MONTANA HIGH SCHOOL ASSOCIATION
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RECORD OF WRESTLERS QUALIFYING WEIGH-INS - 50% RULE

Schools must be aware of a very important clarification in regard to the wrestling section of the MHSA Handbook. In the Wrestling Section, Weight Control Program, Section II, the MHSA Executive Board approved the following weight management procedure :

(8) The MHSA Record of Wrestlers' Qualifying Weigh-Ins form must be completed and presented to the divisional/seeding tournament manager verifying that the wrestler has complied with the 50% rule, which states: For health and safety reasons, Montana's weight control program shall require each wrestler to have at least one-half of weigh-ins during the season at the minimum weight the wrestler will compete in during the divisional and state tournament series.

This record should include the names of each individual wrestler, his/her minimum certified weight, the dates and sites of the regular season competitions, the actual weigh-in amount that week and the total number of weigh-ins the wrestler participated in during the season **PRIOR** to the divisional / seeding tournament. Any wrestler who anticipates wrestling in a divisional/seeding tournament must make weight in one-half of the weigh-ins during the season at the weight in which they will compete during the post season.

EXAMPLE: If the wrestler weighs-in seven or eight times during the season, the wrestler is required to make weight in at least four of the weigh-ins, in their anticipated post season weight class. If the wrestler cannot comply with this regulation, the wrestler will not be permitted to wrestle in that weight class, but the wrestler may wrestle in a higher weight class, provided the wrestler makes weight for the divisional/seeding tournament.

(Last Name First) Name of Wrestler	Certified Minimum Weight	DATES, SITES AND ACTUAL WEIGHT FOR MHSA WRESTLERS SCHOOL																		TOTAL SEASON WEIGH-INS
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
		Date																			
		Site																			
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