

GEORGIA HIGH SCHOOL ASSOCIATION



2014-15

WRESTLING

WEIGHT MANAGEMENT

PROGRAM



GHSA Wrestling Weight Management Program

- 8th year; Mandatory & Binding
- Goals:
 - Establish a minimum weight at which the wrestler may compete
 - Set guidelines for a "safe/healthy" weight loss
- Lowest allowable weight based on 7% (male) & 12% (female)
- The National Wrestling Coaches Association (NWCA)/Trackwrestling Optimal Performance Calculator (OPC) is used to establish the "lowest allowable weight"
- All schools must join the NWCA
 - Cost: \$30-payable to NWCA
 - Weight Management handbook/GHSA wrestling page

POINTS OF EMPHASIS 2014-15

- NWCA/Trackwrestling partnership (www.trackwrestling.com)
- Register by Oct. 27
- Weight Management Coaches Handbook is only on the GHSA website
- Weigh in results must be entered into the OPC within 48 hours or before the next scheduled contest
- Weigh in forms cannot be printed until all previous weigh-ins are entered
- Once a weigh-in is complete, it is locked and no further editing by the coach can be made
- Consecutive day weight allowances are made based on actual weight and done automatically by the OPC
- Schools which compete on the day prior to a post-season tournament do not receive a consecutive day allowance

POINTS OF EMPHASIS 2014-15

- Scales used for weigh ins must be certified annually
- Additions to competition schedule after 12/31 must receive written approval by the GHSA
- Form 4 "Medical Clearance" for wrestlers below 7% or 12% (does not need to be notarized)
- Form 5 for "Appeal" for any wrestler (must be notarized)
- Weight assessment dates: 10/18/14 through 12/20/14 and 1/5/15 through 1/17/15
- Weight Management online seminar Oct. 6 through Oct. 27
- Weight descent plan ending date: 1/31/15

Assessment Dates

- Assessments may begin Saturday, October 18, 2014
- Initial assessment period ends on Saturday, December 20, 2014
- Appointments set according to assessment site work schedule
- No assessments will be conducted between 12/21/14 and 1/4/15
- Late assessment period 1/5/15 through 1/17/15
- No further assessments after 1/17/15

Assessment Sites

- All schools are assigned to a "Regional Assessment Site"
- Schools are NOT allowed to change their site
- Schools may NOT use an unauthorized site
- Fees for the assessment are to be paid to the site at the time of testing
 - Initial assessment fee: \$10 per wrestler/may have ineligible athletes tested
- Late period testing
 - \$20 per athlete
 - Travel fee of \$0.50 per mile (round trip) if the assessor comes to your school

Assessment Guidelines

- School responsibility to contact and schedule assessments
- Majority of team assessments should be done before the first date of competition (Nov. 14)
- Unscheduled or unsupervised athletes will be turned away
- A minimum of 2 adults will accompany the team to supervise
- Coaches are responsible for athlete conduct & discipline
- School personnel are not to be involved in assessment procedures

Assessment Guidelines

- Arrive on the proper date in advance of the scheduled time
- Individual Profile Form (**Form 1**) completed before arrival (print clearly)
- Athletes **MUST** be dressed in shorts & t-shirt for the actual assessment
 - It is improper for athletes to disrobe further than the shorts & t-shirt requirement
- All measurements are done in bare feet
- Athletes coming out late (for whatever reason) must be assessed before they are allowed to compete
- Any variation from assessment procedures will be reported to GHSA

Form 1

GEORGIA HIGH SCHOOL ASSOCIATION
P.O. Box 271
Thomason, GA 30286-0004
706-647-7473

**WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM**

This block to be completed prior to arrival at assessment site PLEASE PRINT

Wrestler's Name _____ First _____ MI _____ Last _____ Grade 8 9 10 11 12

Gender _____ Male _____ Female _____ Date of Birth _____ Age _____

School _____

Assessment Site _____ Assessment Date _____

STEP 1 Assessment of Hydration
(Specific gravity less than or equal to 1.025)

Assessor Initials _____ Pass _____ Fail _____

STEP 2 Assessment of Height (Round down to the nearest 1/2")

Assessor Initials _____ _____ R _____ in

STEP 3 Bio-electric Impedance Assessment (Standard mode)

Record scratch weight to nearest 1/10 of a pound _____ lbs

Calculated % Body Fat (from Tanita print out) _____ %

Assessor Initials _____

STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM

GHSA Assessor Signature _____

Date _____

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- ## Assessment Procedures
- **Step 1**
 - Hydration test
 - Athletes will submit a urine sample which will be analyzed by a digital refractometer
 - This is a pass / fail part of the assessment
 - Any failures must wait at least 48 hours before retesting
 - Additional fees will be charged for retests
 - **THERE ARE TO BE NO DEVIATIONS FROM THIS REQUIREMENT**
 - **Step 2** Measurement of height (rounded down to nearest 1/2")
 - **Step 3** Body Composition measurement
 - Tanita TBF-300WA set on "**STANDARD MODE**"
 - The body fat and projected lowest weight for the season will be determined

- ## Weight Loss Plan
- Results entered into the OPC (www.trackwrestling.com)
 - Minimum weight possible for the season is determined (OPC calculation includes an additional 2% state variance)
 - Weight descent plan & allowed weight class(s) for competition is established
 - Descent plan is based on a max weight loss of 1.5% per week
 - Weight descent plan ends on 1/31/2015
 - Coaches advised to bring "Alpha List" to matches

- ## Medical Clearance
- Needed for all wrestler's assessed at/or below 7% (male) or 12% (female):
 - the wrestler must get a written clearance from a physician (MD or DO) stating that the wrestler is naturally at this body fat level & that the assessed weight is a safe weight (**Form 4**)
 - This is a doctor's clearance – not an appeal
 - **Form 4** must be signed by the MD and a parent; does not have to be notarized
 - **Form 4** may be faxed, emailed or sent standard mail to the GHSA office for processing
 - Athletes shall not compete until clearance is entered by GHSA and the OPC indicates an approved status

Form 4
2014-15

**GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT PROGRAM**

PHYSICIAN CLEARANCE

WRESTLER: BYELOW Sex: 115 BODY FAT

Any wrestler whose body fat percentage at the time of their initial assessment is at or below 7% (male) or 12% (female) may compete in a weight class in excess of that which is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) stating that the athlete is normally at this low body fat level. In the case of a female wrestler, written physician clearance must be obtained for athletes who are at or below 12% body fat. This physician clearance is for one season duration and expires on March 1st of each school year.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____ GRADE 9 10 11 12
SCHOOL _____ AREA _____

INITIAL ASSESSMENT DATA (from OPC):
Date of initial assessment _____
Weight _____
% Body Fat _____
Minimum Weight Class _____

EXAMINING PHYSICIAN
Date seen in office _____ Today's Weight _____ lbs.

The wrestler named above, is at or below the maximum body fat allowed by GHSA's Weight Management Program guidelines. This athlete has been granted clearance to compete at above the maximum weight class denoted at the initial assessment. No weight loss.

---CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED---

106 - 113 - 120 - 126 - 132 - 138 - 145 - 152 - 160 - 170 - 182 - 195 - 220 - 285

PHYSICIAN SIGNATURE _____ DATE _____
ADDRESS _____
CITY _____ ZIP _____
PARENT SIGNATURE _____ DATE _____

NOTE: This form is the only document accepted by the GHSA for Physician Clearance. No fees are required for this option.

Email, fax or mail this form to the GHSA: Ann, Debi Tallini, ghsa@ghsa.org 706 647-2438 (fax) or 111 South Bartlett Street, Thomasville, GA 30754

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Appeal Procedure

- **Any Athlete:**
 - Refer to Coaches Handbook
 - Requires approval by licensed physician (MD or DO)
 - Only one appeal per wrestler to one weight class below initial assessed weight
 - Submit **Form 5** (original, no fax or copies accepted) with \$50 appeal fee (money order, school or booster club check only; no personal checks)
 - **Form 5** must be signed by the physician and a parent (parent signature must be notarized)
 - May not compete in any weight class until an appeal has been finalized or appeal is nullified; changes will be posted on the OPC
 - Wrestlers are bound by the results of the appeal

Form 5
2014-15

**GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT**

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may compete in a weight class in excess of that which is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it will be beneficial to drop to a lighter weight.

This form must be completed in its entirety and accompanied by a \$50.00 appeal fee (payable by money order, school or booster club check ONLY) must be received by the GHSA at the address below.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____ GRADE 9 10 11 12
SCHOOL _____ AREA _____

INITIAL ASSESSMENT DATA (from OPC):
Date of initial assessment _____
Weight _____
% Body Fat _____
Minimum Weight Class _____

EXAMINING PHYSICIAN
Date seen in office _____ Today's Weight _____ lbs.

Circle A or B

A. After an on-official evaluation, this wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may compete in a weight class greater than the GHSA weight class code below. This option requires a \$50 appeal fee.

B. The wrestler named above is advised to compete in a weight class that is one (1) weight class below the initial assessment. The wrestler must participate in a weight class lower than that determined by the initial assessment. No fee required for this option.

---CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED---

106 - 113 - 120 - 126 - 132 - 138 - 145 - 152 - 160 - 170 - 182 - 195 - 220 - 285

PHYSICIAN SIGNATURE _____ DATE _____
ADDRESS _____
CITY _____ ZIP _____
PARENT SIGNATURE _____ DATE _____
NOTARY SIGNATURE & STAMP _____ DATE _____

Mail form and payment to the GHSA, Ann, Debi Tallini, 111 South Bartlett Street, Thomasville, GA 30754

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Growth Allowance

- Dec. 25, 2014: A two pound growth allowance will be granted
- Jan. 30, 2015: Additional one pound growth allowance will be granted
- The growth allowance may not be used to achieve a lower certified minimum wrestling weight

Reporting Data

- Coaches **MUST** enter their team competition schedule into the OPC by December 31st
- Weigh in forms cannot be printed if the schedule and the event are not entered into the OPC
- Weights may be hand written on the Pre-match Weigh In form
 - After the competition coaches are REQUIRED to enter actual weigh in weights within 48 hours or before the next competition (whichever comes first)
 - Weigh in forms are to be completed in consecutive date order
 - New weigh in forms cannot be printed until all previous weigh ins are entered
 - All dual meets, tournaments, etc. are to be reported on the OPC
 - Only the initial weigh in has to be reported for two day events

Reporting Data

- **Actual weigh-in weights WILL impact the wrestler's Individual Weight Loss Plan**
 - Minimizes large fluctuations in weight and the loss of more than 1.5% of body weight per week (safety & health)
 - Weight loss plans are determined by the weight entered; if a wrestler weighs in above their projected weight, the OPC will use the actual weight and recalculate the individual weight loss plan
 - Weighing in below the projected weight will not result in a recalculation of the plan
- A wrestler shall not wrestle in a weight class below their projected weight class for that day

Reporting Data

- Coaches **MUST** enter **ALL** weigh ins into the OPC
 - Entries must be made within 48 hours of each weigh in or before the next scheduled contest
 - Instructions: coaches handbook or on Trackwrestling website

Match Protocol

- Bring the Weigh-In Roster to each meet
- Athletes who are not on the weigh in roster cannot wrestle. Athletes must be formally processed and cleared via the OPC
- The head official must verify the accuracy of the dates and will sign off after skin checks are conducted
- The head referee will keep a copy of each signed weigh in roster for auditing purposes
- Coaches will exchange forms prior to competition to insure wrestlers are competing in the proper weight class
- For multi-school events (tournaments, dual tournaments, etc.) all documents must be submitted to the head coach/tournament director prior to start of competition
- Schools violating match protocols are to be reported to the GHSA

Form 3 (SAMPLE)

**Georgia High School Association
Sample 2013-2014 Weigh-In Report**

School Name		Opponent		Weigh In Date		
Weight Class	Wrestler	Grade	Oppose Wt. Class	HS Team Opp	Actual Weights	Lat. Official Weight In
113	AAA	10	113	109.2	_____	01/07/xxxx 0.00
120	BBB	12	120	118.0	_____	01/07/xxxx 0.00
130	CCC	12	126	124.6	_____	01/07/xxxx 0.00
132	DDD	12	132	131.0	_____	01/07/xxxx 0.00
138	EEE	11	138	136.8	_____	01/07/xxxx 0.00
146	FFF	12	146	143.6	_____	01/07/xxxx 0.00
152						
...						
...						
...						
285	NNN	11	285	280.5	_____	01/07/xxxx 0.00

Coach Name (printed): _____ Opposing Coach or TD Name (printed): _____
 Coach Signature: _____ Opposing Coach or TD Signature: _____
 Head Official Name (printed): _____ Head Official Signature: _____

***This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.
 (Actual form must be generated from the DFC)

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Hydration Tips

- Avoid eating or drinking 4 hours before assessment
 - specifically coffee, tea, & colas
- Avoid exercise 12 hours before assessment
- Empty bladder 30 minutes before assessment
- Females should not be tested during their menstrual cycle
- Refer to coaches' handbook for further tips

NOTES

- This overview of the "Weight Management Program" is not intended to cover every detail nor answer every question
- Coaches are required to read the comprehensive plan and follow all requirements set forth in the Coaches Handbook posted on the GHSA website
- GHSA contact:
 - Denis Tallini, 706 647-7473 x34; dtallini@ghsa.net