

2010 National Prep School Weight Management Program

The following 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 Wrestling Tournament must follow this program .

1. Each school must join the National Wrestling Coaches Association each school year 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. No school data can be entered until after a school's membership is paid.

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 before their first contest. Each school is required to join the NWCA before their first contest. Remember you will need the data from the NWCA OPC form in order to compete in your first contest so the earlier you join and send the NWCA your information the less likely you will have any logistical problems for your first contest. 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 again 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 tests as necessary in order to then do the weight certification part of the program as long as each hydration test is at least 24 hours apart.

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 Scale Body Composition Analyzer or by using a registered hydrostatic test site or a "bod pod" test site. All team members must be tested 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 and be done by the same health professional.

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 . The physician's form is available through the National Prep Tournament web site.

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. The process for a sub 7% wrestler's appeal test will be: pass the hydration test, weigh in, and then test for % of body fat. If their weight is the same or above the weight in the first test the weight at the appeal test is the weight data used. If their weight is lower than the first test then the weight from the first test must be used. 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 an 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 0.9 lb variance in order to determine the lowest weight class for which a wrestler can be certified. For example: if a wrestler at 7% body fat weighs 130.1-130.9 the 0.9 lb is rounded down so that wrestler will be certified as a 130 lber. If a wrestler weighed 131 at 7% they would be certified as a 135 lb wrestler

7. Earliest possible official test: Anytime after October 1 to a day before a wrestler's first official match/tournament. Note: A wrestler's first official competition could be after a team's first official competition depending on when the wrestler joined the team or was declared ready for competition. Any second test (appeal test) must be completed before a wrestler has their 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, an appeal test, it must be done at least one day before an individual's first official competition. No testing can be done after an individual has competed in an official contest.

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.

If an individual has a second test, the health professional will delete the data from the first test and enter the new data which becomes the official data except as explained in # 5 for the sub 7% or sub 12 % wrestler. 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 data has been entered into each school's OPC program, each wrestler's lowest certified weight class will be established and the Alpha Master Report from the NWCA will indicate the earliest date a wrestler can wrestle their lowest certified weight. The earliest date will be based on a weight reduction of 1.5 % per week beginning the date the wrestler's assessment data is entered into the OPC program.

A wrestler breaks descent during an official weigh in by deviating from their weekly weight loss plan. By weighing in with an actual weight that is higher than called for that date, the 1.5 % weekly weight loss plan is recalculated. This may impact the first date a

wrestler is eligible to weigh in at their lowest certified weight class.

For each competition during the season each coach will print out their pre match weigh in form. The pre match weigh in form that will be printed and taken to each competition will prove each wrestler's eligible weight class for that competition according to their individual weight loss plan. Wrestlers not on the pre match form are not eligible to compete.

Within 48 hours of the competition the coach will enter the EXACT weigh in weight for each wrestler that was weighed in. For a multiple day tournament you enter the weigh in weight for day one only. For consecutive day dual meets you enter the weigh in weight for each day.

There have been cases where due to a 2 or more pound allowance created by multiple day events or various issues such as weather a wrestler has not been eligible under the 1.5 % weekly descent plan to make the same weight for the next match (midweek or weekend match). If this happens the NWCA program will be adjusted to allow the wrestler to make the same weight class provided that is was allowed for by the descent plan that was in place for the previous contest. For example: weight class is 135 and the wrestler's descent plan allows him to make 135 for that contest and then 2 or more pound allowance is tacked on. The wrestler can return to 135 for the next contest if he weighs in at the 135 plus allowance weight class for the first contest.

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. This scratch weigh in may occur after a growth allowance is in effect, so for example, a wrestler may have to make 130 that day even though the weight class for the day is 132.

A wrestler does not have to make the scratch weight the first time their 1.5 % weekly descent plan allows them to but they can only make it when the weekly descent plan allows them to. A wrestler whose descent plan allows them to weigh 132 that date may wrestle 132 even if they have not previously made the scratch (130) weight – note a wrestler with a weekly descent plan that allows for making 132 one week will most likely be allowed to make 130 the next week if they made the 132 as allowed.

Example: a wrestler's lowest weight class is 130 and he has been wrestling above that weight prior to the growth allowance as determined by his weekly descent plan. After the growth allowance is in effect his descent plan allows him to weigh 132 that week which means he can wrestle in the 132 class that week. The next week based on a 1.5 % weekly descent plan he would probably be allowed to weigh 130 but he does not have to make 130 that week if he chooses not to but must make 130 some time during the regular season and it must be allowed by his descent plan that week

Bottom line is each week the wrestler can wrestle the lowest weight class his weekly descent calls for plus the usual rule book rule of weigh in, wrestle that weight class or wrestle one weight class above your weigh in weight class. The weekly weigh in sheet that opposing coaches' exchange will have a column showing the date the wrestler made scratch weight at their certified weight class as well as a column showing the earliest date the wrestler can make scratch weight for their certified weight class.

11. The lowest weight class a wrestler can weigh in at, for each competition is designated by each school's pre match weigh in form. Note: the old Federation rule that stated a wrestler lost their lowest certified weight class if they weighed in two or more weight classes above their lowest certified weight class is no longer a rule. If a wrestler breaks descent when weighing in for a competition, the 1.5 % weekly reduction is recalculated based on that weigh in.

12. The 2 lb growth allowance will be in effect for Maryland, Texas, and Oklahoma, New England and North Carolina schools on January 1. The growth allowance for all other schools will go into effect for matches/tournaments after January 14.. 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.

14. If a wrestler competes in a weight class below what the weekly descent plan calls for the penalty will be forfeiture of that bout. Coaches are asked to have their athletic directors contact the other school's athletic directors to resolve this issue should it happen.

15. All schools must present the NWCA pre match weigh in form to each opposing coach for every contest and must also record the actual weigh in weight on the NWCA form within 48 hours of the completion of each contest

NOTE:

The zone representatives on the National Board will make sure all the schools in their zone get the weight management program in early September. This information will be sent to each school's AD, trainer, and wrestling coach. Zone representatives will need to contact each school in their zone by Sep 1 to find out which method of measuring 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.