

Washington Wrestling Weight Management Program

2009-2010 Changes are Shaded

REVISED 9/1/09

PURPOSE:

The purpose of the WIAA Wrestling Weight Management Program (WWMP) is to insure the future of interscholastic wrestling programs in the State of Washington and protect the health of all student athletes. The WWMP has been developed to assist young wrestlers as they make decisions about diet, nutrition and weight control. The program is designed to assist in avoiding potentially harmful rapid weight reduction practices utilized to achieve specific weight class participation. It is the WIAA philosophy that the basis for a sound and healthy weight control plan is best designed when the wrestler, his/her parents, his/her coach and a physician are included in the planning process. The WIAA WWMP is designed to be in compliance with the NFHS Weight management Guidelines.

COMPONENTS:

The Wrestling Weight Management Program consists of three parts:

1. The Regulation
2. Training Assessors
3. Nutritional component

THE REGULATION:

The establishment of a minimum wrestling weight class based on 7% body fat for males and 12% for females is required for all high schools. The WIAA 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 WIAA will utilize the National Wrestling Coaches Association (NWCA) Optimum Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler and use the 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.

ESTABLISHING MINIMUM WEIGHTS:

- A. The determination of predicted weights at a minimum of 7%/12% body fat
- B. The lowest weight class a wrestler may compete at will be determined as follows:
 1. If the certified minimum weight at 7% or 12% body fat or the weight for that week of their descent plan, **is exactly that of one of the adopted weight classes**, that weight shall be the wrestler's minimum weight class.
 2. If the certified minimum weight at 7% or 12% body or the weight for that week of their descent plan, **is one percent or less from one of the adopted weight classes**, the lower weight class shall be the wrestler's minimum weight class.

3. If the certified minimum weight at 7% or 12% body fat or the weight for that week of their descent plan, **is greater than one percent from one of the adopted weight classes**, the next higher weight class shall be the wrestlers minimum weight class.
4. Any wrestler whose body fat percentage at the time of certification falls below the 7% for males and 12% for females must submit the WIAA Certified Weight Variance Form signed by a physician licensed to perform physical examinations as outlined in WIAA Rule 18.13.1 stating that the athlete is naturally at the sub 7%/12% body fat level. The physician's clearance is valid for one season and expires March 1 of each year. The WIAA Certified Weight Variance Form must be received by the WIAA before the athlete is allowed to wrestle in any interscholastic competition.

TIME PERIOD FOR MEASUREMENTS:

- A. Assessments may begin the **Monday (2009-2010 start 11/9/09) one (1) week** prior to the first high school practice date for wrestling allowed by the WIAA. Wrestlers may be measured any time on or following this date to establish a minimum wrestling weight. All wrestlers, including those who come out late, must have their minimum weight established prior to competing.
- B. 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 the WIAA WWMP.
- C. **The Friday (2009-2010 END 1/29/10) of WIAA week 11** of the wrestling season, prior to the first post season qualifying tournament will be the last week of an athlete's descent plan to establish their minimum weight for post season competition. The state tournament is week 14.
- D. A wrestler's **minimum** weight for post season will be no lower than the lightest weigh class weighed-in at least one time during the regular season. (11 week regular season)

APPEAL PROCESS:

Any athlete may appeal his/her assessment results ONE time by using either Method 1 or Method 2. The cost of any appeal is the responsibility of the student/athlete. **Results obtained through appeal, even if higher than the original assessment, are final and the athlete, family, school or coach may not appeal further.**

METHOD 1: The athlete shall repeat the assessment as described in the regulation using the same or a different assessor.

- A. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the WIAA before the expiration of the 14-day period. The 14-day appeal period shall start three (3) days following the date of initial assessment. Failure to meet these conditions or timelines is cause for denial.

- B. The student through their member school shall file an Intent to Appeal form to the WIAA prior to appeal assessment. The school will arrange for an assessor to conduct the appeal assessment.
- C. Data shall be recorded on the Data Form
- D. 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.
- E. The appealed body density/fat measurements will be calculated using the body weight of the original assessment.

METHOD 2: The wrestler may choose Air Displacement Plethysmography (Bod Pod) assessment to determine body fat percentage.

- 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 WIAA before the expiration of the 14-day period. The 14-day appeal period shall start three (3) days following the date of initial assessment. Failure to meet these conditions or timelines is cause for denial.
- B. The school shall file a Intent to Appeal form to the WIAA prior to appeal assessment. When the appeal is granted the school has the responsibility to contact the approved facility to schedule the assessment.
- C. Air Displacement Plethysmography (Bod Pod) units must be approved by the WIAA.
- D. 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.
- E. The appealed body density/fat measurements will be calculated using the body weight of the original assessment.

RE-ASSESSMENT

The re-assessment is meant for those athletes whose weight stabilizes in the weight class that their management plan prevents them from wrestling at. An athlete may have their body composition re-assessed one (1) time after initial assessment provided they meet the following criteria:

- A. All re-assessments must be completed by **January 9, 2010**
- B. The Re-assessment can be no lower than one weight class below the original assessment minimum weight class.**
- C. Only athletes who did not appeal their initial assessment are eligible for re-assessment and were not below 7%/12% on initial assessment.**
- D. Prior to re-assessment an athlete must have verification of three (3) consecutive contest weight-ins at scratch weight in the weight directly below their minimum wrestling weight class as established by their initial assessment and decent plan. Verification of weigh-in weights must be on the Match weigh-in sheet each coach is required to submit at each weigh-in with actual weigh-in weights listed and signed/dated by the official who performed the weigh-in.**

- E. The re-assessment will include all the elements of the initial assessment: Hydration, body weight and body density measurements.
- F. **The re-assessment can not result in an athlete having body fat composition below 7%/12%. If this occurs on re-assessment, they will use their original assessment date for lowest weight class.**
- G. **Results obtained through re-assessment, even if higher than the original assessment, are final and the athlete, family, school or coach may not appeal further.**
- H. The cost of any re-assessment is the responsibility of the student/athlete

EXAMPLE: (initial assessment)

Weight Class	Wrestler	Eligible Wt Class	Wt Loss Plan
135	Tom Smith	135, 140	132.1 (lowest weight per calculation)

Tom's alpha weight during initial assessment is 133.0.

His body fat % was 7.4%. His lowest weight is 132.1 per calculation, which has his lowest eligible weight classes at 135 & 140.

After training at the beginning of the season and natural weight loss, his natural weight is recorded at 129.0, 129.4, 128.8 in three consecutive contest weigh-ins. Unfortunately, Tom is not eligible for 130 (this is one weight class lower than Tom's lowest eligible weight class per his initial assessment).

Because Tom demonstrated over three consecutive contest weigh-ins at scratch weight that his weight is in the weight class below his assessed minimum weight class, he has met the guidelines to re-assess and see if he now qualifies for this weight class.

If upon re-assessment, his body fat % is below 7%, he would have to keep his initial assessment. But, if after the re-assessment, his lowest eligible weight class is 130.8, then the re-assessment was a success for Tom, as he will be eligible to compete at 130 & 135 (with 1% variance).

GROWTH ALLOWANCE: POST SEASON ONLY

All wrestlers participating in any and all of the post-season qualifying tournaments will receive a two pound growth allowance beginning with the first post-season qualifying tournament. Example 103 = 105

One additional pound will be allowed for consecutive days of wrestling in post-season qualifying tournaments. Example: Second day of a post season qualifying tournament: 103 = 106

VI. WEIGHT LOSS PER WEEK

- A. A weight loss 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 weigh-in and participate at each week.

- C. A wrestler may **weigh-in** for only one of the two weight classes the wrestler's weekly decent plan allows. NFHS rules allow the wrestler to wrestle up one weight class above the weight class they have weighed-in.
- D. Weigh-in in any weight class above the eligible weigh-in weight classes defined by the weekly weight loss descent plan will require the wrestler to recertify (**LOCK-IN**) immediately at that weight class. The wrestler is required to compete at this weight class, or any greater weight class for which they qualify, for the remainder of the season.

EXAMPLE: Week 8, the wrestlers two weights he can weigh-in at are 140 and 145, but the wrestler weighs-in at 152. He would then be locked in at 145 or 152 for the remainder of the season. The coach must immediately submit the lock-in from on the WIAA Website.

- F. **PENALTY** --A wrestler who participates at a weight class, below the eligible weight class(es) 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.

Note: See Chart A for example season long weight loss plan

Chart A (Example Season Long Weight Loss Plan)

Weight at Initial Assessment = 170 lbs BF% = 18%		1.5% loss per week = 2.55 lbs Minimum Wrestling Weight = 149.89 lbs
1.5% loss per week = 2.55 lbs		
	Projected Weight	Eligible weight classes to weigh-in
Week 1	167.45	171,189
Week 2	164.90	171,189
Week 3	162.35	171,189
Week 4	159.80	160,171
Week 5	157.25	160,171
Week 6	154.70	160,171
Week 7	152.15	160,171
Week 8	149.89	152,160
Week 9	149.89	152,160
Week 10	149.89	152,160
Week 11	149.89	152,160

Note 1: Chart A assumes initial assessment performed during Week 1 of the season. The date of a wrestler's 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 length of the wrestling season.

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

THE ASSESSMENT PROCESS:

ATHLETE TESTING ATTIRE: The following attire will be required for the entire testing process:

Males: Gym shorts and in bare feet

Females: Gym Shorts and Sports Bra and in bare feet

1. SPECIFIC GRAVITY URINE TESTING:

All high school wrestlers enrolled in a WIAA member school must be tested for specific gravity urine density prior to being measured for body density and body fat percentages. The testing of specific gravity in urine is simply to measure the hydration levels of the athlete prior to being measured for body density. This is a pass/fail assessment based on a specific gravity equal to or less than 1.025g/ml.

Specific gravity is measured by the following method:

DIGITAL REFRACTOMETER

NOTE: The specific gravity test strips are no longer used for hydration testing.

PROTOCOL FOR REFRACTOMETER

1. The evaluator shall use appropriate protective gloves for these procedures
2. The athlete handles all urine sampling
3. The athlete handles all urine disposal

PROCEDURE:

1. The athlete collects urine sample in mid-stream in privacy of the urinal
2. The athlete is provided a marked cup immediately before sampling occurs
3. Access will be limited to one athlete at a time
4. The specific gravity test shall be conducted immediately after urine sample is provided
5. Test the urine sample as per instructions provided with the refractometer.
6. Record specific gravity reading
7. If greater than 1.025 the subject may NOT continue the body composition assessment. And must be retested after waiting a minimum of 48 hours.
8. The urine sample is discarded in an acceptable receptacle.
9. The refractometer is cleaned according to instructions provided before being used for next student urine sample.

PREPARING FOR SPECIFIC GRAVITY TEST:

Two days prior to test day, athletes should:

- Drink plenty of fluids throughout the day; Athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber, this will assist with the removal of excess waste from body. (Salads, cereal with skim milk, vegetables, fruits are examples of foods high in fiber)
- Eat smaller more frequent meals
- AVOID food high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings etc.)
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Be sure to eat and drink; do not dehydrate.

Day of test:

- Eat small portions, eat a very light lunch if afternoon testing.
- Eat lighter foods such as fruit and grains.
- Continue to drink water, 2 hours prior to testing, drink 24 ounces of water.
- Do not drink salty drinks such as sports drinks or carbonated beverages and caffeinated beverages. This may cause you to retain fluids.
- Urinate as frequently as possible until one to two hours prior to test time
- Avoid vigorous physical activities that cause excessive sweating

BODY DENSITY AND BODY FAT PERCENTAGE MEASUREMENT

The WIAA will accept body density and body fat percentage measurements using one of two different methods:

- a. Skinfold test using Lang Skinfold calipers with calibration block
- b. Air Displacement Plethysmography (ADP) using the Bod Pod

SKINFOLD MEASUREMENTS:

1. All measurements should be made on the right side of the body
2. A caliper should be placed 1 cm. away from the thumb and finger perpendicular to the skinfold and halfway between the crest and the base of the fold.
3. The pinch should be maintained while reading the caliper.
4. The assessor should wait one or two seconds (and not any longer) before reading the caliper.
5. The assessor will take duplicate measures at each site and retest if duplicate measurements are not within 1 to 2 mm.
6. The assessor will rotate through measurement sites or allow time for skin to regain normal texture and thickness.
7. Three (3) measurements should be taken at each testing point on the body.
8. The Assessor will input all data into the NWCA Optimal Performance Calculator and will mail the data forms and a printed copy of the Alpha Master list to the WIAA office within 48 hours of assessment.

SKINFOLD MEASUREMENT SITES:

Calculation of Body Fat: The Lohman Equation for Males using three site measurements and the Boileau Equation for Females using two site measurements.

Abdominal: Vertical fold, 2 cm to the right of the umbilicus.

Triceps: Vertical fold, on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.

Subscapular: Diagonal fold (at a 45 degree angle) on (1) to two (2) cm below the inferior angle of the scapula.

MALE TEST SITES:

Abdominal

Triceps

Subscapula

FEMALE TEST SITES:

Triceps

Subscapula

PROTOCOL FOR STANDARDIZED ASSESSMENT:

In an attempt to insure valid and reliable assessment, the following general assessment protocol should be employed by the assessor and athletes:

1. No assessment may be taken after practice or workouts.
2. Athletes will avoid eating and drinking (especially coffee, tea and colas) 2 hours before the assessment
3. Athletes will avoid intense exercise 12 hours before assessment
4. Assessments should be completed between 3:00 pm and 6:00 pm if testing is on a school day.
5. Two (2) certified digital scales will be used at for assessment whenever possible. An athlete can use either one of the scales to determine body weight at the time of assessment.
6. Each school must provide the appropriate number of support personnel to assist in conducting the Wrestling Weight Management Assessment in a timely manner.
7. Athletes will pass the hydration assessment (Specific Gravity equal to or less than 1.025) prior to body density/fat assessment. Those failing the hydration component must wait a period of 48 hours before retest.

The key to the success of the Wrestling Weight management Program will be our ability to standardize the assessment procedures to determine minimal wrestling weight.

RESPONSIBILITIES of SCHOOLS in the MEASUREMENT PROCESS:

1. The school is responsible for having a school district employee (Non-wrestling coach) certified as an approved WIAA Wrestling Weight Management Assessor, or contract an approved WIAA Assessor. The list of approved WIAA Assessors will be available on the WIAA Website by October 20th each year.
2. Schools choosing to contract with an WIAA Certified Assessor will be required to have available at the time of assessment:

- a. Data Forms.
- b. Four adults (teacher, AD, parent, etc...) or student trainers who will:
 1. Assist with measuring body weight
 2. Assist with the recording of data.
 3. Assist with urine specific gravity testing

Assessments shall not be conducted by any active wrestling coach at any level

3. Schools may attend a regional testing site established by the WIAA.
4. Each school is responsible for the cost of the testing materials for hydration and the cost of the assessors for assessment process.

COSTS

- A. All costs incurred for initial assessment, appeal process, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.
- B. Charges for Assessment may not exceed \$5.00 per person when schools contract with a WIAA Certified Assessor. Charges for regional testing sites may not exceed \$5.00 per person.

WIAA Certified Assessors are permitted to charge mileage at WIAA adopted mileage rate or a service fee of \$30 or less whenever travel is required to a location at which fewer than six wrestlers are to be assessed on any given date.

Violations

Any athlete or coach who falsifies any part of the wrestling weight management process will become immediately ineligible to participate for one calendar year from the date of determination of the infraction.

NWCA OPTIMAL PERFORMANCE CALCULATOR

Each Washington high school with wrestling will become a member of the National Wrestling Coaches Association. The yearly \$30 cost of membership will be added to the schools yearly WIAA membership fees. This membership will allow access to the web based Optimal Performance Calculator that will be used to determine the lowest allowable weight class for each wrestler. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessors, high school wrestling coach, and the student athletes. (Assessors will have access to enter data while coaches and wrestlers will have view access only)

ALPHA MASTER REPORTS:

Dual Match Competition:

Each school will be required to present a copy of their current Master Alpha Report Weigh-in Form to the wrestling official and opposing coaches prior to the contest weigh-ins. **This form will be the documentation for any Re-Assessments after the weigh-in**

weights are added and the official performing the weigh-in dates and signs the form for each school.

Tournament Competition:

For regular season tournaments, each school must provide the tournament manager a copy of their current Master Alpha Report. The Tournament Manager will be required to have available and present a copy of each participating schools Alpha Report upon request.

Wrestlers not appearing on the Master Alpha Report will NOT be permitted to compete.

"TRAINING THE ASSESSOR"

I. NEW Training of Assessors

- A. Persons eligible to be trained as WIAA approved assessors include physicians, registered nurses, licensed practical nurses, certified athletic trainer, physical therapist, physicians assistant, nutritionist, health educator, exercise physiologist, or other persons approved by the WIAA.
- B. Each assessor candidate will be required to submit to a criminal history screening prior to acceptance into the program.
- C. The assessor will submit to a training session and annual update education.
- D. The assessor will be subject to a random sample test to substantiate the quality of their measurements.
- E. The assessor training will consist of a minimum of one hour of classroom training and one hour of practical training, then complete the online certification test.
- F. A \$30 training fee will be charged to each assessor candidate to attend the training program.

II. Re-certification of 2008-09 Assessors for 2009-2010

- A. 2009-2010 re-certification will require completing the online certification test.
- B. A \$10 training fee will be charged to each 2008-09 assessor taking the online recertification test.

III. Data Collection

- A. The WIAA will provide all reporting forms. Assessors will send all completed Data Forms (including those failing the hydration component) and a completed Reconciliation Report after completion of the initial assessment to the WIAA.
- B. The assessor will conduct all body density and body fat percentage measurements.
- C. The assessor will provide the refractometer, cups or other approved instruments to conduct the urine specific gravity test or work with the contracted school to be sure appropriate testing supplies will be provided.

- D. The assessor will be responsible for submitting the measurement results to the WIAA 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

NWCA OPTIMAL PERFORMANCE CALCULATOR – NUTRITION COMPONENT

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 Washington 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.

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.

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/>.