

2023



2024

MSHSAA WRESTLING WEIGHT MANAGEMENT PROGRAM MANUAL

Missouri high school wrestlers will participate in the MSHSAA Wrestling Weight Management Program during the 2023-2024 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 programs. 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 healthier 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 are to 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 should prefer to focus on strength, conditioning, technique and skill development 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, technique and overall skill development.

Parameters: Weight Management Program Development

- 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. (Wrestlers minimum weight is 113.9 or less; minimum weight class = 113). The OPC will automatically factor this into determining the minimum weight class for a wrestler.
- If the wrestler's established minimum weight falls between two weight classes, he/she must wrestle at the higher weight class. (Wrestlers minimum weight is between 114.0 and 120.0; minimum weight class = 120)
- 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.** (The Physicians Clearance Form can be found on the MSHSAA website on the Wrestling Page)

Time Period for Weight Management Assessments:

- **Body Composition Assessments may begin on Monday of Week 18 (The first day of practice for girls) and Monday of Week 19 (The first day of practice for boys).** All wrestlers, including those coming out late, returning from injury or regaining eligibility must be assessed and have their minimum weight established in the Trackwrestling Optimal Performance Calculator (OPC) prior to any competition with wrestlers from other schools.
- Body Composition Assessments for female and male wrestlers must be completed on or before Saturday of MSHSAA Standard Calendar Week 28 (**January 13, 2024**), unless the wrestler qualifies for and is granted a Weight Certification Exception. **(The Weight Certification Exception Form can be found on the MSHSAA website on the Wrestling Page).**
- Results of Body Composition Assessments will be posted on the **Trackwrestling Optimal Performance Calculator by the certified assessor completing the assessments.**

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 weight management plan for each wrestler provided by the Trackwrestling OPC.

- A wrestler is eligible for two weight classes without recertifying his/her minimum weight class. The wrestler may weigh-in 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/her Daily Minimum Weight he/she may still wrestle. (Example: The wrestler weighs 117 which is 4 pounds below his/her minimum weight for that date. Wrestler can wrestle at 126 only.)
- If the wrestler weighs more than his/her Daily Minimum Weight he/she may still wrestle. (Example: The wrestler weighs 124 which is 4 pounds above his/her minimum weight for that date. Wrestler can wrestle/compete at 126 and 132. If this wrestler's weigh-in qualified him/her at 132 his/her minimum weight is recertified as 126 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 126 lb. or 132 lb. weight class without re-certifying higher.
- On December 15th the same wrestler weighs in at 119, which is now his/her minimum weight. The wrestler may now weigh in at the 120 lb. or 126 lb. weight class without re-certifying. If on this date this wrestler weighs in at 126 lb. he/she may "compete" at the 126 lb. or 132lb. weight class without recertifying.
- On December 20th the same wrestler weighs in at 127 pounds, which would put the wrestler in the 132 lb. weight class. This wrestler is now re-certified as a 126 lb. wrestler and may not wrestle below the 126 lb. weight class the remainder of the season because he/she has weighed in at two weight classes above the lowest weight class (120) he had previously weighed in for.
- **At any point during the season a wrestler is weighed in at 2 weight classes above the minimum weight class appearing on his/her weight loss plan on that date, the wrestler is recertified for the next weight class higher. NOTE: If a competition uses an additional pound(s) allowance per NFHS rule, make sure to double check your wrestler's weight loss plan to see if the two eligible**

weight classes for any wrestler has changed due to the weight allowance being used at weigh-ins.

 **Responsibilities of Schools in the Measurement Process:**

- It is the school's responsibility to seek an individual to serve as an approved Certified MSHSAA Assessor (athletic trainer, school administrators/retired school administrators (Superintendent/Principal/Athletic Director), school nurses, active certified health teachers that do not coach any sport, nurse practitioners, physicians (MD/DO/DC), physician assistant, or physical therapist. **School Coaches are not permitted to be Certified Weight Management Assessors. This includes wrestling coaches and all other athletic coaches.** Schools may also contact any other Certified MSHSAA Assessor not affiliated with their school. The lists of approved assessors are available on the MSHSAA website, www.mshsaa.org on the Wrestling page.
- The school shall see that all charges for assessments are paid. (MSHSAA certified assessors recommended charge per wrestler = \$5.00.)
- **All wrestlers representing a school must have completed a weight management assessment and appear in the Trackwrestling OPC prior to a wrestler competing in the school's line-up. Failure to post assessment results into the Trackwrestling OPC resulting in an established weight management plan prior to participating in a competition will result in the wrestler forfeiting the match(es) and the wrestler and coach being suspended from participation at the next contest of the same level.**

 **Equipment and Procedures**

- The MSHSAA will accept measurements using skin fold testing only for the initial test.
- 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 Assessor.
- Hydration will be measured by the use of a refractometer (approximately \$240.00 each).

 **Instructions for Body Fat Testing:**

- Each school must join the NWCA (National Wrestling Coaches Association). Annual dues are approximately \$30.00 per year. **(This fee is included as part of the annual wrestling registration process each year that the school pays to the MSHSAA Office.)** This fee covers the use of the Trackwrestling OPC for the weight management program.
- All wrestlers being assessed must be evaluated for their level of hydration. NOTE: The MSHSAA Certified 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 for males and two measurements at each designated area for females and record each measurement. **(Males: Tricep, Subscapular, Abdominal) (Females: Tricep, Subscapular)**
- Each Certified Assessor will have a secured site on the Trackwrestling website. To enter the site, the certified Weight Management Assessor will enter their ID number and Password.
- **The body fat assessment results must be entered immediately into the OPC by the Certified Assessor in order for the school/coach to have ample time for determining whether to file a written appeal with the MSHSAA office. Coaches must communicate this necessity to the Certified Assessor.**
- Schools will get results from the *Trackwrestling Optimal Performance Calculator*. **The MSHSAA does reserve the right to have any wrestler re-tested.**

Certifying Weight Management Assessors:

- The MSHSAA will set up training courses to certify weight management assessors. (The registration for attending a certification course will be done online at www.mshsaa.org by navigating to the Wrestling page of the MSHSAA website). There will be a fee of \$15.00 to become a MSHSAA Certified Weight Management Assessor. This fee will be used to pay for training materials and the instructor's fees and expenses.

NOTE: All weight assessors are required to get recertified or initially certified prior to the 2023-2024 wrestling season.

- Only certified weight management assessors will be allowed to conduct the testing and enter the results online into the Trackwrestling *Optimal Performance Calculator*.
- 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, school administrators/retired school administrators (Superintendent/Principal/Athletic Director), school nurses, active certified health teachers that do not coach any sport, nurse practitioners, physicians (MD/DO/DC), physician assistant or physical therapist. **School Coaches are not permitted to be Certified Weight Management Assessors. This includes wrestling coaches and all other athletic coaches.** If a school elects not to certify a weight management assessor, the school must coordinate with one of the certified weight management 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. (A list of approved MSHSAA assessors are available on the Wrestling page of the MSHSAA website).

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 tests 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 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:

There is no retesting or recertification unless the initial results are appealed within 72 hours to the MSHSAA Office in writing. See instructions below.

- A school may appeal the results of the body fat testing one time per wrestler per season. **The appeal must be signed and dated by the Head Coach and Athletic Director, include the full name of the wrestler, date/time of initial assessment and name of assessor completing the assessment being appealed.**
- **The appeal must be filed by email/email attachment to daryl@mshsaa.org at the MSHSAA Office within seventy-two (72) hours (three calendar days) of the initial Body Composition Assessment date. Schools may not enter the wrestler who is appealing an assessment into a competition until the MSHSAA office has granted an appeal and the results of the appeal assessment are determined and entered into the Trackwrestling OPC.**
- 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 is approved and a second assessment is completed and entered into the OPC.
- 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 Weight Management 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 assessment are binding even if the results are higher and less desirable than the first assessment.**
- **The results of the second assessment after an appeal has been granted will be entered into the OPC by the Certified Assessor that is conducting the second assessment.**
- No other appeals will be granted.

Certification Process:

- The body composition assessment will determine the minimum weight at which each wrestler may compete for the rest of the wrestling season.
- In order to be entered in a particular weight class at the district meet, a wrestler shall have met the following:
 - *1. Each wrestler must weigh-in at least once, at scratch weight, in their minimum weight class during the regular season on or prior to **Saturday Week 28 of the MSHSAA Standardized Calendar (January 13, 2024)** (See exception in the MSHSAA Wrestling Manual under Weight Certification).*
 - *2. For that weigh-in to count, the wrestler must be in the line-up at one of the two weight classes in which the wrestler is eligible to wrestle on that date according to the wrestler's weight management plan.*
 - *3. The athlete must have a win or loss recorded on their season record for that date. **NOTE:** If the wrestler is withheld from competition, for any reason, resulting in the team forfeiting that weight class the wrestler shall add one loss to their record in order to count the weigh-in for certification purposes. **NOTE:** If a wrestler weighs in with illegal protective equipment (i.e.: a cast, etc.), the weight of the equipment shall be included; the weigh-in may be counted for certification provided the requirements above are met. **NOTE:** At any point during the season a wrestler weighs in at two weight classes above the minimum weight class appearing on his/her weight loss plan on that date, the wrestler is recertified for the next weight class higher.*
 - *4. **A wrestler must make weight at their lowest desired postseason(district) weight class a minimum of half the number of actual weigh-ins for that wrestler occurring after the certification date (Saturday Week 28 MSHSAA Standardized Calendar), OR A wrestler must make weight at their lowest desired postseason (district) weight class a minimum of half the number of actual weigh-ins for that wrestler occurring during the regular season. This requirement must be met to maintain the "lowest" weight class for a wrestler to be eligible for postseason.***
- This certifying weigh in cannot 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, on or prior to **January 13th** (**See exception in the MSHSAA Wrestling Manual under Weight Certification**), while not exceeding the 1.5% maximum weight loss per week.
- A wrestler may wrestle at a heavier weight class as dictated by his/her actual weigh-in at the district tournament.
- **At any point during the season a wrestler is weighed in at two weight classes above the minimum weight class appearing on his/her weight loss plan on that date, the**

wrestler is recertified for the next weight class higher. **NOTE: If a competition uses an additional pound(s) allowance per NFHS rule, make sure to double check your wrestler's weight loss plan to see if the two eligible weight classes for any wrestler has changed due to the weight allowance being used at weigh-ins.**

Growth/Pound Allowances:

- A two-pound growth allowance will be given on **Sunday Week 29 of the MSHSAA Standardized Calendar (January 14, 2024)**. (106 = 108 and 113 = 115, etc.)
- One additional pound for consecutive days of competition will be given the second day of the MSHSAA District Tournament. (106 = 109 and 113 = 116, etc.)
- There will be no additional weight given between the MSHSAA District Tournament and the first day of the MSHSAA State Tournament. (106 = 108 and 113 = 115, etc.)
- One additional pound for consecutive days of competition will be given the second day of the MSHSAA State Tournament. (106 = 109 and 113 = 116, etc.)
- One additional pound for consecutive days of competition will be given the third and fourth day of the MSHSAA State Tournament. (106 = 110 and 113 = 117, etc.)
- **Consecutive days Competition:** See NFHS Wrestling Rules Book. **Note: One additional pound allowance is given in situations of consecutive days of competition, up to a maximum of two pounds. 48 hours' notice shall be given to all schools for an allowance being given for consecutive days of competition. For reasons beyond the control of the schools, Ex: inclement weather resulting in no allowed practice(s) prior to the day(s) of a competition will result in a one-pound allowance per day up to a maximum of two pounds.**

Questions and Answers

Q1: What occurs if a wrestler competes in any competition prior to having a complete body composition assessment and/or the wrestler not appearing on the school's Alpha Master Report?

A1: The wrestler will forfeit any matches in which they have competed during the time of not having a completed body composition assessment and/or not appearing on the school's Alpha Master report. Furthermore, the wrestler shall be withheld from that same number of matches in which he/she competed in during this time. The head coach must also be withheld from the next contest at the same level in which this violation occurred for wrestling an ineligible wrestler in the line-up.

Q2: My wrestler's weight management plan indicates he/she may weigh 106.4 on the date of one of our tournaments and there is a 1-pound allowance for the tournament weigh-in. Can he/she wrestle at 106?

A2: Yes, 106 is now 107 in which his/her minimum weight allows; however, this does not count as making scratch weight at 106 for weight certification purposes and the establishing the wrestlers lowest minimum weight class.

Q3: We will be competing in an out of state tournament that allows weigh-ins to be held on Friday evening with wrestling to begin on Saturday morning. Are we allowed to weigh-in in this manner?

A3: No, Missouri is very specific in the following the NFHS rule that all weigh-ins and weight verifications must take place shoulder-to-shoulder and within a two-hour maximum from the start of wrestling. The out of state

school will be required to provide you the opportunity for making weight at a maximum of two hours prior to the start of their tournament in order for your team to compete.

Q4: We are scheduled to compete in an out of state dual and/or tournament this season in which the state begins using the two-pound growth allowance before Missouri's **January 13** date. Can our team use the out of state two-pound growth allowance or do we have to make scratch weight at weigh-ins for this dual and/or tournament?

A4: Yes, your team may use the two-pound allowance that the out of state school is permitted to use at the dual and/or tournament weigh-in; however, your wrestlers can only accept a maximum of 2lbs even if it is a two-day event or if there is a consecutive days of competition rule in affect. The 2lb maximum allowance for all days of this event is because Missouri has yet to reach our growth allowance date. In order for your wrestler(s) to use this contest weigh-in for certification they must still make scratch weight for the weight class in which they are weighing in at to be certified for post season in Missouri.

Q5: I have a wrestler that wants to appeal their initial body composition assessment. Is this possible and what are the steps in appealing?

A5: Yes, you may appeal any wrestler's initial assessment as long as the appeal is submitted via email to the MSHSAA office with-in 72 hours of the initial assessment. The appeal must contain the following information: written request to appeal, wrestlers name, initial assessors name, date of initial assessment and the signature of both the Head Coach and Athletic Director. Reminder, once you appeal the initial assessment and the MSHSAA office approves your appeal, a second assessment must be completed and the results of second assessment are binding and permanent.

Q6: If I appeal an assessment for one of my wrestlers, do I have to use the same assessor that did the initial assessment?

A6: No, any MSHSAA approved Certified Assessor may be used as well as a Hydrostatic Weighing or Bod Pod. The results of the second assessment must be emailed to the MSHSAA by the Certified Assessor conducting the second assessment as well.

Q7: I have a wrestler whose weight management plan states that their two eligible weight classes are 138/145 on December 3rd; however, this wrestler's lowest minimum weight class later in the season is 132lbs. Four our dual on December 3rd, (1) Can I weigh this wrestler in at 145lbs and not jeopardize his lowest minimum weight class for the season of 132? (2) If I do weigh-in this wrestler at 145lbs, can I "bump" them up during the dual to compete at 152lbs and not jeopardize their lowest minimum weight class for the season of 132lbs?

A7: First, every wrestler has a weight management plan in the OPC that lists the two eligible weight classes that the wrestler is permitted to “weigh in at” for every calendar date of the season, so as long as your wrestler “weighs in at” either of the two eligible weight classes listed on their weight management plan for that date, you will not jeopardize their lowest minimum weight class for the season. With that said, in regards to the scenario posed in Q7, (1) yes you can have this wrestler “weigh in at” 145lbs. on December 3rd and not jeopardize their lowest minimum weight class for the season of 132lbs. (2) Yes, if your wrestler “weighs in at” 145lbs on December 3rd, it is still one of their two eligible weight classes on this calendar date, furthermore, NFHS Wrestling rules permit you to compete at the weight class of which your stripped body weight qualifies you for, plus one weight higher;

therefore, your wrestler can “weigh in at” 145lbs then “bump up” to compete at 152lbs during the dual without jeopardizing their lowest minimum weight class for the season of 132lbs.

Q8: When there is a pound(s) allowances granted for a weigh in at a dual meet, does the weight allowance change a wrestler’s weight management plan?

A8: Any time a pound(s) allowance is granted for a weigh in all weight classes have increased by a pound(s); therefore, this could certainly change the eligible weight classes in which a wrestler is eligible to participate on a calendar date. Example: On December 4th a wrestler’s two eligible weight classes are 113lbs/120lbs. On December 5th a wrestler’s actual eligible weight is 106.8lbs and there is a one-pound allowance being issued at weigh-ins; therefore, on this date this wrestler is eligible for the 106lb/113lb weight class and must weigh in at 106lbs or 113lbs in order to maintain their weight management decent plan and the lowest minimum weight class. If on this date of December 5th this wrestler was to weigh in over 114lbs (due to a pound allowance) the wrestler would recertify their lowest minimum weight class to 113lbs. It is very important that all wrestlers follow their decent plan in an effort to precisely weigh in at one of the two eligible weight classes posted on their weight management plan for each calendar date during the season.

Q9: We are hosting a tournament and have out of state team(s) participating in our tournament. These out of state teams have already started their two-pound growth allowance in their state; however, here in Missouri we have not been issued our two-pound growth allowance. (1) Are these out of state teams permitted a two-pound growth allowance at our tournament? (2) Are we permitted to use a two-pound weight allowance at weigh-ins since the out of state teams have already started their two-pound growth allowance.

A9: (1) No, the out of state team(s) do not receive a two-pound growth allowance at your tournament because your tournament is being hosted by a MSHSAA member school in the state of Missouri and the state of Missouri has not started the two-pound growth allowance yet. The out of state teams must make scratch weight, along with all Missouri teams as they have made a choice to compete in Missouri prior to the implementation of a two-pound growth allowance in our state. (2) No, you are not permitted to use a two-pound growth for any team at any weigh-in on or before January 14th for a weigh-in at a contest hosted in Missouri.