

## WHSAA WRESTLING WEIGHT MANAGEMENT PROGRAM

### I. REGULATION

- A. WHSAA member high schools will be required to determine a minimum competitive weight for each of their varsity and sub-varsity wrestlers. The minimum body fat percentage for males is 7% and for females is 12%. The WHSAA does not advocate that a wrestler's established certified minimum wrestling weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

### II. DETERMINING MINIMUM WEIGHT ("ALPHA" WEIGH-IN)

- A. Bioelectrical impedance measurements will be utilized to determine each wrestler's body fat percentage. We will be using the Tanita bioelectrical impedance Body Composition Analyzer. Only measurements taken by persons who have been successfully trained as assessors will be accepted. We will assess all athletes on the Friday of WHSAA Calendar Week 22 at regional sites to be determined. The WHSAA will utilize the National Wrestling Coaches Association's (NWCA) Optimal Performance Calculator as the mechanism to calculate the certified minimum weight class for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling. **NO WRESTLER MAY COMPETE UNTIL HE/SHE HAS HAD A CERTIFIED MINIMUM WEIGHT DETERMINED BY THE NWCA OPTIMAL PERFORMANCE CALCULATOR AND IT APPEARS ON THE SCHOOL'S ALPHA MASTER FORM.** All male wrestlers must be properly dressed in shorts during the entire weigh-in process. T-shirts are optional for males. Female wrestlers must be properly dressed in shorts and t-shirts.
- B. Hydration testing will precede the bioelectrical impedance measurements. A specific gravity urine test will be administered to each wrestler in order to determine if he/she is sufficiently hydrated (1.025 or less). A refractometer will be our testing instrument for hydration. Provided the wrestler passes the hydration test, the results of his/her body composition assessment will be entered into the NWCA weight certification Optimal Performance Calculator on the Initial Assessment page of the NWCA website ([www.nwcaonline.com](http://www.nwcaonline.com)). The Optimal Performance Calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.
- C. The lowest weight class a wrestler may compete will be determined as follows:

- i. If the certified minimum weight, at 7% body fat for males or 12% body fat for females, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class.
- ii. If the certified minimum weight, at 7% or 12% body fat, is greater than one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class.
- iii. A wrestler may compete at his/her minimum weight class if additional pounds are given for consecutive days of weigh ins or the two pound growth allowance on January 1 if his/her minimum weight is at or below that weight. For example, if a wrestler's minimum weight is 107.68 pounds and he/she can achieve that weight on December 31, he/she is eligible to wrestle in the 106 pound division starting January 1 because of the two pound growth allowance.

D. Wrestling coaches must be provided the Alpha Master of their opponent before each contest. Coaches are to provide a copy of the most current Alpha Master for their team to each opponent coach or the tournament manager if more than four teams are involved on a date of competition. A tournament manager is required to collect the Alpha Master for each team and make it available for coaches of competing teams.

### III. TIME PERIOD FOR MEASUREMENTS

- A. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school Alpha Master Form.
- B. Assessments will be held in November/December at district testing sites. Any wrestler who comes out for a team after the assessment dates must make arrangements with the WHSAA for their initial assessment.
- C. Unusual situations must be arranged with the WHSAA in writing before deadline or due dates.
- D. The first day of the Regional Tournament is the deadline to establish a certified minimum wrestling weight.

### ~~IV. WRESTLER'S BELOW 7% OR 12% BODY FAT - Eliminated in 2020~~

- ~~A. Prior to competition, any male wrestler whose body fat percentage at the time of the initial assessment is below 7% must obtain written clearance from a physician stating the athlete is naturally at this sub-7% body fat level. In the case of a female wrestler, written physician's clearance must be obtained for an athlete who is sub-12% body fat. A physician's clearance is for one season and expires March 15<sup>th</sup> of each year. The sub-~~

~~7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight at the time of their initial assessment.~~

V. GROWTH ALLOWANCE

- A. The WHSAA Weight Management Program awards a two-pound growth allowance on January 1.
- B. The growth allowance may be utilized to achieve a lower certified minimum wrestling weight for a wrestler.
- C. Any wrestler who comes out for a team after the assessment testing dates must make arrangements with the WHSAA for their initial assessment. This must occur prior to their first competition.

VI. WEIGHT LOSS LIMITATION

- A. A weight loss limitation of 1.5% body weight per week will be in effect for all wrestlers. The earliest date that a wrestler will be allowed to compete at his/her predicted minimum weight can be determined by the Weight Loss Plan page of the NWCA website. The weight loss plan will determine which weight class a wrestler may compete at each week.
- B. *Note: WHSAA rule 7.16.74 has been eliminated.* “The minimum weight a wrestler will wrestle at the Regional Tournament will be the weight at which the wrestler has at least half of his/her weigh-ins at that weight or lower. The weight which the wrestler makes for a meet shall be counted toward this requirement.”
- C. PENALTY: Any wrestler, who participates at a weight class below their eligible minimum weight class as defined by the weight loss plan, before the proper amount of time has passed to achieve that weight class, will be considered an ineligible wrestler for that competition. WHSAA rule 1.4.2 concerning team forfeiture would then take effect.

VII. APPEAL PROCESS-**No appeals in 2020-21 due to Covid-19!**

- A. Any athlete may appeal his/her assessment results one time by reassessment.
- B. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the WHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the initial assessment. Day one through seven does not permit any weight loss for an appeal to be valid. During the second week, days eight to fourteen, a wrestler may weigh no less than

1.5% (rounded down) of the initial body weight assessment. Failure to meet these conditions or timelines is cause for denial.

C. Reassessment includes hydration and bioelectrical impedance assessment.

#### VIII. COSTS

A. The WHSAA will provide Tanita body composition analyzers, refractometers and cups.

B. All costs incurred for the appeal process, nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school.

#### IX. NUTRITIONAL PLAN

A. Annually, wrestlers will be provided a nutrition education plan based on the program created by the NWCA. Parents are encouraged to go through the plan with their student.

B. Nutrition education should emphasize proper growth as well as healthy weight reduction approaches.

C. Students and parents should be encouraged to resist unhealthy weight reduction approaches.

D. The impact of growth, development and lifelong health will be primary in the education of the student.

E. Emphasis should be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than binge and purge.

F. The dangers of dehydration should be explained and the practice of dehydrating to achieve a weight should be discouraged.

#### X. FREQUENTLY ASKED QUESTIONS

A. Will each coach have access to every school's alpha master roster via the NWCA website?

- i. Answer: **No**. Each school can only access their own alpha master roster.
  
- B. Are coaches required by rule to share their alpha master roster with the opposing coach at weigh-ins?
  - i. Answer: **Yes**. Head coaches shall exchange alpha master rosters at weigh-ins for dual meets. A copy of your team's alpha master roster must be provided to tournament directors prior to weigh-ins.
  
- C. Do coaches have to provide each wrestler's weight loss schedule available at weigh-ins?
  - i. Answer: **No**. Only the alpha master roster is required at weigh-ins.
  
- D. Are wrestlers who join the team after January 1 required to be certified at a minimum weight class?
  - i. Answer: **Yes**. ALL wrestlers must be tested prior to competition, no matter when they join a team.

**UPDATED DECEMBER 7, 2022**