of your scale operators close early.
            2. All the scales must end at the same time.

v. Once you get towards the end of the weigh-in time frame, you can let some of your scale operators leave. However, all the scales must remain open. You will need to a few scale operators remain to assist until weigh-in officially closes.

10. **WEIGH-IN CREW THEIR RESPONSIBILITIES;**

a. **SCALE OPERATOR**
   i. Can be an Operations Official or Referee and oversee their assigned scale.
   ii. Monitors the scale and calls out the actual weight.
   iii. Making Weight.
      1. Ensure to allow the scale to settle before calling out the weight.
         a. Scale will fluctuate as the wrestler moves on the scale.
         b. Ensure the wrestler is standing motionless.
      2. Once the accurate weight is acknowledged;
         a. Ensure they enter the correct weight for the wrestler.
         b. Mark the actual weight on the weigh-in card or enter the actual weight in the computer.
         c. Confirm the weight class with the wrestler before they step off the scale.
      3. Sign or initial the weigh-in card if used.

   iv. "Over" Weight
      1. If a wrestler is over-weight,
         a. Announce in clear and loud voice, "OVER".
            i. Do Not "YELL" or "SHOUT" at the over-weight wrestler.
            ii. Yelling and shouting only adds tension to the weigh-in process.
            iii. Use a calm, conversational tone when addressing the wrestlers.
         b. At this point an over-weight controller should come to the scale, collect the wrestler with his/her credentials, and move away from the scale.
         c. Once the over-weight wrestler has departed, continue with the next wrestler in line.
         d. At this point, the over-weight coordinator will escort the wrestler with credential to the over-weight scale.

   v. Changing Weight Classes
      1. If the wrestler wants to "go down" a weight class;
         a. A wrestler may qualify for a weight class lower than they registered.
         b. The wrestler must declare they want to "go down" to a specific weight class. They must tell you which weight class.
         c. Once the actual weight is established and the weight class is confirmed, annotate the weigh-in card or enter the request in the computer.
         d. At this point, hand the wrestler back their credentials, and have them leave the scale area.
         e. Example:
            i. Registered for 152. Actual weight 141.
            ii. Qualifies for 145. Wrestler requests to "go-down" a weight class.
            iii. Write "go down to 145" on the weigh-in card or annotate it in the computer.

      2. If a wrestler wants/needs to "bump up" a weight class;
         a. The weigh-in card may have incorrect information, the wrestler is over-weight, or they may just want to move up. Regardless of the reason why, they may be required to bump-up to a higher weight class.
         b. The wrestler must clearly state, at the scale, they are "bumping up."
         c. Bumping up "IS NOT" going to the next higher weight class.
         d. Once the actual weight is established and the weight class is confirmed, annotate the weigh-in card or enter the request in the computer.
         e. At this point, hand the wrestler back their credentials, and have them leave the scale area.
         f. Example:
            i. Registered for 138. Actual weight 138.
            ii. Qualifies for 145. Wrestler requests to "bump up" a weight class to 152.
            iii. Write "bump up to 152" on the weigh-in card or annotate it in the computer.

      vi. Weigh-In Cards
1. If weigh-in cards are used, ensure handwriting is legible.
2. Ensure it is very clear that the wrestler wants to "go down" or "bump up" to another weight class.

3. 1 vs 1 . Some people write one with a flag at the top, making it look like a seven.

4. 9 vs 4 . Be sure to close the top of the nine and open the top of the four.

5. These simple handwriting tips can save a lot of time for the Operations Officials.

b. **ASSISTANT SCALE OPERATORS**
    i. Wait for the scale operator to tell you to have the wrestler step on the scale.
    ii. If using weigh-in cards, ensure they check the wrestler's credentials with the weigh-in card, have the wrestler step onto the scale, and pass the weigh-in card to the scale operator.
    iii. If using a scanner, scan the wrestler's credentials and have the wrestler step onto the scale.
    iv. Hold onto the wrestler's credentials.
    v. Once the scale operator announces the wrestler's information is on screen, have the wrestler step on the scale and stand motionless.
        1. Watch the scale base to ensure the wrestler is centered and not attempting to manipulate the scale.
           a. Wrestlers may try to stand with toes over the front or heels off the back to in an attempt to lighten the scale.
           b. They also may try to stand left or right of center for the same purpose of making the scale read light.
    vi. Once the wrestler is centered, motionless, and the scale has settled, call out the actual weight.
    vii. Wait for the Scale Operator to acknowledge the weight has been entered into the computer or annotated on the weigh-in card, and the wrestler is good.
    viii. At this point, mark the wrestler's shoulder with the actual weight, if required.
    ix. Hand the wrestler their credentials, and instruct them to leave the weigh-in area.

c. **OVER-WEIGHT CONTROLLERS**
    i. If you use an "Over" scale, over-weight controller will manage the movement of over-weight wrestlers from the scale to the "over" scale.
    ii. Ensure your Over-weight controllers understand how you want them to move wrestlers from the scale to the "Over" scale.
    iii. If a wrestler is over-weight, the Scale Operator should announce in clear and loud voice, "OVER".
        1. At this point the over-weight controller should come to the specific scale.
        2. collect the wrestler and credentials.
        3. Escort the wrestler away from the scale directly to the "Over" scale.
        4. Once the wrestler has weighed-in and the weight has been annotated either on the weigh-in card or in computer, have them exit the scale area.
    iv. If any scale is to be used for "overs", escort the wrestler, with credentials directly to any scale on the weigh-in line.

d. **MOVEMENT CONTROLLERS**
    i. Manage the flow of wrestlers from medical thru the weigh-in area
    ii. Ensure you instruct your movement controllers on the movement pattern into the weigh-in area from medical check area thru the scale area and out of the weigh-in area.
    iii. Your flow should be easily identified and simple to follow.
    iv. You may need to use painters' tape to mark your movement pattern.
    v. Instruct movement controllers speak to the wrestlers in a calm conversation tone. Instruct them not to "YELL or SHOUT" at the athletes. Yelling, shouting, etc. is unprofessional behavior It also adds unneeded stress to the weigh-in process.

e. **MEDICAL ASSISTANTS**
   i. If required, provide referees to assist trainers / medical personnel with skin / fingernail checks.

WEIGH MASTER TOOL KIT

Every Weigh Master should have a "Weigh-In Tool Kit. Each tool kit should contain a minimum of the following items.

1. PENS (Blue, Black, and Red)
   a. These will be used to write on weigh in cards.
   b. Typically, Red is used for the "Over" Scale.

2. MARKERS (Blue, Black, and Red)
   a. These will be used to mark actual weight on 18U and below wrestler's shoulder.
   b. For athletes older the 18, do not mark the athlete.

3. PAINTERS TAPE
   a. Used to mark spots on the floor in order to line up wrestlers for the scales.
   b. DO NOT bring masking tape!
   c. Venues will not let you use masking tape as it leaves tape marks on the floor.

THE WEIGH-IN PROCESS

1. Wrestlers must show their USA card and registration form to receive a weigh-in card.

2. The weigh-in area consists of medical check area and the scale area.

3. Wrestlers must be wearing a "legal - competition singlet" without modifications and without their shoes on when entering the weigh-in area. The singlet can be a state, club, or school singlet as long as it is not cut or modified in any fashion.
   a. Referees will refuse to weigh a wrestler who is not properly dressed.
   b. Referees responsible for the USAW Freestyle and Greco-Roman weigh-ins must check the wrestler's singlet that will be used during competition. The singlet must be colored predominantly in a clearly distinguishable shade of red or blue or one that mimics the UWW color scheme assuming the following criteria are met:
      i. The dominant color of red singlets shall be comprised of white, orange, pink, red, yellow, brown, or gold AND include three red color band markings.
      ii. The dominant color of blue singlets shall be black, blue, green, grey, purple, or silver AND include three blue color band markings.
   c. For males, only high cut singlets are authorized.
   d. For females, only women's cut singlets are authorized.
   e. Wrestlers competing in USAW Senior Team Trials shall be required to wear the "high cut" singlet as stipulated by UWW.
   f. The use of a low cut or two-piece singlet/uniform is not authorized at any USAW Freestyle/Greco-Roman Regional or National Championship.

4. NO PARENTS or COACHES, at all levels of competition, can accompany the wrestlers into the weigh-in area.

5. Once in the USAW event weigh-in area, wrestlers may not leave the weigh-in area or initiate any activity for the purpose of weight reduction.

6. Wrestlers should not be allowed to change out of their singlets into their normal attire in the weigh-in area.
   a. It is imperative you do not let this happen. This could quickly become a Safe Sport issue.
   b. They should be directed to a private area away from the weigh-in area to change their clothes.

MEDICAL PROCESS

1. The weigh-in process begins with a medical examination
    a. Medical examinations are always performed before the weigh-in at all levels of competition.
    b. No wrestler may be accepted at the scales if they have not undergone a medical examination (Skin Check) within the time period stipulated.
    c. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete.
    d. After being examined by qualified trainer(s) and/or physician(s), a wrestler may be eliminated due to the danger of any contagious disease.
    e. Please note, it is no longer required for singlet straps to be lowered for medical/skin check.
        i. This requirement has been removed in accordance with safe sport.
        ii. If you notice a wrestler with their straps down, ask them to place pull their straps up.

2. Once a wrestler has been successfully screened by medical personnel, they should proceed to the scale area.

AT THE SCALE PROCESS

1. **USAW Freestyle and Greco-Roman Regional and National events:**
    a. A wrestler shall have two consecutive attempts to make weight.
        i. First Attempt.
            1. The initial attempt when called to the scale.
            2. If successful, the wrestler's weight is appropriately annotated and the leave the weigh-in area
        ii. If over-weight on the first attempt
            1. The over-weight wrestler is immediate taken to another tournament provided scale or designated "over" scale in order to re-weigh.
            2. If successful, the wrestler's weight is appropriately annotated and the leave the weigh-in area.
            3. If unsuccessful and still overweight, the wrestler can potentially move up a weight class, if the tournament allows, or is disqualified from the tournament.

2. **UWW National Team qualifying events:**
    a. Senior, U23, U20, and U17 have adopted a two-day weigh-in format.
    b. The first weigh-in
        i. Will occur the morning of the first day of completion and shall last 30 minutes.
        ii. All wrestlers must attain scratch weight.
    c. The second weigh-in
        i. Will occur the morning of the second day of competition
        ii. Will only involve the competitors still active in the weight category. This weigh-in shall last for 15 minutes, unless otherwise noted.
        iii. All wrestlers must attain scratch weight.
    d. Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish within the scheduled weigh-in time frame.
    e. Over-weight wrestlers may leave the weigh in area.
        i. However, they must re-weigh before the mandatory end time.
        ii. If an over-weight wrestler does not re-weigh, they will be scratched from the tournament.

WEIGH-IN AREA SET UP

1. Determine a designated weigh-in area
    a. Will your location be in an isolated room which has restricted movement?
    b. Or will your weigh-in area be on the venue floor, using mat side computers, and will have open access?

2. How will the wrestlers move into the weigh-in area, to the scales, and then out of the weigh-in area?
    a. Your flow should be logical and easy to follow.
    b. This is very important as wrestlers will quietly follow the flow if it's easily understood.

3. Determine scale placement and movement once in the weigh-in area.
    a. No coaches, parents or fans are permitted in this area.
    b. Ensure you will be able to restrict non-weigh-in personnel from entering.

4. Will you use a "Last Chance" scale, or will every scale be used if a wrestler is over weight?
    a. How will you move the over-weight wrestler to the "Last Chance" scale?
    b. If an "Over" scale is used, ensure it is the lightest weighing scale you have.

SCALE SET UP

1. Scale setup has three distinct options.
    a. Scale facing the wrestler.
    b. Scale facing the Scale Operator.
    c. Scale visible by the Scale Operator, Assistant Scale Operator and Wrestler.
    d. It is highly recommended the scale face is place so the weighing wrestler can see their actual weight. This will eliminate any perceived impropriety by either the weigh-in crew or wrestler.

2. Regardless of which scale set up you use, ensure your set up in conducive to a smooth flow to the scale and away from the scale.

3. Your Assistant Scale Operator should be positioned to scan credentials and mark the shoulder, if required, and while not impeding the movement on and off the scale.

4. If you use a "Over" scale, ensure the set-up is exactly like the scales in the weigh-in area.

OFFICIAL START AND END TIME STANDARD

1. As Weigh Master, it is highly recommended a universally recognized time standard to start and end weigh-ins.

2. Cell phones, wrist watches, and venue clocks are not precise enough and too many variances for weigh-ins could ultimately cause timing problems.

3. The Official U.S. time standard that has been used for the World Team Trials and Olympic Trials is https://time.gov.
    a. This website can be accessed by your smart phone.
    b. The time standard (www.time.gov) is also utilized by the Department of Commerce (National Institute of Standards and Technology) and the Department of Defense.
    c. If the venue can support, it is encouraged to have the official time displayed on jumbo-tron so everyone can see the exact time.
    d. You will never be incorrect if you use the www.time.gov site for your weigh-in starts and stops.
    e. Additionally, anyone can access the time website.

TOURNAMENT SCHEDULING

LOCATING TOURNAMENT SCHEDULES

1. Ensure you locate and download the tournament schedule.
2. All USAW Tournament schedule can be found on the USA Wrestling webpage; https://www.teamusa.org › usa-wrestling.
3. Once you download your tournament schedule, ensure you familiarize yourself with all the weigh-in dates and times.
    a. It is imperative you continuously monitor the USAW website for any changes to the schedule.
    b. Changes do occur without notification, and it is your responsibility to stay current.

DOWNLOADING TOURNAMENT SCHEDULES

1. Open the USA Wrestling website and click on the "MENU" tab.

2. Once the "MENU" tab is clicked, you will see an "EVENTS" tab on the left side of the screen.

3. Click on the "EVENTS" tab.

4. Once the "EVENTS" tab is clicked, the right side of the screen an "EVENTS WEBSITE" and "EVENTS SCHEDULE" will appear.

5. Click on the "EVENTS SCHEDULE" tab. This will provide you with a detailed listing of all the upcoming tournaments.

6. Locate your tournament, click on the tournament title, and download the current version.

SIMPLE VERSUS COMPLEX TOURNAMENT SCHEDULES

1. Tournament scheduling is anything but routine.

2. Tournament schedules can range from simple to complex dynamic schedules.

3. Ensure you are fully aware of the following;
   a. What day(s) are weigh-ins to be conducted?
   b. How many weigh-ins per day will be required?
   c. What time of day will weigh-in begin and end?
   d. What location are weigh-ins to be conducted?

POST TOURNAMENT WEIGH MASTER REPORT

1. Upon completion of all weigh-ins for your tournament, you also have the responsibility to complete a Post Tournament Report.

2. This report will be submitted to the USWOA office for evaluation and use in order to improve our weigh-in process.

3. Then post tournament report can be found at the USWOA website, "www.uswoa.com."

ACCESSING THE POST TOURNAMENT REPORT

1. Open the USA Wrestling website and locate the "OFFICIALS TOURNAMENT RESOURCES" tab.

2. Once the "OFFICIALS TOURNAMENT RESOURCES" tab is clicked, a "TOURNAMENT RESOURCES click here" tab will appear.

3. Next, click on the "TOURNAMENT RESOURCES" tab is clicked, you will be provided with a host of forms and reports for tournament operations.

4. Locate and click on the "TOURNAMENT WEIGH MASTER REPORT FORM".

5. Once clicked, the "USAW Weigh Master Tournament Report" will appear.

6. The Weigh Master Report is an automated form that requires you to fill in the blanks and submit.