

MSHSAA WRESTLING WEIGHT MANAGEMENT PROGRAM 2010-11



Missouri high school wrestlers will participate in the MSHSAA Wrestling Weight Management Program during the 2010-11 school year. The program is designed to determine the minimum weight class in which a wrestler may participate throughout the season. The establishment of a minimum weight class is based on a minimum body fat measurement of 7% for male wrestlers and 12% for female wrestlers.

The MSHSAA is concerned for the safety of the young athletes that participate in the high school wrestling program. The establishment of a minimum weight class along with a maximum weight loss, on the average decent of 1½% per week, allows high school wrestlers to participate in a most healthy manner.

Rationale

The Wrestling Weight Management Program shifts any focus of negative weight control, to a stance that wrestling is promoting the positive well being of all wrestlers. Coaches should view this program as a tool to help them provide the best available information and research to the wrestlers and their parents on the optimum weight class for each wrestler.

Coaches are increasingly more aware of the negative impact that improper or excessive weight loss has on wrestling. Coaches would prefer to focus on strength, conditioning and technique rather than cutting weight and getting to the lowest possible weight. The Wrestling Weight Management Program changes the concentration from weight loss to strength, conditioning and technique.

Parameters The Program Was Developed On

- Body fat testing using 7% for boys and 12% for girls as the minimum guideline for the lowest weight class allowed.
- Development of a hydration/nutrition educational component.
- Component that controls rate of weight loss (1 1/2 % per week average decent).
- Component that controls weight fluxuation.

Regulations

- The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high school wrestlers.
- The MSHSAA does not advocate that a wrestler's established minimum weight is the athlete's optimum weight to wrestle, but simply the minimum weight at which the athlete will be allowed to compete.

- **The lowest weight class at which a wrestler shall compete shall be determined as follows:**

- If the wrestler's established minimum weight, at 7% for males and 12% for females is within nine tenths of a pound of one of the weight classes, that weight class shall be the wrestler's minimum weight class. (Wrestler weighs 112.9 or less; minimum weight class = 112)
- If the wrestler's established minimum weight falls between two weight classes, he/she must wrestle at the higher weight class. (Wrestler weighs between 113.0 and 119.0; weight class = 119)
- Any wrestler whose body fat percentage, at the time of the assessment, is less than 7% for males and less than 12% for females, shall wrestle in the weight class that their actual body weight, on the assessment, qualifies them unless their body weight is within nine tenths of a pound of one of the weight classes. When a wrestler's body fat percentage is less than the prescribed standard, a written physician's statement permitting participation at that particular weight class shall be on file with the school and with the MSHSAA Office prior to the wrestler being permitted to compete. **No weight loss exceeding 0.9 pounds will be allowed.**

- **Time Period for Weight Management Assessments:**

- Skin fold measuring may begin on Monday of Week 18. (The first day of practice.) All wrestlers, including those coming out late, must have their minimum weight established prior to any competition with wrestlers from other schools.
- Skin fold measuring must be completed prior to the end of January.
- Results of measurements will be posted on the NWCA ***Optimal Performance Calculator***.

Weight Loss Per Week:

- An average weight loss not to exceed 1.5% of a wrestler's total body weight per week has been established. A wrestler will not be allowed to wrestle at the minimum weight until the date specified on the body fat results sheet provided by the NWCA.
- A wrestler is eligible for two weight classes without recertifying his/her minimum weight class. The wrestler is eligible for the weight class his/her Daily Minimum Weight, based on 1.5% weight loss per week, places him and the weight class above that.
- A wrestler may weigh in one weight class above the lowest weight class that he/she is eligible for on that date. If a wrestler weighs in more than one weight class above the lowest eligible weight class, that wrestler will be re-certified one weight class higher for the remainder of the season.
- If a wrestler weighs less than his Daily Minimum Weight he may still wrestle. (Example: The wrestler weighs 134 which is 4 pounds below his/her minimum weight for that date. Wrestler can wrestle at 140 only.)
- If the wrestler weighs more than his Daily Minimum Weight he/she may still wrestle. (Example: The wrestler weighs 142 which is 4 pounds above his/her minimum weight for that date. Wrestler can wrestle 145 only. If wrestler wrestles at 152 his/her minimum weight is recertified as 145 for the remainder of the season.)

Example of Re-certified Wrestler:

- A wrestler weighs 121, on December 1st, which is his/her minimum weight on this date, this wrestler may weigh in at the 125 lb. or 130 lb. weight class without re-certifying higher.
- On December 15 the same wrestler weighs in at 118. which is now his/her minimum weight. The wrestler may now weigh in at the 119 lb. or 125 lb. weight class without re-certifying.
- On December 20 the same wrestler weighs in at 126 pounds, which would put the wrestler in the 130 lb weight class. This wrestler is now re-certified as a 125 wrestler and may not wrestle below the 125 lb. weight class the remainder of the season because he has weighed in two weight classes above the lowest weight class (119) he had previously weighed in for. The same would be true if this wrestler weighed-in at 124 pounds but wrestled in the 130 pound weight class as he/she has wrestled in a weight class above the two that he/she is eligible for.

Responsibilities of Schools in the Measurement Process:

- It is the school's responsibility to seek an individual to serve as an approved MSHSAA skin fold assessor (athletic trainer, nurse, or administrator) or to contact an approved MSHSAA skin fold assessor. The list of approved assessors will be available on the MSHSAA website at www.mshsaa.org.
- The school shall see that all charges for skin fold measuring are paid. (MSHSAA certified skin fold assessors recommended charge per wrestler = \$5.00.)

Equipment and Procedures

- The MSHSAA will accept measurements using skin fold testing only for the initial test. There is no retesting or recertification unless the initial results are appealed within **72** hours to the MSHSAA Office.
- Skin fold measurements must be taken with the Lange caliper. This is a medium-priced caliper and can be obtained for less than \$250.00 from most health care product suppliers. Measurements taken with the Lange calipers must be taken by an MSHSAA certified skin fold assessor.
- Hydration will be measured by the use of a refractometer (approximately \$240 each).

Instructions For Body Fat Testing:

- Each school must join the NWCA (National Wrestling Coaches Association). Annual dues are approximately \$30 per year. (This fee is included as part of the annual wrestling registration process each year that the school pays to the MSHSAA Office.)
- All wrestlers being assessed must be evaluated for their level of hydration. NOTE: The MSHSAA Body Fat Assessor will give specific instructions for this test.
- Wrestlers must have a specific gravity not greater than 1.025.
- Wrestlers that do not meet the minimum Urine Specific Gravity will not be body fat assessed on this date. Wrestlers only get one opportunity on any given date to pass the Urine Specific Gravity Test. Wrestlers that do not pass the Specific Gravity Test must wait 48 hours to be re-tested.
- Once a wrestler has passed the Urine Specific Gravity test, they must have their body composition assessed immediately, on that date, without any exercise or delays.
- Proceed with the body composition assessment of each wrestler. Take three measurements at each designated area and record each measurement.
- Each Body Composition Assessor will have a secured site on the NWCA website. To enter the site, the certified Body Composition Assessor will enter their ID number and Password.
- Schools will get results from the NWCA *Optimal Performance Calculator*. **The MSHSAA does reserve the right to have any wrestler re-tested.**

Certifying Body Fat Assessors:

- The MSHSAA will set up training sessions to certify body composition assessors.

ALL ASSESSORS must be Certified or RE-Certified for the 2010-11 School Year.

- Only certified body composition assessors will be allowed to conduct the testing and enter the results online into the NWCA *Optimal Performance Calculator*. There will be a fee of approximately \$15.00 to become a

MSHSAA Certified Body Composition Assessor. This fee will be used to pay for training materials and the instructor's fees and expenses.

- Every school or school district will have the opportunity to certify individuals that will be responsible for Body Composition Assessment. This person may be an athletic trainer, a school administrator, school nurses, non-coaching health teachers, nurse practitioners or physicians. **School Coaches are not permitted to be Certified Body Composition Assessors. (This includes wrestling coaches and all other athletic coaches.)**
- If a school elects not to certify a body composition assessor, the school must coordinate with one of the certified body composition assessors on the MSHSAA list to go to the assessor's location or arrange to have the assessor come to their school and do the testing of their wrestlers.

Specific Gravity Assessment:

- Dehydration compromises the accuracy of body composition assessments; therefore, all athletes are required to pass a urine specific gravity test in order to be eligible for the body composition assessment. Dehydration increases the concentration of particles in the urine, thereby increasing the urine's specific gravity. The specific gravity of water is 1.000g/ml and the specific gravity of a hydrated individual is established at 1.025g/ml or lower. This test is simply a pass/fail assessment based on the specific gravity level equal to or less than 1.025g/ml. **If an athlete fails the specific gravity test the assessment process is ended and the athlete will not be eligible for reassessment for 48 hours.** The urine samples will be disposed of after the specific gravity is determined and the samples will not be used for any other testing purposes.

Preparation for the Specific Gravity Test:

- Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
- Avoid foods and/or supplements that may contribute to water loss such as: chocolate, soft drinks, coffee, alcohol and supplements for at least 24-48 hours.
- Avoid vigorous physical activities that cause excessive sweating for at least 24 hours.
- Consume plenty of fluids; at least eight to twelve 8-ounce glasses per day for several days prior to testing.
- Avoid early morning assessment, if possible, due to the effect of not consuming fluids during sleep.

Appeal Process:

- A school may appeal the results of the body fat testing one time per wrestler per season.
- The appeal must be filed (by fax) to the MSHSAA Office within seventy-two (72) hours (**three calendar days**) of the initial Body Composition Assessment date.

Schools may not wrestle the wrestler that is appealing until the results of the appeal are determined.

- No wrestler may wrestle interscholastically without being body composition assessed. If a wrestler's body composition assessment results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are determined.
- The cost of the appeal is to be paid by the school or the wrestler depending on the school's policy.
- The wrestler has the following options for the appeal:
 - Have another skin fold test by any of the approved Certified Body Composition Assessors.
 - Be tested at an approved (Hydrostatic Weighing or Bod Pod) Test Center in the State of Missouri. The school must call to set up the appeal at an approved site.
- The results of the second test are binding even if higher than the first test.
- The results of the appeal will be faxed to the MSHSAA Office by the person that is conducting the appeal.
- No other appeals will be granted.

Certificaton Process:

- The body composition assessment will determine the minimum weight at which each wrestler may compete for the rest of the wrestling season.
- Each wrestler must weigh-in at least once, at scratch weight, in their minimum weight class during the regular season prior to February 1st.
- This certifying weigh in can not exceed an average weight loss of 1.5% per week.
- A wrestler's minimum weight class for the district tournament will be determined as the lightest weight class the wrestler weighed in for during the regular season, prior to February 1st, while not exceeding the 1.5% maximum weight loss per week.
- A wrestler may wrestle at a heavier weight class as dictated by his actual weigh-in at the district tournament.

Growth Allowance:

- A two-pound growth allowance will be given the first day of February. (103 = 105 and 112 = 114, etc.)
- One additional pound for consecutive days of competition will be given the second day of the MSHSAA District Tournament. (103 = 106 and 112 = 115, etc.)
- There will be no additional weight given between the MSHSAA District Tournament and the first day of the MSHSAA State Tournament. (103 = 105 and 112 = 114, etc.)
- One additional pound for consecutive days of competition will be given the second day of the MSHSAA State Tournament. (103 = 106 and 112 = 115, etc.)
- One additional pound for consecutive days of competition will be given the third day of the MSHSAA State Tournament. (103 = 107 and 112 = 116, etc.)