



Weigh-in Controversy at the Paris Olympics

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Why in News?

Recently, **Vinesh Phogat (Indian Wrestler)** failed to make a **crucial second weight cut, which prevented her from participating in the gold medal bout**, thus ending her chances of medaling at the Paris Olympics. She was 100 grams overweight at the weigh-in.

What is Controversy Related to Weigh-in at the Paris Olympics?

- **Background:** She had been participating in the **53 kg category until recently** before she made the switch to 50 kg at the Paris Olympics.
 - Phogat's usual weight is around 55-56 kg, which she has to cut to 50 kg on the days of competition.
 - She is already lean due to intense training, with very little body fat left to lose.
- **Methods of Weight Cutting:** Athletes typically use various methods.
 - **Dehydration:** Reducing water intake and using **saunas or sweat suits** to lose water weight.
 - **Dietary Restrictions:** Limiting calorie intake and **following low-carbohydrate diets**.
 - **Exercise:** Engaging in **intense workouts to burn calories** and lose weight quickly.

What is Weigh-in at Paris Olympics 2024?

- **UWW Rules on Weigh-ins:** According to **United World Wrestling's (UWW)** Olympics weigh-in rules, wrestlers **have to weigh in on the morning of their competition**.
 - Athletes must **weigh in at or below the category limit** on all competition days. Olympic **wrestling competitions occur over two days**, requiring weigh-ins on both days.
 - Phogat made **weight on the first day but failed to meet the 50 kg limit on the second day**, resulting in her disqualification.
- **Consequences of Failing the Weigh-in:** Athletes **failing to weigh in on either day** are disqualified and **ranked last, without rank**, unless injured on the first day.
- **Injury Exception:** Injured athletes on Day 1 are exempt from the second weigh-in and can retain their results. Injuries after Day 1 still require attending the second weigh-in.
- **Format Change for Olympic Wrestling:** Before 2017, Olympic wrestling competitions in each weight category occurred in one day, **with athletes weighing in only once**. In 2017, **UWW changed to a two-day format to improve fairness** and athlete safety, requiring athletes to weigh in on both days of competition.

How Can a Wrestler Gain More Weight in Kilograms after Correcting on Day 1?

- **Rehydration and Recovery:** After Day 1 weigh-in, wrestlers **rehydrate and replenish with fluids**, electrolytes, and carbohydrates, **regaining much of the lost weight**.
- **Temporary Nature of Weight Loss:** **Weight lost via dehydration** is mostly water weight, regained once normal hydration and eating resume, leading to higher Day 2 weight.
- **Impact on Performance:** **While rehydration restores energy**, rapid weight changes can

impact performance, **causing fatigue, cramps, and reduced endurance** if not managed well.

- **Strategic Advantage:** Some wrestlers use weight **cutting to gain a competitive edge** by weighing more on **competition day, enhancing power and strength** against less-depleted opponents.

Note:

- In another development related to Paris Olympic, **Swapnil Kusale won the bronze medal in the men's 50-metre rifle three positions event.**

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