

# 2008-09 MHSAA Wrestling Weight Monitoring Program

## THE REGULATION

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all senior high schools. The MHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

### A. ESTABLISHING MINIMUM WEIGHTS

1. Skinfold measurements will be utilized to determine each wrestler's body fat percentage. Only measurements taken by MHSAA registered Skinfold Assessors who have successfully completed the MHSAA Skinfold Measurement In-service will be accepted. Schools can access the MHSAA Web site for a current list of approved assessors. It is the responsibility of the school to contact a Skinfold Assessor from this list and arrange a time to have the wrestling squad measured. No senior high wrestler may compete until the athlete has had a minimum weight determined and it appears on the school's Alpha Master Roster. If a junior high school wishes to participate in the minimum weight program it is permitted, but the MHSAA is not prepared to process the data.
2. The lowest weight class a wrestler may compete at will be determined as follows:
  - a. If the predicted weight, at 7% body fat, is exactly that of one of the weight classes, that weight shall be the wrestler's minimum weight class.
  - b. If the predicted weight falls between two weight classes he must wrestle at the higher weight class.
  - c. When using digital scales, round up to the nearest 1/10. Balance scales should be rounded up to the nearest 1/4.

### B. MEASUREMENT TIMELINES

1. No wrestler may compete until he has participated in the Alpha Weigh-In and his or her name and data are included on

the school Alpha Master Roster, which can be printed at [nwcaonline.com](http://nwcaonline.com) by each member school's coach.

2. A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial skinfold measurement.

3. Skinfold measuring may begin on Oct. 20, 2008. Wrestlers may be measured any time on or following this date to establish the "Alpha" weight. Weight monitoring data shall be submitted online at [nwcaonline.com](http://nwcaonline.com) by the assessor within 48 hours of assessment. The deadline for data is Jan. 31, 2009. All wrestlers, including those coming out late, must have their minimum weight established and their name must appear on the school's Alpha Master Roster prior to competing.

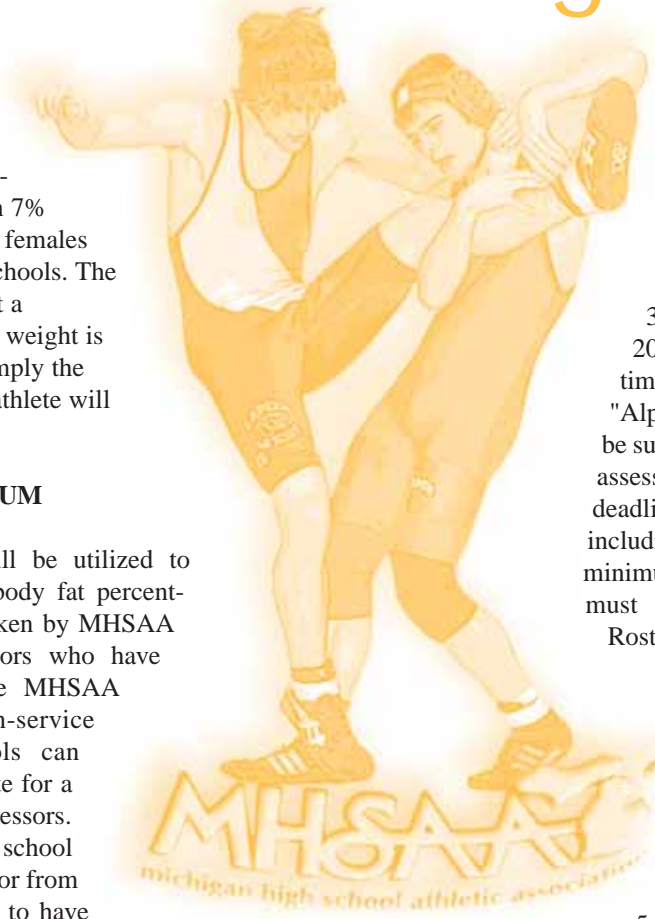
4. The specific gravity of the urine will determine whether a candidate may participate in a skinfold measurement on any date. For any failed specific gravity test, the wrestler may not be reassessed for a minimum of 48 hours for BOTH skinfold and hydrostatic reassessments.

5. The wrestler must make scratch weight whenever a skinfold measurement is conducted.

6. Results of measurements will appear on the Alpha Master Roster and each school is responsible for printing those from [nwcaonline.com](http://nwcaonline.com) using proper protocols.
7. Unusual situations must be arranged with the MHSAA in writing before deadline or due dates.

### C. SCHOOL RESPONSIBILITIES FOR THE MEASUREMENT PROCESS

1. It is the school's responsibility to contact and contract with an approved Skinfold Assessor from the list provided by the MHSAA at [mhsaa.com](http://mhsaa.com).
2. The school will provide the materials and two health professionals to conduct the urine specific gravity test. Materials include:
  - a. Plastic collection cups.
  - b. Reagent strips for urinalysis (i.e. Ames Multistix, 8SG or 10SG, 2304A or equal)



3. The school must have available at the time of the skinfold measuring:
  - a. A certified balance or digital scale (certified after the start of school in the fall and before Oct. 20).
  - b. Skinfold data worksheets available from the MHSAA Web site.
  - c. Two adults (non-wrestling coach, teacher, A.D. parent) who will assist in obtaining weight of each wrestler and assist with the recording of data.
7. It is the assessor's responsibility to enter, within 48 hours, the skinfold measurement data to **nwcaonline.com** using the approved protocols.
8. Skinfold measurement shall NOT be conducted by any wrestling coach (paid or volunteer) from the school district or the team being measured.

#### **D. WRESTLERS BELOW 7% BODY FAT**

Any male wrestler whose body fat percentage at the time of his initial measurement is below 7% must obtain in writing a licensed Physician's (M.D. or D.O.) clearance stating that 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 athletes who are sub-12% body fat at her first weigh-in. A Physician's clearance is for one season duration and expires April 1 of each year. The sub-7% male or sub-12% female, who receives clearance may not wrestle below their Alpha weight. This form is due to the MHSAA by Monday, Dec. 25, 2008.

#### **E. GROWTH ALLOWANCE**

1. The Michigan Weight Monitoring Program does not include growth allowance except as provided by National Federation Wrestling Rule 4-4-4, which permits a two pound growth allowance Jan. 1.
2. Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.
3. In order to utilize the Growth Allowance a wrestler shall weigh-in at "scratch" weight in the desired weight class at least once prior to using the two pound Growth Allowance.

#### **F. WEIGHT LOSS PER WEEK**

1. A weight loss limit of 1.5% of the "Alpha" weight per week has been set. The projected earliest date to wrestle at the Predicted Minimum Weight will be broken down into days. This date will be on the Alpha Master Roster printout.
2. A wrestler will not be allowed to wrestle any time in a weight class that would require him to lose more than 1.5% of his "Alpha" weight per week from the original date of measurement.
3. Penalty: A wrestler who competes or appeals at a weight before the proper amount of time has passed to achieve that weight class will be considered an ineligible wrestler.

#### **G. APPEAL PROCESS**

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial skinfold measurement!

NOTE: In order to utilize the results of an appeal or hydrostatic weighing, the wrestler must compete at their approved lowest minimum weight during an appeal for a lower weight. Any

athlete may appeal his/her skinfold measurements or calculations one time by reassessment. Step 1 must be completed within 14 calendar days of the original (Alpha Date) measurement. Step 1 may be bypassed and only Step 2 performed. The steps of the appeal process are as follows:

#### **STEP 1**

**Reassessment:** The athlete shall repeat the "Alpha Weigh-In" as described in the regulation.

1. The same assessor shall conduct the reassessment.
2. The reassessment shall occur within 14 calendar days of the original Alpha date unless a written extension is granted by the MHSAA before the expiration of the 14-day period.
3. Reassessment includes hydration assessment, weight measurement plus three measurement of the skinfold sites. If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.
4. When the assessor enters the appeal data, they must indicate that this is an APPEAL by entering the information using the APPEAL link.
5. Failure to adhere to these conditions or timelines will be cause for denial.

#### **STEP 2**

**Hydrostatic Weighing:** If dissatisfaction with the results remains, the wrestler may choose to be hydrostatically weighed to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

1. The school shall file a "Hydrostatic Weighing Proposal" before a hydrostatic weighing is approved.
2. Hydrostatic weighing facilities must be approved by the MHSAA and the Hydrostatic Weighing Proposal shall be filed with the MHSAA.
3. Hydrostatic weighing shall be performed at any time prior to Jan. 15. The one exception is for a wrestler who receives an Alpha measurement for the first time after Jan. 15. This athlete has 21 days or the Alpha deadline (Feb. 1, 2009), whichever is first, for a hydrostatic appeal.
4. The 1.5% weight loss limitation shall be observed when conducting hydrostatic weighing.
5. Step 1 may be passed and only Step 2 performed.

The 14-day appeal period shall start on the day following the alpha date. The 1.5% weight loss limitation is in effect on the day following the alpha date.

1. A student may not wrestle at the new, appealed weight until approval in writing has been received from the MHSAA for ALL HYDROSTATIC APPEAL results.
2. PENALTY--A wrestler who weighs in at a weight before the proper amount of time has passed to achieve the lowest minimum weight, will be considered an ineligible wrestler and subject to MHSAA Regulation V, Section 4 (B).

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial skinfold measurement!

## H. COSTS

1. All costs incurred for the "Alpha" weigh in, (initial) skinfold measurement, appeal process, and nutrition education program are the responsibility of the school.
2. Charges for skinfold measurements may not exceed \$5 per person.
3. Assessors are permitted to charge mileage at the current IRS rate or a service fee of \$30 whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.

## I. SCRATCH WEIGHT

References within the Michigan Wrestling Weight Monitoring Program to the term "scratch weight" refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation established weight classes less "Growth Allowance." Athletes in Michigan are required to make "scratch weight" at the Alpha Weigh-In, at each weigh-in prior to Jan. 1, and after Jan. 1, at any weight entered for which they have not made "scratch weight."

## TRAINING THE SKINFOLD ASSESSOR

### A. TRAINING THE ASSESSOR

1. Persons eligible to be trained as MHSAA approved assessors include Physicians (M.D. or D.O.), registered nurses, licensed practical nurses, certified athletic trainer, physical therapist, physicians assistant, nutritionist, health educator or an exercise physiologist.
2. To be eligible to become an MHSAA approved skinfold assessor an individual must have demonstrated training and experience in skinfold measurement.
3. The assessor will submit to a training session and annual update education. The assessor will provide his/her own measuring device which meets the standard required by the MHSAA wrestling minimum weight program.
4. The assessor will be subject to a random sample test to substantiate the quality of their measurements.
5. The assessor training will consist of two hours of classroom education and up to three hours of practical training.
6. Assessors may charge up to \$5 per student for the skinfold procedure.
7. A training fee will be charged to each assessor candidate to attend the training program.

### B. RECERTIFICATION

1. All assessors will be required to successfully complete the exam.
2. These in-service sessions will be conducted in several locations throughout the state annually.
3. The Skinfold Assessor Instructors will conduct all certification training programs.
4. Beginning in 2005-06, Skinfold assessors who have demonstrated two years of successful experience and were registered the previous year as MHSAA skinfold assessors may recertify by completing an online examination with a \$25 recertification fee on an every-other-year basis.

## C. DATA COLLECTION

1. Once each assessor successfully completes in-service course and exam, he or she will be sent a login and password to the NWCA Website ([www.nwcaonline.com](http://www.nwcaonline.com)).
2. This login and password will be used by each assessor to submit ALL skinfold data electronically.
3. The MHSAA will provide worksheets for all assessors ([mhsaa.com](http://mhsaa.com)), which shall be kept as a back up, hard copy by all assessor for 12 months.
4. The assessor will conduct all body fat measurements.
5. The school will provide the supplies to conduct the urine specific gravity test.
6. The assessor will be responsible for submitting the measurement results online to [nwcaonline.com](http://nwcaonline.com) within 48 hours after completing the Alpha assessment.
7. Do not enter the data for any wrestler that fails the specific gravity (hydration) test.

## THE NUTRITION EDUCATION PROGRAM

### A. TRAINING THE COACH

1. All schools will be required to participate in a nutrition education program designed and scheduled by the Michigan Wrestling Minimum Weight Program Committee MHSAA by completing an annual, online exam.
2. The dangers of weight reduction will be explored.
3. Diet maintenance and development will be a required component of the coaches training.
4. The content covered and presented should serve as the curriculum for the local nutrition meeting.

### B. EDUCATING THE STUDENT AND PARENT

1. Annually, wrestlers will be provided a minimum of one hour of nutrition education based on the program created by the MHSAA Wrestling Minimum Weight Program. Parents are encouraged to participate with their student.
2. The education unit will be presented by the school identified Nutrition Liaison who may be a dietitian, ATC, health educator, nutritionist, home economics teacher, physician or nurse using the basic MHSAA Nutrition Program.
3. Schools are encouraged to have monthly follow up programs throughout the season to assist parents and wrestlers in handling the demands of the season.
4. Resource materials will be identified in the bibliography of the nutrition education program lesson plan to allow schools to provide resources of all types to the students and parents.
5. Coaches, parents, and students can access further nutritional information and weight management programs by using the athlete's login and password at [www.nwcaonline.com](http://www.nwcaonline.com).

### C. HEALTHY TRAINING/LIFESTYLE

1. Nutrition education will emphasize proper growth as well as healthy weight reduction approaches.
2. Students and parents will be encouraged to resist unhealthy weight reduction practices.
3. The impact on growth, development and lifelong health will be primary in the education of the student.

4. Emphasis will be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than to binge and purge.
5. The dangers of dehydration will be explained and the practice of dehydrating to achieve a weight will be discouraged.

## 2008-09 HOME WEIGH-IN PROCEDURE

Home weigh-in procedures are allowed for MHSAA member schools for regular season competition as a deviation from National Federation rules under the following conditions:

- A. Leagues and conferences may adopt home weigh-in procedures by written mutual consent prior to the regular season for all league/conference competition.
- B. For regular-season duals meets and invitational tournaments, home weigh-in procedures shall be specified on contracts or other written correspondence as a condition of participation. Schools that agree to the conditions of the competition agreement may not subsequently request an on-site weigh-in.  
Note: Agreements and consent for home weigh-in procedures shall be done through school athletic administration.
- C. For regular season competition not governed by league or conference adoption or contractual agreements between schools that specify a home weigh-in as a condition of participation, an on-site weigh-in on the day of competition shall be conducted.

The Home Weigh-In form **must** be signed by the principal.

1. On the day prior to a scheduled meet (dual or individual), the principal or his/her designee (not a coach) shall administer the Home Weigh-In no earlier than 3 p.m. The individual school may select the time that best accommodates their program. All wrestlers on a team shall weigh-in at the same time following the MHSAA/NFHS weigh-in procedure, but no later than two hours prior to the scheduled start time of the competition. Wrestlers not present, for any reason, for a Home Weigh-In may not weigh-in for that event.
2. When a day of school attendance does not precede the day of a scheduled meet, the principal or his/her designee (not a coach) shall administer the Home Weigh-In in the following manner:
  - a. If the Home Weigh-In is to be held the day before the meet, it must be no earlier than 3 p.m.
  - b. If the Home Weigh-In is to be held the day of competition, it must be after 7 a.m. but before 4 p.m.
  - c. This procedure applies when school is canceled due to inclement weather, staff development days, etc. For example, if one school has a "snow day" the day before a meet, it is permissible for that school to conduct the Home Weigh-In the day before the meet (on the snow day) **OR** the day of the meet as outlined in 2b. The opposing school, which does not have a snow day, conducts the Home Weigh-In the day before the meet as outlined in 2a. Note that opposing schools do not necessarily have to conduct the Home Weigh-In at the same time or same date when these circumstances exist.

3. The Home Weigh-In procedure will require that all individuals who may wrestle on the scheduled date, on any team, shall be included on the appropriate (frosch, JV, varsity) weigh-in list and shall make weight.
  - a. Wrestlers who weigh-in, but do not appear in the lineup to receive a forfeit or do not compete will not be charged with a day of competition.
  - b. A wrestler may participate on only one school team on a day of competition. For example, a wrestler who wrestles in a JV match may not wrestle a reserve or varsity match on the same day (*MHSAA Handbook*, Interpretation 196).
  - c. Only regular-season matches between competitors who are both varsity wrestlers at the varsity level qualify for seeding consideration in an Individual District Tournament.
4. Wrestlers shall make scratch weight at the Home Weigh-In in order to be eligible to participate in the meet. Actual weight shall be recorded at each weigh-in for each wrestler.  
High school weight certification date is the date of the Alpha Weigh-In. Growth allowance (2 pounds) occurs on Jan. 1.

## WEIGHT CLASS ELIGIBILITY EXAMPLES

When a wrestler competes at a weight class more than two weight classes above their lowest minimum weight if reached, or their lowest actual weight, the wrestler then vacates their lowest minimum weight and new lowest minimum weight will be established.

1. A wrestler has reached his/her lowest minimum weight of 103. On the day of competition, he/she weighs in at 116.5, making him eligible at 119 or 125. He/she then wrestles that day at 125. This is more than two weight classes above the lowest minimum weight of 103, therefore 103 is surrendered and 112 become the new minimum weight for that wrestler.
2. A wrestler with a lowest minimum weight of 125 is descending toward his/her lowest minimum weight, but has yet to reach the lowest minimum weight, and weighs in for competition. The wrestler weighs in at 132 (making him/her eligible at 135 and 140) and wrestles at 140. The wrestler still retains the opportunity to continue to descend toward the lowest minimum weight of 125 as he/she did not wrestle more than two weight classes above his/her lowest actual weight.
3. Two weeks later, the same wrestler in example No. 2, with a lowest minimum weight of 125, weighs in at 141 (eligible at 145 and 152) and wrestles at 152, he/she surrenders his/her lowest minimum weight of 125 and 140 becomes the wrestler's new minimum weight.
4. A 129.3 pound lowest minimum weight wrestler weighs in at 129.6 pounds, legally wrestling several times at 130, 135 and once at 140 pounds. During the season his/her actual weigh in weight is recorded at 135.1 pounds or more, allowing him/her to wrestle at 140 or 145. If the wrestler competes at 145, this requires that he/she surrenders the 130 pound weight class, establishing the new minimum weight class of 135 pounds.