2023-2024 **Wrestling**

Boys _____ Girls _____ Jr. High _____ High School _____

2023-2024 OSSAA CERTIFIED MINIMUM WEIGHT LIST

1. All wrestlers (including non-starters) in grades 7-12 shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 16, 2023 and the third Saturday of January. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("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.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight.
2. A wrestler who was not able to certify his/her minimum weight prior to January 20 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstances.
3. Once a wrestler certifies their minimum weight, they can only weigh in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.
4. A two-pound growth allowance will be given to all wrestlers in grades 7-12 beginning on January 1 and will continue for the remainder of the wrestling season.
5. This form must be received in the OSSAA office by January 24,2023 listing all wrestlers (including **non-starters**) in high school and/or junior high school in grades 7-12. **If additional space is needed, please duplicate this form.**

COMPLETE A SEPARATE FORM FOR EACH GENDER AND DUPLICATE
LIST HIGH SCHOOL AND JUNIOR HIGH WRESTLERS ON SEPARATE FORMS
ONE COPY RETAINED BY HOME SCHOOL AND ONE COPY TO THE OSSAA

NAME OF PARTICIPANT	GRADE	ACTUAL CERTIFICATION WEIGHT	DATE	SITE/EVENT

School _____ Class _____ Date _____

Coach Signature _____

Principal/AD Signature _____