

WVSSAC NEW WEIGHT MANAGEMENT PROGRAM

Frequently Asked Questions

Release Date: November 17, 2006

1. Wrestlers must pass their Alpha Weight Assessment before they can compete. What happens if a wrestler fails the Specific Gravity Hydration Test, which is higher than 1.025 g/ml? **(Note: There has been mistakes in previous WVSSAC documents, saying that 1.025 g/ml causes the wrestler to fail the test. Not true, a wrestler cannot be higher than 1.025 g/ml.)**

Answer: His assessment stops and the wrestler must wait 24 hours to be retested.

1. Is there a body fat variance?

Answer: Yes, there is a 2% variance for body fat readings of 7% or above. However, if a body fat reading is less than 7%, no variance is given. For example, if a wrestler has a body fat of 6.9% and the lowest weight he can be is 113, the wrestler must compete at the 119-pound weight class.

2. Should a coach make copies of his team members Alpha Weight Report Form?

Answer: Yes, most definitely, because he must present this form to the referee at each and every competition, both dual meets and tournament events.

3. What is considered an official weigh-in for which to bring the Alpha Weight Report Forms?

Answer: All official weigh-ins **MUST** be held at the site and day(s) of the competition.

4. What if the coach forgets to bring the Alpha Weight Report Form to a competition?

Answer: His only alternative is to use a computer at the school and make a copy of the Alpha Weight Report Form. If there is no computer available, his team must forfeit at that competition. The wrestlers cannot compete!

5. What if a wrestler comes out late, is properly assessed, but the coach brings the original Alpha Weight Report Form without the late wrestler's Alpha Weight results?

Answer: His only alternative is to use a computer at the school and make a copy of the revised Alpha Weight Report Form. If there is no computer available, the late wrestler cannot compete!

6. Where can a wrestler compete before his Alpha Weight date?

Answer: He can compete at any weight for which he qualifies. But note, if he wrestles at the 130-pound weight class and his Alpha Weight date is a week later, he will have to wait longer to compete at his Alpha Weight to fulfill the 1.5 percent of body weight loss per week. This regulation is in place to eliminate “Yo-Yo” dieting.

7. Do coaches have to record each wrestler’s 1.5 percent body weight in the NWCA weight management computer program each week?

Answer: No. However, they must monitor their wrestlers’ weight loss each week so they do not lose more than 1.5 percent of their body weight each week. We fully trust the integrity and ethics of all our wrestling coaches.

8. If a wrestler’s Alpha Weight date is after the two-pound growth allowance, must he make base weight the first time he weighs in at his Alpha Weight?

Answer: Yes, but after his first weigh-in at Alpha Weight he receives his two-pound allowance.

9. When does the 50% weigh-in rule at the Alpha Weight go into effect?

Answer: The 50% weigh-in rule takes effect on the individual wrestler’s Alpha Weight date.

10. What if a wrestler never makes his Alpha Weight during the season, can he still wrestle?

Answer: Of course, but at a higher weight class.

11. What if the wrestler’s Alpha Weight date falls on the first day of regionals, can he still compete at his Alpha Weight?

Answer: Yes, but he must make base weight at the first weigh-in. Thereafter, he receives the same weight allowance as all the other wrestlers.

12. What if the wrestler’s Alpha Weight date is after the first day when regionals can start. Is he permitted to wrestle?

Answer: Yes, but at a higher weight class.

13. When do the boys receive their two-pound growth allowance?

Answer: December 25th

14. Must the middle school and junior high programs perform the same weight management procedures as the high school programs?

Answer: No. They will continue to the same weight management procedures as in the past.

15. What about a wrestler who joins the team late? Can he compete?

Answer: Yes, but with the following requirements. Any wrestler who 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.

16. What are the requirements for a transfer student?

Answer: A transfer may be assessed and compete only if he/she can meet the 14-day practice requirement. Note, if the wrestler was competing on the wrestling team at the school from where he/she transferred, the wrestler has already fulfilled the 14-day practice requirement.

17. Can a team be assessed by a doctor of medicine?

Answer: Only if the doctor has been trained by a regional assessor of the WVSSAC.

18. Is there an Alpha Weight Assessment appeal process?

Answer: Yes, but it is very, very stringent. You are first required to contact the WVSSAC office.

20. Who should I contact with any specific questions?

Answer: Dr. Bill Welker at mattalkwv.com or Gary Ray at the WVSSAC office (304/485-5494).