

Weigh In Rules:

- 1.A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
- 2.A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh in attempt is granted within the scheduled time period. A scale, one that is calibrated the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check prior to stepping on the Official Scale.
- 3.Before stepping on the Official Scale, athletes are required to show their valid ID and their virtual athlete credential.
- 4.Any irregular action by the athlete or their coach during the weigh-in process may result in disqualification from the event.
- 5.Weigh in for adult athletes 18 years old and older, for both male and female, shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for adult male athletes and underpants and bra for adult female athletes. Under no circumstances may an athlete weigh-in in the nude in the United States.
6. Minor athletes who are 17 years old or younger must weigh-in wearing clothing or Dobok ONLY. Minor athletes will be given a 0.2kg allowance for clothing. One parent or guardian of the same sex will be allowed in the weigh-in room with their child.
7. Phones are NOT ALLOWED in the weigh in area unless being used to show virtual credentials. Pictures and/or videos are absolutely not allowed to be taken while in the weigh in area.