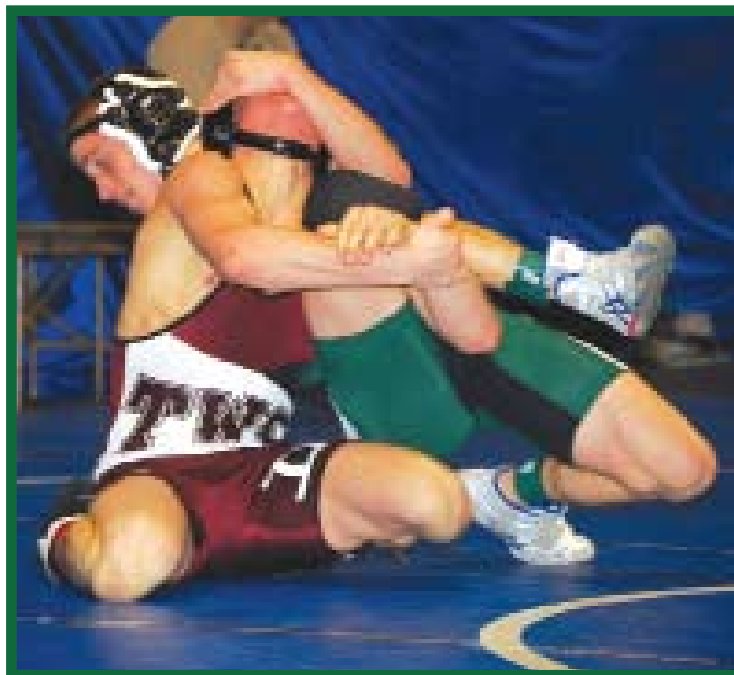




**THE WRESTLING
MINIMUM WEIGHT
CERTIFICATION PROGRAM**



SCHOOL MANUAL

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
JULY 2011

TABLE OF CONTENTS

Overview.....	1
Assessment Component: Establishing Minimum Weight.....	1
Appeal Procedure.....	3
School’s Responsibilities for Assessment Process.....	4
Parental Awareness Form.....	5
Nutrition Component	6
Section Nutrition Consultants	6
APPENDIX	
Letter to School Physician	8
Weight Loss in Wrestlers Article	9
Request for Waiver of the Fourteen Day Rule	11
Males Individual Profile Form	12
Females Individual Profile Form	13
Wrestling Weight Certification Report.....	14
Section Assessor Consultants.....	15
2010-12 NYSPHSAA Handbook - Wrestling Weight Control Plan	16

NYSPPHSAA WRESTLING MINIMUM WEIGHT CERTIFICATION PROGRAM

OVERVIEW

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPPHSAA Wrestling Committee.

The NYSPPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

The NYSPPHSAA Wrestling Minimum Weight Certification Program is supported by the National Federation of State High School Associations (Rule 1-3-1) and the American College of Sports Medicine. The program has the endorsement of the Medical Society of the State of New York Sports Medicine and School Health Committee, the division of Comprehensive School Health of the State Education Department, the American Dietetic Association's Sports, Cardiovascular and Wellness Nutritionists (SCAN), and the New York State Dietetic Association.

The Association is indebted to the Wisconsin Interscholastic Athletic Association and the Michigan High School Athletic Association for their generosity in sharing their program materials.

ASSESSMENT COMPONENT: ESTABLISHING MINIMUM WEIGHT

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity program. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

General Protocol: All wrestlers must be assessed within 14 days from the first day of the season. The time frame is exclusive of Sundays and school holiday closings. When a school is closed for an emergency or holidays, the days in which the school is closed are not counted in the 14 day sequence. For any certification after the first 14 days of the season, permission must be received from the section wrestling coordinator. **Practices may not begin until approval has been granted by the Section Coordinator.** Requests must be put in writing on a standardized form obtainable from the section coordinator. At the end of the season, each sectional wrestling coordinator will report the number of exceptions, with accompanying rationale.

School trips causing conflicts with assessment: The Section Consultant may schedule the assessment earlier, not later than the official date for assessments. In cases where an individual is ill or has a legitimate reason for not making the assessment date, the Section Consultant may set a new date for the individual.

Schools are to identify the modified level wrestlers who are exceptional and who may qualify for high school wrestling in the Selection Classification Program (S/C) at the onset of the season. The S/C wrestlers are to be weight certified with the high school wrestlers following the "14 day" rule.

When a school believes a modified level wrestler deserves to be elevated to the high school competition level after the 14 day time limit, the standard waiver form must be used.

- The wrestler has 14 days from the date of the section coordinator's approval to complete weight certification.
- If the wrestler fails to complete the certification program on time, the wrestler will not be eligible to participate in the high school program. (see Appendix, page 11)

NOTE: General Eligibility Rules for Modified: Promotion Rule #13 and Tryouts #17.

The assessment process (urinalysis and skinfold) must be administered contiguously. There is no break in time between the two.

Emphasize the need for wrestlers to be hydrated. Wrestlers should also be reminded that chocolate, soft drinks and use of substances such as creatine may adversely effect the specific gravity of their urine. It is recommended early morning assessment be avoided because of the hydration factor being effected by the night's respite.

A copy of the Individual Profile Form is included in this manual. You may duplicate copies of this form or a computer generated form may be used by the assessor if they include all items on the official form. All assessors are to calculate data by utilizing the Optimal Performance Calculator, located on the National Wrestling Coaches Association website (www.nwcaonline.com). Data must be carried out to a specified number of places depending on the topic.

Wrestler's Dress: Males must be in shorts or swim suit only; females must be in shorts and halter. Nude weigh-ins are not allowed.

Weight: A certified scale (certified at the beginning of the school year) must be available. An approved assessor must weigh each wrestler. Weight is recorded two places beyond the decimal on the Individual Profile Form.

Dehydration State: Wrestlers have traditionally used dehydration to reduce body weight. Because dehydration will effect accurate determination of minimal wrestling weight, assessment of dehydration will be completed prior to completion of the skinfold measurements. **NOTE:** If the wrestler fails the specific gravity criteria, the wrestler will not be permitted to continue and is required to return on another day for testing (a minimum of 24 hours later). A refractometer will be used to determine the state of dehydration. The acceptable specific gravity will be 1.025 or lower. Urinalysis may be completed only by health care professionals who have successfully completed the NYSPHSAA's Urinalysis Workshop. **An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.**

Athletes Unable to Urinate: If the school doctor furnishes a note which substantiates the fact that a wrestler can not urinate due to a health concern, the wrestler may use another method for proof of hydration noted by the physician (a medically accepted and proven practice).

Athletes Who Do NOT Pass Hydration After Two or Three Attempts: Instruct the coach to talk to the parents of the athletes, the school physician and the family physician. The athlete may have a health concern that will prevent the athlete from competing. The hydration test must be passed before competing in a contest.

Skinfold Measurements: Skinfold measurements (Lohman equation as adopted by Wisconsin) will be utilized to determine each wrestler's body fat percentage. Only measurements taken by health care professionals who have successfully completed the NYSPHSAA skinfold measurement workshop will be accepted.

The lowest weight a wrestler may compete at will be determined by:

1. If the predicted weight, at 7% body fat for males/14% for females, falls between two weights, he/ she must wrestle at the higher weight. If weight is recorded below .5, round down to the nearest pound; if .5 or above, move up to the next pound.

2. Some athletes are naturally lean, that is, their body fat will be under 7% for males/14% for females. In such cases the assessor will use their actual weight to be their minimum weight at which they can compete.

The Minimum Weight the student may wrestle at will be recorded on the bottom of their Individual Profile Form.

Growth Allowance: The National Federation Wrestling Rule (4-4-5) has been adopted by the New York State Public High School Athletic Association permitting a two pound growth allowance addition to each weight class after the Christmas holiday.

Approved Assessors: Only NYSPHSAA Approved Assessors may complete the urinalysis and skinfold measurements. A list of approved assessors, annually updated by November 1, may be found on the Association's web site (www.nysphsaa.org). Section Coordinators are to notify the NYSPHSAA Office by October 15 of the names and emails for the assessors who will be working at the central assessment sites. If the Section Consultant wants all assessors to use the Consultant's email, that is fine. The programmer will assign passwords directly to these individuals. Only the Section Consultants, Wrestling Committee Members and the appointed assessors will have access to the minimum weight assessment database. All wrestling team members are to be assessed at a centrally located assessment site established by the school's Section. Each Section will assign member schools to the assessment site and the appeal site - the only sites the school shall use. No varsity or junior varsity wrestler may compete until the athlete has had a minimum weight determined. Assessors may charge up to \$6.00 per student-athlete for the skinfold assessment or a maximum of \$8.00 if urinalysis is included.

Assessment Protocol: Testing will proceed in this order: 1. Urine sample collected and specific gravity determined; 2. Body weight determined; and 3. Fat analysis through use of skinfold measurements. NOTE: If a wrestler "fails" the specific gravity criteria THE WRESTLER WILL NOT BE PERMITTED TO CONTINUE AND IS REQUIRED TO RETURN ON ANOTHER DAY FOR TESTING (a minimum of 24 hours later).

Appeal versus Correction: An assessor who realizes an error in testing or recording took place while doing an assessment should make the correction immediately. There is to be no outside influence on this decision. An appeal must take place on one of the three consecutive days after the assessment.

APPEAL PROCEDURE

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. **There is no longer step 2 of the appeal process (Hydrostatic testing).**

For the appeal done by an assessor appointed by the Section Consultant, the assessor will use the actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.

If the wrestler is dissatisfied with the results of the skinfold and minimum weight determination, the wrestler is remeasured by the assessor appointed by the Section Consultant. Measurements must be within 3 days of the original date of measurement. When conducting an appeal, the assessor will use the actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test. The urinalysis must be repeated and passed. The wrestler may choose which measurement to accept (the original or the second measurement).

NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.

SCHOOL'S RESPONSIBILITIES FOR ASSESSMENT PROCESS

- Contact the school's Section Executive Director to arrange for minimum weight assessments of the wrestling team members.
- The assessment site must have the following available at the time of assessment.
 1. Certified scale (certified after the start of school in the fall and prior to assessments).
 2. Individual Profile Form for each athlete.
 3. Plastic cups for collection of urine. The site administrator is responsible for supplying the refractometer(s).
 4. Computers with internet access for analyzing data.
- Reporting results of team assessment:
 1. **The assessor will keep one copy of the Individual Profile Form, with a copy provided for the school's files.** All assessors will utilize the computer program on the **NWCA's** website to analyze data. Reports will be stored on each **NWCA** page. Copies of the reports may be obtained by going to the **NWCA website (www.nysphsaa.org).**

All results are available immediately after input of data on the Optimal Performance Calculator, located on the National Wrestling Coaches Association website (www.nwcaonline.com). A copy of the team results will be emailed directly to the athletic director of each school.

Section Consultants, Section Coordinators and coaches will all have access to the results by using the password to the Optimal Performance Calculator provided by the NWCA.

2. **Print and send team report to all opponents.**

NOTE: All other aspects of the NYSPHSAA, Inc. Wrestling Weight Control Plan, Handbook pages 122-123 are to be adhered to. (See Appendix, page 16)

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT ASSESSMENT PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolts

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolts raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

APPEAL PROCEDURE:

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. **There is no longer step 2 of the appeal process (Hydrostatic testing).**

I, the parent/guardian of _____, have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

*Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties.
The School's Athletic Director is to keep a copy on file until the season is completed.*

NUTRITION COMPONENT

SCHOOL'S RESPONSIBILITIES

Conduct a preseason or early season meeting on nutrition for wrestlers and their parents and highlight.

The nutrition education component is critical to the success of the Wrestling Minimum Weight Certification Program. This component has been designed to promote healthy eating patterns and improve athletic performance for wrestlers. The program emphasizes how to achieve and maintain a healthy composition, sustain adequate hydration levels, plan pre-competition meals and balance training diets with appropriate caloric intake to support growth and development as well as training needs.

Each section has a NYSPHSAA approved SCAN nutritionist (Sports, Cardiovascular and Wellness Nutritionists). It is recommended that each school contact these consultants to provide training, resources and information for wrestlers and their families. These nutritionists are listed in the Appendix.

In the fall of 1997, an extensive portfolio of information was distributed to schools at NYSPHSAA sponsored nutrition workshops. These materials should be reproduced for coaches, athletes and parents. Portfolios may be obtained from the NYSPHSAA office. Schools are strongly urged to utilize the National Wrestling Coaches Association's online weight management program, which includes an excellent nutrition program.

The Wrestling Nutrition CD furnished to each school by the NYSPHSAA is to be shown to wrestlers, parents and coaches prior to the first match and should be utilized throughout the season.

The National Wrestling Coaches Association's Optimal Performance Calculator has an excellent nutrition program. This program can be accessed by parents and student-athletes to help develop a safe and healthy diet throughout the season. Schools are encouraged to promote the NWCAs nutrition program to all student-athletes. User names and passwords can be obtained by the coach of the team.

NUTRITION CONSULTANTS

Karen Sossin, MS, CDN
15 Wharf Way
West Islip, NY 11795
W: (631) 587-7092
H: (631) 422-7132

Kim L. Dittus, Ph.D., RD
203 Revere Road
Syracuse, NY 13214
W: (315) 443-2386
H: (315) 446-9920

Sue Travis, MS, RD
332 Luce Road
Groton, NY 13073
W: (607) 255-2000 x2613
H: (607) 533-4870

Terri Molino Lauchle, RD
118 Park Street
Groton, NY 13073
W: (607) 257-7878
H: (607) 898-4010

Mildred E. Litsche, MS, RD
4516 Bristol Valley Road
Canandaigua, NY 14424
Cell: (585) 313-0722
H: (585) 229-2016

Mary Jo Parker, MS, RD, CDN
8160 Wehrle Drive
Williamsville, NY 14221
W: (716) 634-0906

APPENDIX

New York State Public High School Athletic Association, Inc.

STAFF

Nina Van Erk, Executive Director
Robert E. Stulmaker, Assistant Director
Todd Nelson, Assistant Director
Joe Altieri, Director of Marketing & Media
Kathleen Higle, Treasurer



OFFICERS

Mark J. Ward, President
Eileen Troy, 1st Vice President
Stephen Broadwell, 2nd Vice President
Patrick Pizzarelli, Past President

Dear School Physician:

Over thirty years ago the Association passed a recommendation that the school physician would determine the lowest weight class in which a contestant may wrestle. We have appreciated the school physician's role in helping to maintain some standardization for the placement of wrestlers weight classes.

The initiation of the NYSPHSAA's Wrestling Minimum Weight Certification Program took place in 1997. The program has been developed to determine the minimum wrestling weight that will be permitted for each individual as well as to encourage healthy weight loss via nutrition education. Endorsed by the American College of Sports Medicine and the National Federation of State High School Associations, the new procedure will include determining each athlete's state of dehydration by a reagent strip, urinometer or refractometer and their lean body mass at 7% body fat for males and 14% body fat for females through skinfold measurements and a standardized formula. Only NYSPHSAA Approved Assessors may perform these evaluative functions. School physicians are no longer involved in placing wrestlers in their lowest weight class unless they have completed training as a NYSPHSAA assessor (which some physicians have).

We appreciate all the many years of service the school physicians have contributed to our wrestling programs. We believe the implementation of our Wrestling Minimum Weight Certification Program will lead to athletes who will be healthier and experience more success.

Sincerely,



Nina Van Erk
Executive Director



This pronouncement was written for the American College of Sports Medicine by: Robert A. Oppliger, Ph.D., FACSM, (Chair), H. Samuel Case, Ph.D., FACSM, Craig A. Horswill, Ph.D., Gregory L. Landry, M.D., and Ann C. Shelter, M.A., R.D.

SUMMARY

ACSM Position Stand on Weight Loss in Wrestlers. *Med. Sci. Sports Exerc.*, Vol. 28, No. 2, pp. ix-xii, 1996. Despite a growing body of evidence admonishing the behavior, weight cutting (rapid weight reduction) remains prevalent among wrestlers. Weight cutting has significant adverse consequences that may affect competitive performance, physical health, and normal growth and development. To enhance the education experience and reduce the health risks for the participants, the ACSM recommends measures to educate coaches and wrestlers toward sound nutrition and weight control behaviors, to curtail "weight cutting," and to enact rules that limit weight loss.

INTRODUCTION

For more than half a century, rapid weight loss, "weight cutting" as practiced by wrestlers, has remained a concern among educators, health professionals, exercise scientists, and parents (14,28,55,63). Since the American College of Sports Medicine first published the position statement *Weight Loss in Wrestlers* (3) in 1976, a plethora of research articles has been published on this topic. On a weekly basis, rapid weight loss in high school and collegiate wrestlers has been shown to average 2 kg and may exceed 2.7 kg among 20% of the wrestlers (41,55,61). One-third of high school wrestlers have reported repeating this process more than 10 times in a season (41,61). These practices have been documented over the past 25 years (61,62), and during that time their prevalence appears to have changed little (41,55,61).

WEIGHT LOSS IN WRESTLERS

While wrestlers may believe they have excess fat, studies show that in the off-season high school wrestlers have 8%–11% body fat, well below their high school peers who average 15% (6,21,24,60). Estimates made during the season have found body fat to be as low as 3% and average 6%–7% (17,23,27,38,42,43,58). Consequently, loss of fat contributes minimally to weight reduction while the primary methods for weight loss (e.g., exercise, food restriction, fasting, and various dehydration methods) affect body water, glycogen content, and lean body mass (23,51,56,67,69). These weight loss techniques are used by 25%–67% of wrestlers (32,41,61,69). Use of pharmacological agents, including diuretics, stimulants, and laxatives to reduce weight has been reported among a few of these athletes (32,41,55). The weight loss

techniques have been passed down from wrestler to wrestler, or coach to wrestler, and have changed little over the past 25 yr. Seldom do parents and health professionals provide input on how to lose weight appropriately (32,41,61). Recently, a small but growing number of females have begun to participate in wrestling. No data exist on the weight control behaviors of this select group of wrestlers. If these females also practice "weight cutting," the same health and performance concerns apply to them as to their male counterparts.

Wrestlers practice these weight loss techniques believing their chances of competitive success will increase. Ironically, "weight cutting" may impair performance and endanger the wrestler's health. Weight loss in wrestlers can be attributed to reductions in body water, glycogen, lean tissue, and only a small amount of fat. The combination of food restriction and fluid deprivation creates a synergistic, adverse physiologic effect on the body leaving the wrestler ill-prepared to compete. In addition, most forms of dehydration, e.g., sweating and catharsis, contribute to the loss of electrolytes as well as water (5,9). Wrestlers hope to replenish body fluids, electrolytes, and glycogen in the brief period (30 min–20 h) between the weigh-in and competition. However, reestablishing fluid homeostasis may take 24–48 h (10); replenishing muscle glycogen may take as long as 72 h (11,25), and replacing lean tissue might take even longer. In short, weight cutting appears to adversely influence the wrestler's energy reserves and fluid and electrolyte balances.

The singular or combined effects of "weight cutting" on physiological function and performance are presented in Table 1. These functions are indicators of performance on the mat; however, no research to date has investigated the relationship between wrestling performance and weight loss. Although the scientific data are not conclusive, these "weight cutting" practices may also alter hormonal status (59), diminish protein nutritional status (20), impede normal growth and development (18), affect psychological state (19,32,37,41,55), impair academic performance (8,13,64), and have severe consequences such as pulmonary emboli (12), pancreatitis (34), and reduce immune function (30). Use of diuretics may result in more profound effects on the cardiovascular systems and electrolyte balance than other forms of weight loss (5,7).

For these reasons, the National Federation of State High School Associations supports the opinion that each state implement rules that include an effective weight

TABLE 1. Effects of "weight cutting" on physiological performance.

^{a,c}	Little or no increase (1,17,50,53,63,68) and possible reduction in muscle strength (23,46,66)
^{a,c}	Little or no increase (26,44,46) and possible decrease in anaerobic power capacity (35,66)
^{b,c}	Lower plasma and blood volume (2,31,49,65), increased resting and submaximal heart rate (2,49), decreased cardiac stroke volume (2), resulting in decreased ability to sustain work at a constant rate, i.e., reduced endurance capacity (45,47)
^a	Lower oxygen consumption (36,57)
^{c,d}	Impaired thermoregulatory processes, which could decrease endurance capacity and increase the risk of heat illness during practice (7,48,49)
^c	Decreased renal blood flow and kidney filtration of blood (70-72)
^{a,b}	Depletion of muscle (23) and possibly liver glycogen (25), which will reduce muscle endurance capacity (19,29), the body's ability to maintain blood glucose levels, and accelerate the breakdown of the body's protein (4,15)
^{a,c}	Depletion of electrolytes resulting in impaired muscle function (5), coordination (29), and possibly cardiac arrhythmias

Superscript identifies methods that contribute to this physiological effect: a = food restriction or fasting; b = exercise; c = dehydration; d = catharsis (diuretic or laxatives).

control program (39). Several states have successfully instituted programs that require body composition assessment and nutrition education (personal communications, 40), and more states appear poised to follow. Scientists, physicians, dietitians, coaches, athletic administrators, trainers, and other health professionals should work towards implementation of these recommended changes nationwide.

CONCLUSIONS AND RECOMMENDATIONS

Because of the equivocal benefits and the potential health risks created by the procedures used for "weight cutting" by wrestlers (particularly adolescents), the

ACSM makes the following recommendations:

1. Educate coaches and wrestlers about the adverse consequences of prolonged fasting and dehydration on physical performance and physical health.
2. Discourage the use of rubber suits, steam rooms, hot boxes, saunas, laxatives, and diuretics for "making weight."
3. Adopt new state or national governing body legislation that schedules weigh-ins immediately prior to competition.
4. Schedule daily weigh-ins before and after practice to monitor weight loss and dehydration. Weight lost during practice should be regained through adequate food and fluid intake.
5. Assess the body composition of each wrestler prior to the season using valid methods for this population (42,60). Males 16 yr and younger with a body fat below 7% or those over 16 yr with a body fat below 5% need medical clearance before being allowed to compete. Fe-

male wrestlers need a minimal body fat of 12%–14% (33).

6. Emphasize the need for daily caloric intake obtained from a balanced diet high in carbohydrates (>55% of calories), low in fat (<30% of calories) with adequate protein (15%–20% of calories, 1.0–1.5 g·kg⁻¹ body weight) determined on the basis of RDA guidelines and physical activity levels (16,22,54). The minimal caloric intake for wrestlers of high school and college age should range from 1700 to 2500 kcal·d⁻¹, and rigorous training may increase the requirement up to an additional 1000 calories per day (16). Wrestlers should be discouraged by coaches, parents, school officials, and physicians from consuming less than their minimal daily needs. Combined with exercise, this minimal caloric intake will allow for gradual weight loss. After the minimal weight has been attained, caloric intake should be increased sufficiently to support the normal developmental needs of the young wrestler (16).

The ACSM encourages:

Permitting more participants per team to compete by adding weight classes between 119 lbs. and 151 lbs. or by allowing more than one representative at a given weight class just as swimming and track teams do in competition.

Standardization of regulations concerning the eligibility rules at championship tournaments so that severe and rapid weight loss is discouraged at the end of the season (e.g., a wrestler dropping one or more weight classes).

Cooperative efforts between coaches, exercise scientists, physicians, dietitians, and wrestlers to systematically collect data on the body composition, hydration state, energy and nutritional demands, growth, maturation, and psychological development of wrestlers.

Through this position statement, the ACSM hopes to further the sport of wrestling by providing a positive educational environment for the primary, secondary, or collegiate wrestler. The ACSM believes these recommendations will enable the athlete to better focus on skill acquisition, fitness enhancement, psychological preparation, and the social interactions offered by the sport.

ACKNOWLEDGMENT

This position stand replaces the 1976 ACSM position paper, "Weight Loss in Wrestlers."

This pronouncement was reviewed for the American College of Sports Medicine by members-at-large, the Pronouncements Committee, and by: Jack Harvey, M.D., FACSM, Michael Sharratt, Ph.D., FACSM, Suzanne Steen, Ph.D., and Charles Tipton, Ph.D., FACSM.

Reprinted with permission of the American College of Sports Medicine
 "Weight Loss In Wrestlers" (MSSE, 28:6, 1996, pp. ix-xii)
 American College of Sports Medicine 1996

**NYSPHSAA
WRESTLING MINIMUM WEIGHT CERTIFICATION**

REQUEST FOR WAIVER OF THE FOURTEEN DAY RULE

All requests for minimum weight certification of a wrestler after the first fourteen days of the season, exclusive of Sundays and school holiday closings, are to be submitted on this form to the Section Wrestling Coordinator. The wrestler is not eligible to compete until the written approval of the Wrestling Coordinator is received by the wrestler's athletic director.

Name of Student Requesting Waiver: _____

Name of School: _____ Section (1-11): _____

Signatures: _____

Head Coach

Date

Athletic Director

Date

High School Principal

Date

Rationale for Request (attach all pertinent documentation): _____

Coordinators Use Only

Section Wrestling Coordinator's Name: _____
(print or type)

Request is: Approved Denied Date: _____

Reason(s) for Approval/Denial: (Coordinator may consult with NYSPHSAA staff)

Section Wrestling Coordinator's Signature: _____

Return 1 copy to School * File 1 copy for Coordinator * 1 copy to be sent to NYSPHSAA office by March 15.

**New York State Public High School Athletic Association, Inc.
WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM - FEMALES**

Coach: Please complete (print) to dotted line

Name: _____ Grade: _____
Last First
 School: _____ Section: _____
 Town/City of School: _____
 Athletic Director's email address: _____
 Race: Caucasian, Hispanic, Black, Asian, Native American, Other _____

• • • • •
DATA COLLECTION

Urinalysis: Specific gravity of urine: _____ (indicate pass or fail)
 Must be 1.025 or lower for testing to continue

Assessor: _____
 Weight: _____ lbs.

SKINFOLD MEASUREMENTS (SF)		Average
<small>(nearest .5 mm)</small>		
Triceps	_____	_____
Subscapular	_____	_____
		_____ SUM

Take 3 in series.

MINIMUM WRESTLING WEIGHT CALCULATIONS

$$\%BF = \left(\frac{\text{SUM SF}}{\text{SUM SF}} \times 1.33 \right) - \left(\frac{\text{SUM SF}}{\text{SUM SF}} \right)^2 \times .013 = \text{_____} - 2.50$$

%BF = _____

CALCULATING MINIMUM WEIGHT AT 14% BF

$$14\% \text{ BF weight} = \left[1 - \left(\frac{\%BF}{100} \right) \right] \times \frac{\text{current weight}}{\text{current weight}} \div .86$$

Or

Minimum Weight at 14% BF = _____ lbs.

Minimum Weight

NYSPHSAA Assessor _____ Date _____

Send one copy to the Athletic Director - Keep one copy for your files

Section Assessor Consultants

SECTION 1

Scott Sabatelle
Beacon City High School
1 Mattewan Rd.
Beacon NY 12508
B: (845)838-6980 ext. 3362
Fax: (845)838-3324
email: sabatelle.s@beaconk12.org

SECTION 2

Luigi F. Rende, MS, ATC
Director, Center for Sports Medicine
1201 Nott St., Suite 302
Schenectady NY 12308
email: lrende@sroapc.com
(518) 243-4684
Fax: (518) 243-4342

SECTION 3

Kelly Hoke
Rome Free Academy
112 E. Thomas Street
Rome NY 13340
(315)338-6572 or 338-1116
FAX: (315)338-6578
email: khoke@romecsd.org

SECTION 4

Carl Koenig
PO Box 83
Oxford, NY 13830
W: (607) 965-8377 ext. 154
H: (607) 843-9780
pkoenig@stny.rr.com

SECTION 5

Alan Peppard
3790 Meddle Chesire Rd.
Canandaigua, NY 14424
H: (585) 396-1996
email: apeppard@rochester.rr.com

SECTION 6

Michael L. Pilato, MSAT, C
1055 Larkston Drive
Webster, NY 14580
Cell: (585) 329-6463
email: mikep316@yahoo.com

SECTION 7

Robert Witkiewicz, Jr.
Northern Adirondack High School
PO Box 164
Ellenburg Depot NY 12935
W: (518) 594-3962
H: (518) 492-2642
email: rwitks@yahoo.com

SECTION 8

Adrienne Lavacea
3657 Roanoke Street
Seaford, NY 15783
H: (516) 679-5096
Cell: (516)445-9197
email: adge3@aol.com

SECTION 9

John Goff
Pine Bush HS
RR 302
Pine Bush NY 12566
johnhoffatc@yahoo.com
W: (845) 744-2031 x3055
Cell: (845) 800-1336

SECTION 10

Dr. Richard Moose
20 Cottage Street
Potsdam, NY 13676
W: (315) 267-2373
H: (315) 265-4434
Cell: (315) 244-2450

SECTION 11

Ray Nelson
Excel Rehab. & Sports Therapy
500 Portion Road
Lake Ronkonkoma, NY 11779
B: (631)806-9205
Fax: (631)321-1761
email: rayjnelson@hotmail.com

CHSAA

Michael Moran
209 Floral Blvd.
Floral Park, NY 11001
Cell: (516)382-0571
email: mmoran@chaminade-hs.org

PSAL

Dr. Ellen Panzer
290 Foxhurst Road
Oceanside NY 11572
B: (516)208-5098
Fax: (718)290-8681
Cell: (516)672-8180
email: Bonedoc570@aol.com

AIS

Pablo Acosta
Trinity High School
(646) 533-5208

NYSPHSAA, INC. WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 96, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285 for dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season. Wrestlers will be certified at a minimum weight (May 2010).

Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers (other than those utilizing hydrostatic testing). Only the refractometer shall be used to test hydration.

2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar **artificial** heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. **See NFHS Rule 4-4-4.**

3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.

4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

5. **Restrictions for Competition:** The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

- a) To compete at the 96 lb. class a wrestler **MUST** weigh in excess of 88 lbs. to be eligible.
- b) To compete at the 103 lb. class a wrestler **MUST** weigh in excess of 93 lbs. to be eligible.
- c) To compete at the 215 lb. class a wrestler **MUST** weigh in excess of 180 lbs. to be eligible.
- d) To compete at the 285 lb. class a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.

6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 285 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

7. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season.

8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 2 pounds. **NOTE:** A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.

NYSPHSAA will grant a 2 pound growth allowance for each weight class on December 25. This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 96 lbs., 103 lbs., 215 lbs. and 285 lbs.

9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.

10. Effective in 2006-2007 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.

a. An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

11. Section sponsored tournaments are not considered part of the regular season; therefore, do not count toward the 50% rule, 22 pt. rule or the Representation Standard.