

a. **Weigh-ins**

- i. For all AAU national events weigh-ins will last for four hours and take place the day before competition begins. Satellite weigh-ins are allowed. An AAU official will be present in the weigh-in room during all scheduled weigh-ins. **There will be only one weigh-in for either single or multiple day events.**
- ii. All wrestlers must weigh-in wearing a singlet.
- iii. Re-weighs are not allowed.