

## The New WVSSAC Weight Management Program

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Chief Assessor

In compliance with the NFHS weight management program, the WVSSAC has restructured the weight management program for all high schools in the state. We will utilize the National Wrestling Coaches Association's (NWCA) On-Line Weight Management Program.

The primary purpose for this program is to insure the future and safety of scholastic wrestling programs in West Virginia. The program is designed to assist in avoiding harmful weight reduction practices.

Starting this year, each wrestler will be screened by an assessor for hydration level of the body and body fat.

All wrestling coaches should incorporate a nutritional component on proper dieting and food-intake for daily consumption, which the new NWCA program will provide.

The weight assessment must take place from the Monday of week 20 to the Monday of week 31. All wrestlers must be assessed by a certified assessor prior to competing interscholastically. Any violation of the assessment procedure or weight management program during the season MUST be reported to the WVSSAC office.

### *Hydration Assessment*

Specific gravity assessment of the urine will determine whether a candidate may participate in the skinfold measurement process. If the wrestler has a specific gravity level equal to or greater than 1.025g/ml, he/she may NOT be assessed for body fat composition. It is up to the assessor to determine the procedure for collecting urine samples and administering the urine specific-gravity test, utilizing current dated reagent strips. This will eliminate any falsification of results.

The proper sequence of the assessment procedure is (1) the urine test, (2) weight the wrestler, (3) the Skinfold test. Keep in mind, if the wrestler fails the urine test, he/she must wait 24 hours to be retested. The wrestler can only be weighed and assessed for body fat composition upon passing the urine test.

### *Skinfold Assessment*

Those meeting the specific hydration requirement will proceed to the area where they will be weighed and the skinfold assessment for body fat composition will be administered. The assessor should have total control of this area so that accurate readings are determined and properly recorded. Again, the wrestler must be allowed confidentially regarding his recorded information.

Calculations on NWCA website will determine each wrestler's Optimum Performance weight and at which weight class he or she can wrestle.

### *Appeal Process*

An athlete has 14 days after the Alpha Master Recording Date to appeal his/her skinfold measurements or calculations one time only. At that point, it MUST be approved by the WVSSAC.

If the appeal is accepted by the WVSSAC, the appellant must have a "hydrostatic weigh-in" at West Virginia University or Marshall University at his/her expense. The hydrostatic weigh-in determines the ultimate assessment standard for body fat

percentage. Results obtained by this assessment are final. The athlete, family, school, or coach may NOT appeal further. The athlete or school is responsible for all costs associated with the appeal process.

A wrestler may compete during the appeal process, but no weight class lower than his initial assessment minimum weight class.

### *Minimum Wrestling Weight*

After being assessed for his minimum wrestling weight, the first time he/she wrestles at his/her minimum wrestling weight he/she must make base weight. He or she may not weigh-in at his or her minimum weight until the date indicated by the Alpha Report. Once a wrestler weighs in at his/her minimum wrestling weight, he/she MUST then weigh-in at his/her minimum wrestling weight 50% of his remaining competitions.

### *The Assessors*

The assessors will consist of professionals in the following areas: Registered Nurse, License Practical Nurse, MD, DO, CD, Advanced Registered Nurse Practitioner, Physical Therapists, Physicians Assistant, NATA or Certified Athletic Trainer, EMT, Paramedic, Exercise Physiologists, and Certified Dietician.

Assessors will demonstrate the highest professional and ethical conduct relative to performing assessments on our young wrestlers in West Virginia. Assessors must record assessment data on the NWCA website within 48 hours after performing the assessment for each team and retain individual raw data for two years.

WVSSAC certified and registered assessors are expected to conduct themselves in a manner such that there will be no question about their ethics and positive contribution to the participants in the sport of wrestling.

### *The School's Responsibility*

It is the school's responsibility to contact an approved assessor(s). It is recommended that the school contact one assessor if 20 or less wrestlers are involved, or two assessors if there are more than twenty wrestlers on the team. The school must have the following available at the time of the skinfold assessment:

- 1) An annually certified scale.
- 2) Skinfold data forms.
- 3) Two school officials (teacher, A.D., or school administrator) who will:
  - a. Assist with obtaining height and weight of each wrestler.
  - b. Assist with recording of data.
- 4) Urine Specimen Cups.
- 5) The charge for is mileage (.31 per mile) and five dollars for each wrestler assessed. (Note: An assessor can not charge the high school where he works.)

### *Miscellaneous Weight Management Matters*

The following are matters which the coach must be well aware of during the season:

- 1) The two-pound allowance will be given after December 25<sup>th</sup>.
- 2) A transfer student may be assessed and compete only if he/she can meet the 14-day practice requirement. Note, if the wrestler was competing in wrestling at the school from where he/she was transferred, he/she has fulfilled the 14-day practice requirement.
- 3) All coaches must present the team Alpha Report at each competition.

- 4) If a wrestler is assessed with less than 7% Body Fat for males or less than 12% for females, but passed the urine hydration test, he/she must compete at the nearest higher weight class (e.g., If such a wrestler's assessment weight is 107 pounds, he/she must compete at the 112-pound weight class or higher.)
- 5) All weigh-ins MUST be held at the site and day of the competition.
- 6) Any student that joins the team late (e.g., injury, sickness, eligibility, etc.) MUST be assessed by the Monday of week 31 and meet the 14-day practice requirement before being able to compete.

***Concluding Remarks***

All high school coaches will receive a detailed WVSSAC Weight Management document in the materials sent to them prior to wrestling season. It is imperative that each coach read this document very carefully for full understanding of the new WVSSAC Weight Management Program.