

# Certification of Weight Classes

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There are a few different terms used when discussing Certification:

**Hydration test:** Urinating into a cup (not a drug test) and urine being clear enough to pass the hydration test

**Alpha weigh-in:** What the wrestler weighed before the first day of practice AND when they passed the hydration test.

**Certification:** Certifying is when the wrestler passes the hydration test for the 2<sup>nd</sup> time AND makes scratch weight (no weight allowance)

Kids must weigh-in and pass a hydration test before they can practice: Alpha weigh in. Wrestlers will only be allowed to lose 8% of their body weight from alpha weigh-ins to the end of the season. The attached chart shows what a wrestler must Alpha weigh-in at in order to wrestle in a particular weight class.

Kids must then again make scratch weight (106 lber must weigh 106.0 lbs.) and pass the hydration test at their certified weight/weight they want to wrestle for regionals and the state tournament. This must be done before Christmas.

After Christmas break wrestlers who have certified will be granted a 2 lb. growth allowance over their weight class (i.e. 106 lb. wrestlers can then weigh in at 108 lbs.).

Wrestlers must have at least 50% of their weigh-ins at the weight class they wrestle for regionals and state.

Wrestlers always have the option of going up in weight classes without any consequence.

Wt. Class (lbs.)	Alpha-Must Weigh below (lbs.)	Most weight can lose (lbs.)
106	115.2	9.2
113	122.8	9.8
120	130.4	10.4
126	136.9	10.9
132	143.4	11.1
138	150.0	12.0
145	157.6	12.6
152	165.2	13.2
160	173.9	13.9
170	184.7	14.7
182	197.8	15.8
195	211.9	16.9
220	239.1	19.1
285	309.7	24.7