

# Vista Ridge Youth Wrestling Club

## Wrestler Checklist for Tournament

- Finger Nails:** MUST be trimmed
- Hair:** Above the collar and ears and not hanging in the eyes
- Wrestling Shoes
- Socks
- Headgear
- Singlet
- Wrestling Team Shirt
- Wrestling Team Sweatshirt (if you have one)
- Sweatshirt
- Water Bottle
- Healthy Snack(s)
- A few bucks (just in case)
- MP3 Player (optional)
- Book (optional)
- Medical Requirements – Inhaler, etc...

### WEIGH-IN PROCEDURES

- Singlets shall be worn at all weigh-ins. No weight allowance shall be given for the singlet. **Tots may weigh in shorts only.**
- It shall be the responsibility at weigh-in to examine and clip fingernails.
- Vista Ridge wrestlers will be expected to keep shirt/sweats on over singlet until their match is next.
- Officials and referees will pay special attention to contagious skin disorders.
  - Athletes must be prepared and must submit to a skin disease screening prior to weigh-in.
  - A doctor's note on said doctor's official letterhead may be required stating that a current skin condition is not contagious.