



VHSL Wrestling Pound Allowance Procedures

The following are the recognized rules and policies of the Virginia High School League regarding wrestling pound allowances:

In the VHSL handbook 88-4-1 (3), all wrestlers will receive a one-pound allowance on January 1 when the Weight Control Program (WCP) testing is completed on or before December 15 with the exception of wrestlers participating in fall season playoffs as outlined in the VHSL handbook. All wrestlers will receive an additional one-pound growth allowance on February 1 when WCP testing is completed on or before January 15 for a two-pound total allowance.

In the NFHS rulebook 4-5-5, when there are consecutive days of a team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for the opponents.... Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the one-pound allowance, with the exception of the required 48-hour notice.

Granting or accepting more than the pound allowance available will result in:

- 1- Forfeiture of all individual matches
- 2- Penalty for use of an ineligible participant/player (\$100 fine)
- 3- A Sportsmanship violation report submission to the League office.

Any questions or concerns about the VHSL wrestling pound allowance procedures should be directed to Tom Dolan, tdolan@vhsl.org or 434 977-8475. Questions concerning potential violations or reporting violations should be directed to Tom Zimorski tzimorski@vhsl.org or 434 977-8475.