

Below is the National Prep School Weight Management Program that has been approved by the National Prep Board. This program has been created to meet the mandate of the National High School Federation Wrestling Rules Committee. All schools participating in the National Prep Tournament must follow this program.

1. Each school will pay a \$30 fee to the National Wrestling Coaches Association to access the NWCA optimal performance calculator (to administrate the private school weight management program). Your membership in the NWCA will allow each school to have separate access codes for your health professional and your coach to the weight certification data that the NWCA will accept and maintain. Only the health professional can enter the data. The coach's access code will give them access to the entered data. Each school will be responsible for sending the health professional's and their coach's names and email addresses to the NWCA by Sept 21. Each school is expected to join the NWCA by September 21. The NWCA phone number is 717 653 8009.

2. Only a professional health person at your school (athletic trainers, doctors, nurses) can administer the official test that will certify the lowest weight class a wrestler can wrestle. The professional health person will administer the test and enter the data into the NWCA database. Coaches may not do any of the official testing.

3. As per the National High School Federation Rulebook the lowest allowable % of body fat when determining the lowest weight class a wrestler can compete in is 7 % for males and 12% for females.

4. The official test consists of two parts. First the wrestler's urine must be tested to ensure they are properly hydrated. Proper hydration is a measurement of 1.025 or lower specific gravity. The hydration test can be done using either reagent strips or a digital fiber optic refractometer. If a wrestler does not pass the hydration test they may not do the second portion of the official test and must wait at least 24 hours before they can be tested for proper hydration level. Once a wrestler has cleared the hydration test the weight certification is done immediately afterward. A school can do as many hydration test as necessary in order to then do the weight certification part of the program as long as the hydration test are at least 24 hours apart and within the time parameters of the two official tests. The weight certification test includes weighing the wrestler stripped or in their underwear and then measuring the wrestler to determine what their percentage of body fat is. To determine the body fat the professional health person may use professional grade skin calipers (the health professional must be NWCA certified in caliper use to use this method), the Tanita TBF 300WA Wrestling Body Fat Composition Analyzer or by using a registered hydrostatic test site or a "bod pod" test site. All team members must be tested the first time using the same device. Once the wrestler's data is entered the NWCA's Optimum Performance Calculator will determine the wrestler's weight at the 7 or 12 % body fat level , then calculate that weight with the variance allowed to establish the lowest weight class a wrestler may participate in this season. When determining the lowest weight class "scratch weight" must be used and not a weight class plus any growth allowance. A second test, the "appeal test", can use any of the approved testing devices but all "appeal tests" must use the same device

5. If a wrestler is lower than 7 or 12 % body fat their weigh- in weight when being tested will determine their certified weight class and they will need a doctor's written permission to wrestle that weight class or any higher weight class. A wrestler below the 7 or 12 % body fat levels does not get a variance in determining their lowest weight class. A wrestler below the 7 or 12 % body fat levels is eligible for an “appeal” test the same as the wrestlers above the minimum body fat % levels. If a school does not have a doctor then the highest level health professional at the school can sign the written permission form. If a school does not have a medical service other than a athletic trainer then the wrestler’s family physician must sign the form

6. Since all devices that measure body fat have a range of plus/minus accuracies we will allow a .9 lb variance in order to determine the lowest weight class a wrestler can be certified for. For example: if a wrestler at 7% body fat weighs 130.1-130.9 the .9 lb is rounded down so that wrestler will be certified as a 130 lber. If a wrestler weighed 131 at 7% they would certified as a 135 lb wrestler

7. Earliest possible official test: Anytime after October 1 to before a wrestler’s first official match/tournament. Note: A wrestler’s first official competition could be after a team’s first official competition

8. Maximum number of official tests: Two official tests are the maximum number that can be administered. If administering a second official test it must be done at least one week before the first official scheduled match/tournament. If a wrestler joins the team after the official season has begun they must be officially tested before they can compete. Wrestlers joining a team after the season has begun may also have two official tests provided they can be administered before a growth allowance starts. Wrestlers may not be tested once a growth allowance has been allocated. Coaches can do as many unofficial tests as they like but data from those unofficial tests may not be entered as official test data.

9. Once a wrestler's lowest certified weight class has been established and the data entered in the NWCA database the NWCA alpha master will indicate the earliest date a wrestler can wrestle that date. The earliest date they can compete at that weight will have to be before any growth allowance starts. The earliest date will be based on a 1.5 % loss of weight per week formula. For the first year we will only use the earliest date a wrestler can make the certified weight class. We will not monitor what they can weigh each week. For each match the coach will be required to access the alpha master data to give to the opposing coach at the weigh-ins to insure wrestlers are in the allowable weight class for that match. Wrestlers not on the alpha master list may not compete.

10. Wrestlers must have at least one weigh in at the scratch weight for the weight class they are certified to enter at their National Prep Qualifying Tournament before the qualifying tournament. “At Large Schools” must have at least one weigh in at the scratch weight of the weight class they are eligible to enter at the National Prep Tournament prior to the national tournament.

11. The rule pertaining to the loss of the lowest weight class certification if a wrestler weighs-in two weight classes above the lowest certification remains in effect and will be governed by each zone. For example: if a wrestler is certified for 112 and then weighs-in at 120 putting them in the 125 lb weight class their lowest certification weight class becomes 119.

12. The 2 lb growth allowance will be in effect for Maryland, Texas, and Oklahoma schools on January 1, 2008. The growth allowance for all other schools will go into effect for matches/tournaments after January 14, 2008. The 2lb growth allowance or the additional lb/s allowance for multi day tournaments can not be used to make a wrestler eligible for their lowest certified weight class.

13. A wrestler who transfers after having been previously certified at another school (private or public) keeps the same minimum weight class as they had at the prior school. The new school is responsible for securing the data from the original school and entering the same data into their Alpha Master Report Form. Wrestlers may not be retested at their new school.

Misc:

Trainers can be NWCA certified at the NATA convention on Wednesday, June 14 from 1-3. The NWCA will do regional caliper certifications in the fall in Va, Pa, and Md. Zone reps on the national board will assist the NWCA in establishing dates, times and sites for these certifications. "Master Assessors" will be able to certify others in the zones. The NWCA will work with the national prep board to help us identifying those schools that need caliper certifications but are not in the three zones presently planned for.

The zone rep on the national board will make sure all the schools in their zone get the weight management program in May and again in early September. This information will be sent to each school's AD, trainer, and wrestling coach both times. Zone reps will need to contact each school in their zone by June 1 to find out what method of measuring the % of body fat it will use. Once we know who plans to use skin calipers we can assist the NWCA in establishing zone clinics to certify people.

In future years the weight management program may expand to allow us to monitor a weekly 1.5 % weight reduction. We may also use the resources of the NWCA to log in results of our competitions to help with rankings, and seedings.