

Wrestling

D. WEIGHT MANAGEMENT PROGRAM AND CERTIFICATION

1. OSSAA High School Weight Management Program – In compliance with NFHS wrestling rule 1-3-1 & 2 which states: Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females. For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.
2. The OSSAA does not advocate that a wrestler's established minimum weight at 7% for males and 12% for females is the best weight, but simply establishes the minimum weight at which the student athlete will be allowed to compete.
3. All wrestlers in grades 10-12 and any 9th grader that wants to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9th grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season.
4. Teams can begin testing on Saturday, October 20, 2007 and the last testing date will be Friday, February 8, 2008. All wrestlers in grades 10-12 and any 9th grader that wants to participate on a high school varsity or junior varsity team must be tested. Wrestlers must be tested at least 48 hours prior to their first competition (including open tournaments). Assessors will be using the NWCA Optimal Performance Calculator program and each wrestler's name must be listed on their school's Alpha Master form.
5. Coaches must exchange Alpha Master forms (downloaded from the NWCA website) prior to each dual meet and must also give a copy to the tournament director prior to the beginning of each tournament including open tournaments in November that are sanctioned or hosted by an OSSAA member school. The school's Alpha Master form will have each wrestler's date of assessment, alpha weight, percent of body fat, minimum wrestling weight, minimum wrestling class, and the first date in which you can certify your minimum weight.
6. Testing must be done prior to a wrestler working out that day.
7. Assessors must have a medical background and be a licensed medical professional (licensed nurse, nurse practitioner, certified athletic trainer, physician, physician's assistant, physical therapist, emergency medical technician, paramedic, certified dietician, certified personal trainer) and must have completed and passed the training assessor's program to be a certified assessor. A list will be mailed in the fall to schools listing all assessors who have been trained. It is each school's responsibility to contact a certified assessor and set up a date and time to have their team tested.
8. Certified assessors will perform the following three tasks:
 - a) All wrestlers must first pass a hydration test. The test will be a urine analysis and a wrestler's specific gravity cannot exceed 1.025. The methods to determine a wrestler's specific gravity will be by reagents strip, OSSAA color chart, or a refractometer. A wrestler who fails the hydration test must wait twenty-four hours before he/she can be retested. A wrestler who fails the hydration test will not be allowed to be body fat tested.
 - b) Body fat testing will be performed by using the Lange Skin Calipers or the Tanita Bioelectrical Impedance 300WA machine. Assessors will be trained using both methods. Schools that have purchased the Tanita 300WA machine shall notify the assessor in advance that they have a Bioelectrical Impedance Machine and that they choose to use this method for body fat testing. Otherwise, the assessors will use skin calipers to determine body fat. (Note: Females will be tested using Skin Calipers since the Tanita Bio-Impedance machine has not been validated for females.)

- c) The assessor will use the NWCA Optimal Performance Calculator Computer Program to determine a wrestler's 7% (males) or 12% (females) minimum weight and a descent plan to determine the first date at which a wrestler can certify at his/her minimum weight. The assessor shall input the data from the hydration test and body fat test within forty-eight hours of the initial assessment or the appeal assessment. Coaches will be able to access this information and download their school's Alpha Master form from the NWCA website using their assigned password.
9. A wrestler's parent or guardian must give permission and sign the "Student Data Sheet" giving a certified assessor permission to perform a hydration test and body fat analysis on the designated wrestler. Failure to submit this signature will result in the wrestler not being tested and ineligible to compete in high school wrestling.
 10. Each school shall provide two school individuals (A.D., coach, teacher, administrator) to assist the assessor with the hydration and body fat testing.
 11. Schools will be responsible for all fees incurred to administer the weight management program: Annual fee of \$30 for the use of the NWCA Optimal Calculator Program and the testing of wrestler's of up to \$8.00 each. If an assessor has to come to a school site with three or less wrestlers, the assessor can charge a flat fee of up to \$24.00.
 12. NWCA Optimal Performance Calculator Performance program will determine a wrestler's minimum weight at 7% for males and 12% for females. The calculator program will subtract a 3% variance from the minimum weight for all males at or above 7% and all females at or above 12%. Any male below 7% or female below 12% must have a release (Physician's Clearance form) from a qualified physician to participate at sub-seven or sub-twelve. The release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. The physician's release must be sent to the assessor who did the initial assessment and the wrestler cannot participate until his/her name is posted on the school's Alpha Master form with the "Physician Approval" statement next to his/her name.
 13. NWCA Optimal Performance Calculator Program will determine a descent plan to determine the earliest date a wrestler can certify his minimum weight. A wrestler cannot compete at his/her minimum weight before the date that is listed on their school's Alpha Master form. The descent plan is based on the wrestler's body weight at his/her initial testing and a reduction of 1.5% of his/her body weight per week until he/she reaches the minimum weight at 7% (males) or 12% (females).
 14. All wrestlers will have one opportunity to appeal their body fat assessment and minimum weight and must do so within 14 days of the initial assessment. If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the school's Alpha Master form. A wrestler will have two options. Option A: The appeal must be made with the assessor who did the initial assessment and the same assessment method shall be used. A wrestler's body weight cannot be greater or less than 3 pounds of his/her initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being retested. There will be a fee for retesting a wrestler. Option B: An appeal must be made through the original assessor and a wrestler can go to the certified testing center (Oklahoma University Health Science Center, Oklahoma City) and use the Bod Pod air displacement plethysmography method to determine body fat and minimum weight at 7% for males and 12% for females. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being tested. Since researchers have determined this to be one of the gold standards in measuring body fat composition, there will not be a 3% variance subtracted from the minimum weight. Again, the cost for this testing will be incurred by the school or parent at a fee of \$25.00 per wrestler and payment shall be made at the testing site.

A wrestler whose body fat is measured at sub-seven percent (males) or sub-twelve percent (females) and wishes to appeal their body fat assessment must meet the following requirement: their body weight at the appeal can be no lower than their original weight at the initial assessment and no greater than three pounds of their original weight at the initial assessment. If so, the appeal will not be valid and the original assessment will be used.

If a wrestler elects to appeal their initial assessment under option A or B, whatever the appeal assessment determines, his/her body fat and minimum weight is final. You cannot appeal a third time nor can you go back and use the initial assessment data.

15. Although it is not mandatory, it is highly recommended that each school develop a nutrition education program for wrestlers and parents. The NWCA has a free nutrition video available on their website.
16. All wrestlers (including non-starters) in grades 7-12 shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 15, 2007) and January 14, 2008. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight.
17. If your last wrestling event prior to January 15 is cancelled by a school's administration due to inclement weather, a wrestler may certify his/her minimum weight at the next scheduled event.

18. A wrestler cannot certify his/her (7% male or 12% female) minimum weight until the allowable date on your school's Alpha Master form. Certification must be made at flat weight. Once you certify your minimum weight, you can only weigh-in one weight class above your minimum weight and still keep that minimum weight. A wrestler who weighs in at any time more than one weight class above his/her minimum weight, his/her minimum weight will move up accordingly.
19. A wrestler who is on a descent plan to certify his/her minimum weight and at any time weighs in two weight classes above a previous weigh-in, his/her descent plan would stop and his/her minimum weight would be established. (Example: Your descent plan allows you to go from your alpha weight of 140 to your minimum weight of 125. You weigh-in at 140 and then 135 and then 130 and before you get to your minimum weight of 125, you weigh-in at 140. At this time, your descent plan would stop and your minimum weight would be 135 pounds. You have weighed in two weight classes above your lowest weight during your descent plan.)
20. A wrestler who was not able to certify his/her minimum weight prior to January 15 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstance.
21. Any wrestler who is tested prior to January 15 and whose calculator plan won't allow them to descend to their minimum weight until after January 15 would not have to apply for an exception. However, they must make flat weight at the first opportunity during the week the calculator plan allows them and after that they would receive the two pound growth allowance.
22. A wrestler, whose calculator plan will not allow them to descend to their minimum weight until after January 14 must make flat weight the first time they weigh-in for a new weight classification. (Cannot use the growth allowance when descending to his/her minimum weight the first time they weigh-in for a new weight classification.)

A wrestler whose calculator plan will not allow them to descend to their minimum weight until after January 14, then at some point chooses to discontinue his/her descent plan, their minimum weight would be the weight classification they certified at prior to January 15. (Exception: A wrestler would be able to certify his minimum weigh after January 14 based on his/her weekly descent plan and must make flat weight at the first opportunity during the week the calculator plan allows them.)

23. A wrestler who has tested and his/her calculator plan will not allow him/her to descend to their minimum weight until after the week of the regional tournament will determine his/her minimum weight by using the 1.5% weekly descent plan from the date of the initial assessment to the week of the regional tournament.
24. If a wrestler weighs-in at a dual meet or tournament one weight class above his certified minimum weight, it will not change his minimum weight. If a wrestler weighs-in one weight class above his minimum weight and then wrestles one weight class above that (National Federation Rule 4-4-2: "A contestant shall not wrestle more than one weight class above that class for which his actual weight, at the time of weigh-in, qualifies him.") he still has not changed his minimum weight certification. Any changes in weight certification shall be immediately reported to the OSSAA office.
25. A certification form (located in this manual) shall be mailed (**not faxed**) to the OSSAA office by January 18, 2008 listing all wrestlers (**including non-starters**) in high school and/or junior high in grades 7-12.
26. A two pound growth allowance will go into affect for all high school and junior high wrestlers on January 15, 2008 and will continue for the remainder of the wrestling season. When the two pound growth allowance is in effect, all weight classifications will change by two pounds and all weigh-in regulations will apply.
27. A weigh-in is defined as one in which a wrestler makes weight, is in uniform for a match, and is eligible to compete in all respects. A wrestler meeting the definition of a weigh-in would count this against his individual season limitation regardless of whether he participates or not.
28. The regional verification form shall be provided to the regional tournament manager verifying all regional participants minimum certified weight upon arriving at the regional site for the seeding meeting. Coaches who chose not to attend the regional seeding meeting shall mail or fax their regional verification form to the tournament manager prior to the seeding meeting. **Any school failing to provide the regional verification form shall not be allowed to participate in the regional tournament.** Also included on the form will be a place to list the date and site of each participant's season weigh-ins and the weight classification in which he/she was eligible to wrestle. The form must be signed by the high school principal and wrestling coach. Inaccurate information could cause a student to be ineligible for the regional wrestling tournament.
29. Any ninth grade wrestler that is wrestling on both the junior high and high school wrestling team must adhere to the High School Weight Management Program (see number three from above). A ninth grader will have two minimum weights, one in junior high and one in high school. His/her junior high minimum weight will be the junior high weight class that is directly above the minimum wrestling weight on the high school's alpha master list. (Example: His minimum weight at 7% is 132 pounds. His minimum weight would be 134 on junior high and 135 on high school.) A wrestler shall not wrestle at their minimum weight in junior high until the first allowable date on the high school's Alpha Master form. Junior high weigh-ins will not affect his/her minimum weight in high school and vice versa. A ninth grader who tests prior to his/her first competition and does not wrestle or weigh-in at a high school match before January 15 must weigh-in at flat weight at a junior high match to certify his/her high school minimum weight. (Example: His/her minimum weight at 7% (males) or 12% (females) on the high school's Alpha Master form is 139 pounds. His/her minimum weight is 140 on high school and 142 on junior high. The wrestler must

weigh-in at 140 at a junior high meet or tournament before January 15. This weigh-in must be documented and kept by the high school coach.)

30. All seventh, eighth, and ninth grade wrestlers (including non-starters) shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 15, 2007) and January 14, 2008. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.