



Colorado High School Activities Association

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*'Seeking Excellence in Academics, Activities and Athletics'*

Recommendations for high school weigh-ins for transgender wrestlers in Colorado  
Rationale: As the sport of wrestling evolves, it has attracted athletes from throughout our society. This includes transgender athletes who are participating in wrestling. Weigh-ins for all athletes can be an area of sensitivity, for athletes, coaches and officials alike. Because the NFHS wrestling rules book does not specifically address weigh-ins for transgender wrestlers, the Colorado High School Activities Association (CHSAA) has developed recommendations for how to conduct weigh ins for transgender wrestlers.

The basis for these recommendations are to maintain decorum and to ensure respect and consideration for the athletes, the coaches, and the officials. At no time should there be any discussion concerning the gender of athletes involved in the weigh-in. Privacy of all athletes should be maintained during weigh-ins.

Recommendations for weight certification of transgender wrestlers:

It is recognized that the National Wrestling Coaches Association (NWCA), through extensive study, is the authority concerning weight management issues in high school wrestling. In an effort to improve athlete safety, the NWCA enacted the current weight management system used by several states for high school wrestling, including Colorado. Included in the system are body fat minimums of 7% for males and 12% for females. These minimums are based on physiological standards for safety among adolescent athletes. In the case of the transgender wrestler, where gender reassignment procedures (surgery or hormone therapy) have not been completed, the minimum allowable body fat for the wrestler will be determined by the athlete's gender assigned at birth.

Recommendations for weigh-ins of transgender wrestlers:

1. It is recommended that, once a school/coach recognizes that there is a transgender athlete that is competing on the wrestling team, the school should work closely with the athlete and with the school administration and counselors prior to the first official weigh-in of the season to determine the following:
  - a. What gender does the athlete identify with?
  - b. How does the athlete desire to be weighed in?
    - i. In accordance with NFHS Rule 4-5-1, shoulder to shoulder with opponents of the gender that the athlete identifies with?
    - ii. In a separate weigh-in supervised by an adult of the same gender that the athlete identifies with?
    - iii. In a separate weigh-in supervised by an adult of the same gender as that assigned at birth of the athlete?

2. Once the coach/athletic director are aware of how the athlete would like to be weighed in, the coach/AD shall contact opposing dual teams or tournament directors, as well as the official/weigh master for the match/tournament, at least 48 hours in advance of competition to inform them of the considerations that will be in place for weigh-ins of their athletes. To maintain the privacy of the athlete, the extent of the conversation should not exceed something similar to: “I have a wrestler who will need to be weighed-in separately with a male/female supervisor.”
3. If the transgender athlete’s gender assigned at birth is female and gender reassignment procedures have not been completed, or if the transgender athlete’s gender assigned at birth is male but weighing in and competing as female, then the athlete, in accordance with NFHS Rule 4-5-7, must wear a suitable undergarment that covers the breasts. This undergarment may be a compression shirt that complies with NFHS Rule 4-1-1a for undergarments suitable for competition. All athletes, regardless of gender, must wear a suitable undergarment that covers the buttocks and the groin area.
4. The same weigh in procedure for each individual athlete shall be consistent throughout the season, as it is with all other athletes. (The weigh in procedure for a transgender wrestler shall not vary from official weigh in to official weigh in.)

The Colorado High School Activities Association’s transgender policy should be referenced for more information. Please contact Ernie Derrera, Assistant Commissioner for the CHSAA, with questions regarding the recommendations. 303-344-5050 or [ederrera@chsaa.org](mailto:ederrera@chsaa.org)