

## The 50% Rule for NYS Weigh-Ins

All wrestlers in NYS must have weighed in at their certified weight class a minimum of 50% for the season. It has been 50% since the 2006- 2007 season. (In 2005-2006 the percent was 33%.)

All wrestling teams in NYS are under the 20 point rule. Most teams will compete in 10 duals and 6 tournaments. A wrestler with a full schedule will most likely weigh-in for 16 events. (10 duals + 6 tournaments)  
A double weigh-in for a 2-day tournament only counts as one weigh-in as it is only one event.

To be eligible for post-season competition, all wrestlers must have six contest, on six different dates (or a waiver must be applied for).

Therefore all wrestlers in NYS entering the post-season will weigh in a **minimum of 6 times** and a **maximum of 16 times**.

Based on the actual number of weigh-ins for each individual wrestler, the chart below is used to determine how many weigh-ins are needed at a certain weight class to be able to complete at that weight in the post-season. The 50% rule requires you to round up to the next whole number for any fraction over.

**New, Standardized Honor weigh-in forms must be kept on file to verify the correct number of weigh-ins. Coaches should also bring the new honor weigh-in form to all tournaments they complete in.**

**50% Chart**

Wrestler's total # of weigh-ins	6	7	8	9	10	11	12	13	14	15	16
Weigh-ins x .5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8
# of weigh-ins needed in season at the post-season weight class to be eligible to wrestle at that weight	3	4	4	5	5	6	6	7	7	8	8

If an injury occurs prior to the wrestler getting their required number of weigh-ins: they may not wrestle at the lower weight as they have not weighed in the proper number of times.