

The Utah Wrestling Weight



Monitoring Program

The establishment of a minimum wrestling weight class based on not less than 7% body fat for males and not less than 12% for females is required for all high schools. The UHSAA does not advocate that a wrestler's established minimum wrestling weight class is the athlete's best weight class, but simply the minimum weight class at which the athlete will be allowed to compete.

The UHSAA will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler and use this minimum wrestling weight to assign a minimum weight class. Assessors will use the NWCA Optimal Performance Calculator as a data reporting tool. Schools will utilize the site as a data retrieval tool and nutritional program supplement.

I. NUTRITION COMPONENT

A. The NWCA in conjunction with the NCAA and the NFHS have developed the interactive on-line program to allow parents and students to work together to build an appropriate nutritional plan. This component is part of the NWCA Optimal Performance Calculator and is available to every wrestler that participates in the Utah Wrestling Weight Monitoring Program.

The site bases menus on a 55 percent carbohydrate, 30 percent fat and 15 percent protein dietary profile and uses specific volumes and serving sizes. The program also recommends diets and sample menus and offers choices based on personal preferences.

B. After assessment results are inputted the NWCA Optimal Performance Calculator automatically issues every wrestler a code and password that allows access into the nutrition program. Coaches have the ability to print and distribute these codes to each wrestler after their initial assessment has been completed and their data is entered into the program.

C. Parents are encouraged to participate in the development of an appropriate nutritional plan. The NWCA Optimal Performance Calculator can be found at <http://www.nwcaonline.com/performance/Scholastic/>

II. ESTABLISHING CERTIFIED MINIMUM WEIGHTS

A. Bioelectrical Impedance will be utilized to determine each wrestler's body fat percentage. Only measurements taken by persons who have successfully completed the UHSAA BIA Assessor Workshop will be accepted. Beginning with the 2006/2007 season, schools will receive a list of UHSAA Certified BIA Master Assessors and certified assessors. It will be the responsibility of the school to contact a master assessor from this list and arrange a time to have the wrestling squad measured **or** attend an UHSAA sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and it appears on the school's Alpha Master Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.

B. The lowest weight class at which a wrestler may compete at will be determined as follows:

1. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is **exactly** that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class. This is after a 1.5 percent variance applied after testing.
2. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is less than **0.9** pound(s) from one of the adopted weight classes, that weight class shall be the wrestler's minimum weight class. This is after a 1.5 percent variance applied after testing.
3. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is **greater than or equal to one pound** from one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class. This is after a 1.5 percent variance applied after testing.
4. Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is **below** 7% for males must obtain in writing a licensed physician's (*As per Utah Code 58*) clearance stating that the athlete is naturally at this sub- 7% body fat level. In the case of a female wrestler, written physician's clearance must be obtained for an athlete who is sub-12% body fat. A physician's clearance is for one season duration and expires March 1st of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight at the time of initial assessment. No variances will be offered other than to round down to the next pound in the event tenths of pounds are measured. For example, a wrestler at 103.7 pounds at or below 7% for males and 12% for females would be allowed a certified minimum weight at 103 pounds.

III. TIME PERIOD FOR MEASUREMENTS

- A. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school Alpha Master Form located in the NWCA database.
- B. If a wrestler is unable to participate in the Bioelectrical Impedance Assessment because of factors outside of his/her control, UHSAA staff will determine the appropriate alternative assessment method (Skin Fold, Bod Pod, or Hydrostatic Weighing) that will be used to determine the certified minimum wrestling weight for the wrestler.
- C. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his most recent assessment and voids all appeal options allowed within this policy.
- D. Assessments may begin on the first practice date allowed by the UHSAA. (November 6, 2006) Wrestlers may be measured any time on or following this date to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
- E. The specific gravity of the urine will determine whether a wrestler may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the Bioelectrical Impedance assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 48 hours in order to be retested. Testing may only be completed using a fiber-optic digital refractometer.
- F. The week prior to the Region Tournament is the deadline to establish a minimum wrestling weight. In all cases, the certification must be completed before the Region seeding meeting. Wrestlers must get at least one official weigh-in prior to the region meet in order to compete in the region tournament.
- G. Unusual situations must be arranged with the UHSAA in writing before deadline or due dates. (e.g. If the Tanita gives an "Error" reading on two consecutive readings with a wrestler, a report should be sent to the UHSAA and a plan to use another method to test body fat.

IV. SCHOOL RESPONSIBILITIES FOR THE MEASUREMENT PROCESS

- A. It is the school's responsibility to attend a testing site.
 - B. If a school cannot attend a regional testing site, they may conduct a local testing site by contacting and contract with an UHSAA Certified BIA Master Assessor from the list provided by the UHSAA.
- A minimum of one (1) UHSAA Certified BIA Master Assessor per site and one (2) Certified BIA Assessor(s) are required for each scale/refractor. The Master Assessor will be responsible for contacting and contracting with the Assessor(s) to assist with any local testing sites. Schools may not contract with Assessors. They must contact a Master Assessor to conduct a local testing site. See Section IIX for a definition of the two types of assessors.

Schools choosing to contract with an UHSAA Certified BIA Master Assessor will be required to have available at the time of assessment:

1. Tanita **TBF-300W** Body Composition Analyzer.
2. A fiber-optic digital refractometer and necessary materials.
3. Five volunteers (for each scale(s)/refractometer(s)) to assist with:
 - i. Assist with measuring height
 - ii. Assist with the recording of data.
 - iii. Assist with urine specific gravity testing.
4. Cups, forms filled out by wrestlers,
5. Computer with Internet Connection

V. GROWTH ALLOWANCE

- A. The Utah Wrestling Weight Monitoring Program awards a two-pound growth allowance on January 15.
 - B. The January 15th growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for a wrestler.
 - C. In order to utilize the growth allowance a wrestler shall compete at "scratch weight" in the desired weight class at least once prior to the Region Tournament. The two-pound growth allowance would count as a scratch weigh-in after January 15.
- SCRATCH WEIGHT:** *References within the Utah Wrestling Weight Monitoring Program to the term "scratch weight" refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation established weight classes less growth allowance and/or any consecutive day allowance awarded under NFHS Wrestling Rules.*

VI. WEIGHT LOSS PER WEEK

- A. A weight loss limit of 1.5% of body weight, at the time of initial assessment, per week has been set. A season long weight loss plan will guide his/her weight loss during the season.
- B. The weight loss plan will determine which weight classes a wrestler may participate at each week. **Note: See Chart A for example season long weight loss plan**

C. Participation in any weight class above the eligible weight classes defined by the weight loss plan will require the wrestler to recalculate their decent so as to not lose more than 1.5% of the body weight per week. Wrestlers may however continue their decent to the minimum weight throughout the season as long as the 1.5% rule is in effect.

D. **Coaches are required to enter the actual weigh-in weight of each participant within 48 hours of a dual or tournament where a wrestler obtains a legal weigh-in. The weight sheet will be re-calculated daily so that coaches may print and verify legal weights before each dual or tournament weigh-in. Game officials are asked to verify weights from the NWCA printout before each dual meet or tournament.**

D. **PENALTY** --A wrestler who participates at a weight class, below the eligible weight classes defined by the weight loss plan, before the proper amount of time has passed to achieve the weight class will be considered an ineligible participant.

Chart A

(Example Season Long Weight Loss Plan)

Weight at Initial Assessment = 170 lbs Body Fat% = 18%		1.5% loss per week = 2.55 lbs Minimum Wrestling Weight (at a calculated 7% Body Fat) = 149.89 lbs	
Time From Weight Certification	Projected Weight	Eligible Weight Classes	
Week 1	167.45	171 or 189	
Week 2	164.90	171 or 189	
Week 3	162.35	171 or 189	
Week 4	159.80	160 or 171	
Week 5	157.25	160 or 171	
Week 6	154.70	160 or 171	
Week 7	152.15	160 or 171	
Week 8	149.89	152 or 160	
Week 9	149.89	152 or 160	
Week 10	149.89	152 or 160	
Week 11	149.89	152 or 160	
Week 12	149.89	152 or 160	
Week 13	149.89	152 or 160	
Week 14	149.89	152 or 160	

Note 1: Chart A assumes initial assessment performed during Week 1. The date of your initial assessment directly impacts the number of weeks that a wrestler has to complete the weight loss plan. Depending on initial assessment date and result, some wrestlers will not achieve minimum wrestling weight within the 14 week time period.

Note 2: In the example weight loss plan the wrestler reaches their established minimum wrestling weight during Week 8. The wrestler will not be eligible to participate at a weight class below 152 lbs regardless of their actual weight at any point after Week 7.

Note 3: The actual weight in which a wrestler may participate will adjust upward if the wrestler is not constantly descending toward their minimum weight. This example assumes the wrestler is maintaining their decent toward their minimum weight allowed by rule.

VII. APPEAL PROCESS

***NOTE:** In order to utilize the results of an appeal the school must receive notification from the UHSAA office prior to allowing the appealing athlete to compete.*

Any athlete may appeal his/her assessment results one time by reassessment using Air Displacement Plethysmography (Bod Pod) assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

A. The Air Displacement Plethysmography (Bod Pod) Assessment shall occur within 14 calendar days of the initial assessment date **unless** a written extension is granted by the UHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Failure to meet these conditions or timelines is cause for denial.

B. The school shall file a "Air Displacement Plethysmography (Bod Pod) Proposal" prior to appeal. The UHSAA will assign the appeal facility. When the proposal is granted the school has the responsibility to contact a UHSAA BIO Master Assessor to schedule the assessment.

C. Appeal sites are located at Utah State, Weber State, University of Utah, BYU, and SUU.

D. Reassessment includes Hydration Assessment

E. Air Displacement Plethysmography (Bod Pod) units must be approved by the UHSAA.

F. Air Displacement Plethysmography (Bod Pod) Assessment must be conducted before the wrestler participates for the first time.

G. **PENALTY** - A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy. This means that no wrestling is allowed until the appeal has been completed, without voiding the appeal. This is to ensure a timely completion of the appeal.

VIII. COSTS

A. All costs incurred for initial assessment, appeal process, and NWCA Optimal Performance Calculator are the responsibility of the school, student or parent.

B. Charges for the regional testing sites is \$5.00 per athlete. This also includes free admission to the other regional testing sites for re-testing, in the case of a failed hydration test. (i.e. there will not be an additional charge to go to another regional testing site if an athlete failed the hydration test and needs to be retested.

C. Charges for the Local testing sites (one region or at least five schools) that are contracted with a UHSAA BIO Master Assessor is \$5.00 per athlete for both re-testing and new testing.

D. For individual appointments with master assessors for athletes who have failed previous tests or have come out after the team has been tested, a \$10 fee is paid directly to the Master Assessor when the athlete shows up for their appointment.

E. Charges for the appeal process is \$50.00 per athlete. The fee is used to cover any costs associated with the Bod Pod test.

F. UHSAA Certified BIA Assessors are permitted to charge mileage at a rate of .35 cents per mile. Assessors are paid by the UHSAA.

IX. ASSESSORS

A. DEFINITIONS

1. Master Assessor: Responsible for the training of assessors, and scheduling, and conducting of regional and local testing sites.
2. Assessor: Certified to collect data and assist with regional and local testing sites under the supervision of a Master Assessor.

B. TRAINING

1. Persons eligible to be trained as UHSAA approved assessors include certified athletic trainers and exercise physiologist, or other persons approved by the UHSAA.
2. The assessor will submit to a training session and annual update education.
3. The assessor will be subject to a random sample test to substantiate the quality of their measurements.
4. The assessor training will consist of a minimum of one hour of classroom training and one hour of practical training.
5. A training fee may be charged to each assessor candidate to attend the training program.

C. RECERTIFICATION

1. Re-certification will require a minimum of one hour training.
2. Re-certification training may be conducted annually.
3. UHSAA Staff or Master Assessors will conduct all recertification training programs.
4. Assessors are required to re-certify each year.

IX. DATA COLLECTION

- A. The UHSAA will provide all reporting forms. Assessors will send all completed BIA Data Forms (including those failing the hydration component) and a completed BIA Reconciliation Report after completion of the initial assessment.
- B. The assessor will conduct all Bioelectrical Impedance measurements.
- C. The assessor will provide the refractometer, cups or other approved instruments to conduct the urine specific gravity test.
- D. The master assessor will be responsible for submitting the measurement results to the UHSAA within two working days after the initial assessment is made and post all wrestler data to the NWCA website.
- E. Wrestlers failing the hydration component will not be recorded in the NWCA Optimal Performance Calculator.
- F. No other testing will be conducted with the urine sample. A digital refractometer that measures specific gravity will be used.
- G. Athletes will be required to measure in a singlet only. Each athlete is required to bring their own singlet to the test site.