



CIF/CENTRAL COAST SECTION
 6830 Via Del Oro, Suite 103,
 San Jose CA 95119
 408-224-2994 / 408-224-0476 (FAX)
 www.cifccs.org

ALL-GIRL COMPETITION WEIGHT CLASSES:

98, 103, 108, 114, 118, 122, 126, 132, 138 146, 154, 163, 189, 235

1. At the time of weigh ins:

A. **Per NFHS Rule 4-4-2 a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor;**

1. If the wrestler weighs in **one weight class below their lowest allowable weight** class for that week per their Individual Weight Loss Plan (**IWLP**), they are ineligible to wrestle at the weight class in which they made weight, but are eligible per NFHS Rule 4-4-2 to wrestle only at the lowest weight class listed for that week on their Individual Weight Loss Plan. (a contestant is allowed to wrestle one weight class above the class for which the actual weight, at the time of weigh in, qualifies the competitor)

EXAMPLE:

- A wrestler's **IWLP** for that week shows a minimum weight for that wrestler of 107 and, therefore the minimum weight class for that week of 112 lbs (boys). However, the all-girls competition allows for a weight class of 108.

<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>
Date: <u>xxx</u>	Date: 107	112/119 (boys)	102

- The wrestler weighs in at the competition at 102 lbs for her **Actual Weight**. Her FEMALE Elig Wght classes should be 108/114
- The wrestler has weighed in **one weight class below her lowest allowable weight class** and below her minimum weight for that week per her IWLP. (lowest allowable weight class for this week was 108's, lowest weight 107.)
- This wrestler cannot wrestle at 114's as she is below her minimum weight and minimum weight class for that week. She can only wrestle one weight class above her actual weight (per NFHS Rule 4-4-2, so she may **ONLY** compete in the 108 lb weight class at this competition. She may **NOT** wrestle at 114's or 103's.

2. If the wrestler weighs in **two or more weight classes below their lowest allowable weight class** per their Individual Weight Loss Plan, they are **ineligible** to wrestle in any weight class at that competition.

EXAMPLE:

- A wrestler's **IWLP** for that week shows a minimum weight for that wrestler of 107 and, therefore the minimum weight class for that week of 112 lbs.

<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>
Date: <u>xxx</u>	Date: 107	112/119 (boys).	97.5

- The wrestler weighs in at the competition at 97.5 lbs for her **Actual Weight**.. Her FEMALE Elig Wght classes should be 108/114.
- The wrestler has weighed in **two weight classes below her lowest allowable weight class** and below her minimum weight for that week per her IPF. (lowest allowable weight class for this week was 108's, lowest weight 107.)
- This wrestler cannot wrestle at 98's, 103's, 108's, or 114's as her weight is two weight classes below her minimum weight class for that week. She cannot wrestle at ANY weight class in this competition. She has lost too much weight too quickly. She may **NOT** wrestle in this competition in any type of competition. She is ineligible. (e.g. no exhibition, scrimmage, etc. etc. competition is allowed for ineligible athletes)

3. If the wrestler weighs in at a weight class higher than their allowable weight classes per their Individual Weight Loss Plan, they may wrestle in compliance with NFHS Rule 4-4-2; (a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor)

EXAMPLE 1:

➤ A wrestler's **IWLP** for that week shows a minimum weight for that wrestler of 107 and, therefore the minimum weight class for that week of 108 lbs.

<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>
Date: <u>xxx</u>	Date: 107	112/119 (boys)	116

- The wrestler weighs in at the competition at 1165 lbs for her **Actual Weight**. Her FEMALE Elig Wght Class should be 108/114
- The wrestler has weighed in **at a weight class higher than their allowable weight class** for that week per her IPF. (allowable weight classes were 108/114)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 118's or 122's at this competition.

EXAMPLE 2:

➤ A wrestler's **IWLP** for that week shows a minimum weight for that wrestler of 107 and, therefore the minimum weight class for that week of 108 lbs.

<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>
Date: <u>xxx</u>	Date: 107	112/119 (boys)	113.5

- The wrestler weighs in at the competition at 113.5 lbs for her **Actual Weight**. Her FEMALE Elig Wght Class should be 108/114.
- The wrestler has weighed in **at the higher weight class allowed that week on the IWLP**. (allowable weight classes were 108/114)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 114's or 118's at this competition.

B. The Official on site will verify any disputes.

- **Protests must be filed in writing, with the Athletic Director and/or Principal's signature, within 24 hours of the problem with the CCS Weight Management Coordinator, Duane Morgan. (FAX: 408 224-0476)**