

## **PIAA WRESTLING WEIGHT CONTROL PROGRAM GUIDELINES**

The establishment of a minimum wrestling weight class based on not less than 7% body fat for males and not less than 12% body fat for females is required for all levels (varsity, junior varsity, junior high, and middle school) of interscholastic wrestling in Pennsylvania. PIAA 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 eligible to compete.

PIAA will utilize the National Wrestling Coaches' Association (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 wrestling weight class. Assessors will use the NWCA Optimal Performance Calculator as a data reporting tool. PIAA member schools will utilize the Web site as a data retrieval tool and nutritional program supplement.

### **I. NUTRITION COMPONENT (STRONGLY RECOMMENDED)**

- A. The NWCA in conjunction with the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS) have developed the interactive online 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 PIAA Wrestling Weight Control Program. The program establishes its 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 entered into the NWCA Optimal Performance Calculator, the program automatically issues every wrestler a code and password that allows access into the nutritional 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: [www.nwcaonline.com/performance/Scholastic](http://www.nwcaonline.com/performance/Scholastic).

### **II. ESTABLISHING CERTIFIED MINIMUM WEIGHTS**

- A. A wrestler's specific gravity of urine must be equal to or less than 1.025, which is a hydrated state, in order to proceed to a body fat assessment. Specific gravity is measured with a digital or optical Refractometer. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours before being retested.
- B. A Lange Skinfold Caliper will be utilized to determine each wrestler's body fat percentage. Only measurements taken by a Pennsylvania Athletic Trainers' Society/National Wrestling Coaches' Association (PATs/NWCA) trained assessor will be accepted. No wrestler may compete in a Contest until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and the minimum wrestling

weight appears on the school's Alpha Master Form. Once a wrestler competes at a weight class allowed by the weight loss plan in a Contest, the option to appeal is no longer possible. ***NOTE: In order to begin Practice, a wrestler must only complete a pre-participation physical evaluation or recertification, as applicable. The assessment may take place any time between Friday, October 19 and Monday, November 26.***

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

1. If the minimum wrestling weight, at 7% or 12% body fat, for males or females, respectively, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class.
2. There is no variance from the assessed minimum wrestling weight. If the minimum wrestling weight is between two adopted weight classes, the wrestler's minimum weight class shall be the higher weight class unless their MWW falls within two pounds or less of the lower class. The Authorized Medical Examiner has the option to certify to either the higher or lower weight class if the MWW falls within two pounds of a lower weight class.
3. Prior to competition, any male wrestler whose body fat percentage at the time of his Initial Assessment is below 7% must obtain, in writing, a medical clearance signed by an Authorized Medical Examiner stating that the athlete is naturally at this sub 7% body fat level. In the case of a female wrestler, Authorized Medical Examiner clearance must be obtained for an athlete who is sub 12% body fat. An Authorized Medical Examiner's clearance is for the duration of one wrestling season and expires upon completion of that season. The sub 7% male or sub 12% female, who receives such clearance, may not wrestle below their actual weight at the time of Initial Assessment. Note: The PIAA CIPPE, Section 7, Minimum Wrestling Weight Classification form, must be used for such clearance.
4. Any male wrestler whose body fat percentage at the time of his Initial Assessment is below 7% and any female wrestler whose body fat percentage at the time of her Initial Assessment is below 12% must provide the signed medical clearance at each weigh-in. Failure to do so will prevent the student from weighing in and wrestling.
5. For all wrestlers, the certified minimum wrestling weight class shall be certified to by an Authorized Medical Examiner. The Authorized Medical Examiner shall initial the minimum wrestling weight class, pursuant to the Initial Assessment. If an Authorized Medical Examiner is in disagreement with the Initial Assessment, they must utilize the appeal process (see Section VI) for determining the minimum wrestling weight and subsequent certified minimum wrestling weight class.

### **III. TIME PERIOD FOR MEASUREMENTS**

- A. No wrestler may practice until they have undergone a pre-participation physical evaluation or recertification, as applicable.

- B. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted their most recent assessment and voids all appeal options.
- C. Assessments may begin six (6) weeks **prior** to the first Regular Season Contest date (Friday, October 19, 2007) and must be concluded by the Monday preceding the first Regular Season Contest date (Monday, November 26, 2007).
- D. Any student who comes out for wrestling after the first Regular Season Contest date (Friday, November 30, 2007) will have 14 days to complete an appeal assessment if necessary. The student cannot participate in Practice until the pre-participation physical evaluation or recertification is completed, as applicable.
- E. The specific gravity of urine will determine whether a wrestler may participate in body fat assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours before being retested.
- G. The Friday following the PIAA Team Wrestling Championships (February 15, 2008) is the deadline to establish a minimum wrestling weight for the PIAA Individual Wrestling Championships Tournament series.

#### **IV. SCHOOL RESPONSIBILITIES FOR THE MEASUREMENT PROCESS**

- A. It is the school's responsibility to have a trained assessor perform all required testing.
- B. It is the school's responsibility to supply all necessary equipment and supplies for testing. These include:
  - 1. Lange Skinfold Caliper
  - 2. Refractometer (optical or digital)
  - 3. Certified scale
  - 4. Urine specimen cups
  - 5. Pipettes
  - 6. Distilled water
  - 7. Computer and Internet access to NWCA Web site

#### **V. GROWTH ALLOWANCE**

- A. The PIAA Wrestling Weight Control Program provides for a two-pound growth allowance annually on January 15.

Note 1: In the example weight loss plan (CHART A) 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 2: If a wrestler weighs in higher than their projected weight as per the safe descent plan, the date in which a wrestler may reach a projected weight will be altered. It is advantageous for all wrestlers to follow their safe descent weight loss plan in order to

assure reaching their lowest eligible weight class in time for the individual wrestling championships tournament series, if desired.

## **VI. APPEAL PROCESS**

Any athlete may appeal his/her assessment results one time by reassessment using Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, coach, or school may not appeal further. All costs incurred during the appeal process are the responsibility of those appealing the Initial Assessment. The urine specific gravity testing will be conducted and the athlete will need to have a result of less than or equal to 1.025 in order for the appeal process to proceed.

- A. The Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing Assessment shall occur before the wrestler's first Regular Season Contest. Failure to meet these conditions or timelines is cause for denial.
- B. If an athlete begins wrestling Practice after the first Regular Season Practice date, they have until the first Regular Season Contest date or 14 days, whichever is longer, to complete the appeal process. Failure to meet these conditions or timelines is cause for denial.
- C. PIAA will designate sites at which an appeal assessment can be done. All appeals must be done at a site with Bod Pod or Hydrostatic Weighing Assessment capabilities and by a certified assessor.
- D. An appeal can be made after the Initial Assessment and prior to the first Regular Season Contest date.
- E. Reassessment includes hydration assessment immediately prior to the body fat assessment at the approved appeal site.
- F. If an appeal is made the results of that testing are binding.
- G. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for a wrestler.

## **VII. WEIGHT LOSS PER WEEK**

- A. An average 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 the lowest weight classes at which a wrestler is eligible to compete in each week. A wrestler may be eligible for a higher weight class(es) based on the actual stripped weight at the time of weigh-ins. Note: If a wrestler weighs in higher than their projected weight as per the safe descent plan, the date in which a wrestler may reach a projected weight will be altered.

C. 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. The penalty (forfeiture) will be consistent with Article XIII, Section 3, of the PIAA By-Laws, for using an ineligible contestant.

**Chart A**  
(Example of Season Long Weight Loss Plan)

<b>Weight at Initial Assessment = 170 lbs. Body Fat = 18%</b>		<b>1.5% Loss per week = 2.55 lbs. Minimum Wrestling Weight (at calculated 7% body fat) – 149.89 lbs.</b>
<b>Time From Weight Certification</b>	<b>Projected Weight</b>	<b>Eligible Weight Classes</b>
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: 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 results, some wrestlers will not achieve minimum wrestling weight within the 14 week time period.

## VIII. ASSESSORS

### A. DEFINITIONS

1. *Master Assessor: Responsible* for the training of assessors. The Master Assessor for the West is Larry Cooper, ATC, Penn Trafford High School Athletic Trainer. The Master Assessor for the East is John Moyer, ATC, Wilson High School Athletic Trainer.
2. *Assessor:* Trained to conduct initial testing and collect data at their school.

### B. TRAINING

1. Persons eligible to be trained are Authorized Medical Examiners (a licensed physician of medicine or osteopathic medicine, a physician assistant certified, a certified registered nurse practitioner, or a school nurse practitioner), certified athletic trainers, school nurses, or other Allied Health Care professionals of member school sport

medicine staffs, as determined by the school physician in concurrence with the Principal.

2. The assessor will participate in a training session to become a trained assessor and annual update educational programs to maintain their training.
3. The assessor training will consist of a minimum of two hours of classroom training and one hour of practical training.
4. A fee may be charged to each assessor candidate to attend a training program.

#### C. COLLECTION

1. The assessor will conduct all required testing.
2. The assessor will be responsible for compiling and entering the measurement results in the NWCA Optimal Performance Calculator on the NWCA Web site within two working days after the Initial Assessment is made.
3. Each trained school assessor and each member school wrestling coach will be assigned codes to access the Optimal Performance Calculator. Information on the dissemination of these codes and specific directions for coaches on the use of the Optimal Performance Calculator will be made available through the NWCA Office.
4. Wrestlers failing the hydration component will not be recorded in the NWCA Optimal Performance Calculator.
5. No other testing will be conducted with the urine sample. A digital or optical refractometer that measures specific gravity shall be used.