



2011-2012

**WRESTLING
WEIGHT MANAGEMENT
PROGRAM**

COACHES HANDBOOK

Georgia High School Association
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GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

Introduction

WELCOME to the 2011-2012 school year for the Georgia High School Association's Wrestling Weight Management Program. The National Federation of State High School Associations (NFHS) has adopted rules (Section 1-3-1,2,3) governing weight control programs. All wrestling coaches, athletic administrators and principals should take time to review the adopted regulations and supporting forms included in this program. This document contains the protocols to be used to assess all wrestlers in your program. Coaches and Administrators should be aware that the 2011-2012 program is fully mandatory and binding; including possible fines assessed for violations of this protocol.

If you have any questions you may call:
Gary Phillips, GHSA Assistant Executive Director
706-647-7473, ext. 6 or
Email at: garyphillips@ghsa.net



GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT MANDATED PROGRAM 2011-2012

PROGRAM PLAN

INTRODUCTION TO THE PROGRAM FOR ADMINISTRATORS AND COACHES

Based on National Federation rules, Georgia has developed and utilized a weight management program that includes:

- a) a urine specific gravity (hydration test) equal to or less than 1.025
- b) body fat assessment no lower than 7% males / 12% females
- c) a monitored weekly weight loss plan not to exceed 1.5% a week.

GEORGIA HIGH SCHOOL ASSOCIATION PLAN

2011-2012 Mandatory, binding implementation in all wrestling programs

PROGRAM FOR 2011-2012

Note: The Georgia High School Association 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.

- The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is **REQUIRED** for all high school wrestlers.
- The GHSAA will utilize the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. All GHSAA schools with wrestling programs **MUST** join the NWCA. (See attachment 6)

- Using specifics as described in this document, all GHSA wrestlers will be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. NO WRESTLER MAY COMPETE until they have successfully participated in an initial assessment and their name and data are included in the NWCA Optimal Performance Calculator (OPC). All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.
- Schools will be assigned to “Regional Assessment Sites” where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GHSA office. Violation of this or any other component of the Weight Management Program may result in fines and/or other penalties.
- Schools must schedule their assessment date(s) and time(s) through the regional sites. Schedules will be controlled by the assessment sites and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time. The GHSA office will be notified of any incidences of this nature.
- Fees for the assessment are due to the regional sites at the time of the assessments.
- Specific windows of time for the assessments will be communicated to all schools and all regional sites. After notification from the GHSA offices, schools must schedule appointments through the assessment site coordinators.

For 2011-2012, a web-based training program will be utilized for teaching the correct method for using the NWCA Optimal Performance Calculator. Every school will designate a minimum of one coach that is responsible for going through this training. By doing so, each school accepts the responsibility of using the OPC correctly and understands the school is subject to penalties and/or fines if the school does not follow the guidelines established.

ESTABLISHING MINIMUM WEIGHTS

- All wrestlers will be assessed for height, **weight**, hydration, and body fat percentage. (Attachment 1)
- Athletes will be dressed in shorts and a t-shirt (ONLY) to participate in the assessment. No Sweat clothes or school clothes **will be allowed. It is improper for athletes to disrobe further than shirts and shorts.**
- Measurements for height and body fat percentage will be done in bare feet.
- **STEP 1** - A hydration test of urine will be determined using a digital fiber optic refractometer. The sample must register a reading of less than or equal to 1.025 g/ml. This is a pass/fail assessment. If the wrestler fails the specific gravity test, he/she will not be allowed further evaluations that day. The athlete must be rehydrated and cannot be retested in less than 48 hours. An additional fee will be charged for all retests (\$10).

There can be no deviations from this requirement.

If the athlete presents the assessor with a sample that is cool to the touch, a temperature will be taken. Urine samples must be **WITHIN** a range of 91-99 degrees temperature to be considered valid. Just as a point of reference, most pre-employment tests require the urine to be 96-99 degrees.

IF AN ATHLETE DOES NOT PASS THIS PORTION OF THE TEST, NO OTHER PORTIONS OF THE TEST ARE RECORDED FOR THAT DAY. NOTHING WILL BE ENTERED ON THE OPC UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.

- **STEP 2** - measurement for height; **rounded down** to the nearest ½ inch
- **STEP 3** - Body fat percentage assessments will be conducted using bioelectrical impedance measurements (BIA) using the “STANDARD” mode. The Tanita TBF-300WA, a body composition analyzer / scale shall be used for this test.

NOTE

If the Tanita scale gives an “Error” message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage. Lange calipers **(only)** shall be used at three specific sites to measure skin fold (Lohman sites: abdominal, triceps and subscapularis). **(Attachment 4 entry will be completed by NWCA.)**

- Upon successful completion of the **assessment protocol**, results of the assessment will be entered into the NWCA-OPC on the “Initial Assessment Page” (www.nwcaonline.com). The internet calculator will determine the wrestler’s minimum allowable weight and establish a daily weight descent plan **including** the allowed weight class for competitions that week. Wrestlers may lose **a maximum** of 1.5% per week as prescribed by the NFHS rule.

- Individuals and / or schools may opt to invoke other body fat composition options including air displacement measurement or under water (hydrostatic) weighing. These options may be available upon request, but schools should know the assessment fees are much more costly. Only a limited number of alternative sites have been established for these assessment processes. Contact the GHSA office if you wish to use this option; however be prepared for some wait time. Getting this assessment arranged will consume more time because of the lack of statewide sites/facilities.
- After initial entry of wrestlers, the coach may generate an “Alpha Master Weight Chart” and the “Weight Loss Plan” for each wrestler on his team. These items will be used throughout the season for verification of compliance to the Weight Management Program rules.

ASSESSMENT EXPECTATIONS / NOTES

- It is the school’s responsibility to contact the regional site and arrange an appointment for the team assessment.
- A minimum of two (2) adults / coaches are to accompany the team. These persons are present to supervise their students and to assist the regional site personnel in management tasks if requested to do so. It is strongly suggested that duties and responsibilities of coaches be arranged in advance through the assessment site.
- School personnel are not to be involved in the specific assessment activities.
- As stated earlier, athletes will be assessed wearing athletic shorts, t-shirts, sneakers or shower shoes.
- It is improper for athletes to disrobe further than the shorts / t-shirt dress requirement.
- BIA measurements will be taken in bare feet.
- Proper conduct and deportment is expected at all times. Assessors have been given authority by the GHSA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the test.
- Students attempting to violate or circumvent the assessment process (in any matter) will be disqualified from testing that day. All data collected on this particular student will be voided. The student may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees.
- Athletes arriving at regional sites without school / staff supervision will not be assessed. All athletes seeking assessments must have an appointment as arranged by the regional site. The regional sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from the schools and school staff.

I. HYDRATION

1. Please pay particular attention to the hydration requirement. It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date. Those athletes failing the hydration component must wait at least 48 hours in order to be retested. This will add additional time, expense and possible frustration if not emphasized.
2. Once a wrestler passes the hydration assessment, the measurement process has begun. If a wrestler does not complete the full assessment for any reason, the only option to complete the process is to return on another date and begin the process again. An additional retest fee will be required.

II. BODY FAT ASSESSMENT

1. Personal physicians cannot do this portion of the test. All athletes must report to their assigned site.
2. The Tanita TBF-300WA is the only approved instrumentation for the Georgia Weight Management Program.
3. In an attempt to insure reliability in the bio electrical impedance assessment, the following general guidelines have been devised:
 - For other guidelines, see Attachment 7A, 7B
 - Females should not be tested during their menstrual cycle. Testing should be delayed for a period of 3-7 days.
 - In the event skinfold measurements must be taken, the Lange caliper is to be used.

III. TIME PERIOD FOR ASSESSMENT

1. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school "Alpha Master Form" generated by the NWCA-OPC.
2. A wrestler who competes at a weight class even if allowed by his / her weight loss plan before or during an appeal has accepted his most recent assessment and voids all Appeal options allowed within this document.
3. Assessments may begin on Saturday, October 22, 2011. All sites will/may use the dates of October 22, 29; November 5, 12, 19; and/or December 3, 10, 17. Sites using Saturday assessments only should offer four (4) dates of the eight (8) listed for team evaluations. If your site wishes to offer additional dates, this will be possible. Be sure you check the schedule at your assigned site.

4. The “normal assessment period” will end on Saturday, December 17, 2011. After the start of the second semester, sites may “re-open” for a short period of time: January 2 to January 21, 2012. No assessments will be conducted after Saturday, January 21, 2012.
5. GHSA schools may begin wrestling practice on Monday, October 31, 2011. The earliest competition date is Friday, November 18, 2011. It is strongly recommended that the bulk of team assessments be completed by November 18, 2011.
6. All wrestlers, including those coming out late, must have their minimum wrestling weight established before being allowed in competition.
7. Saturday, January 21, 2012 is the deadline to establish a certified minimum wrestling weight. No assessments will be conducted after this date. *(See above #3, #4)*
8. It is permissible for coaches to include ineligible athletes in the assessment schedule; so long as no actual practice activities are involved. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.

IV. TESTING : January 2, 2012 – January 21, 2012

Regional sites electing to allow schools to test during this period of time may do so at their facility or may choose to go to the school. This is at the discretion of the assessment site, not the school.

Some sites close after the initial testing period. If this happens, GHSA will re-assign the school to a testing site or arrange for an assessor to travel to the school. All assessments administered in this period will include the following changes in fees:

- A Flat fee of \$20 per athlete will be assessed during this period.
- The surcharge of \$100 has been removed due to the difficulty in cooperation from the schools and administration.
- For assessors traveling to the school, mileage will be paid both ways for the assessor at a rate of .50 per mile.

V. ADDITIONAL NOTES:

- Schools must cooperate with Regional Sites and schedule assessments according to the sites’ work schedule.
- Athletes will not be assessed unless accompanied by the school coach(es) as required.
- Any athlete appearing for assessment *without his coach* or *without being properly scheduled* will be turned away.
- Regional Sites will notify the GHSA if problems occur, either through schedule violations or conflict with coaches and/or athletes.
- Violations could result in fines and/or penalties to the school. Total cooperation is expected from the schools.

VI. REPORTING THE DATA

1. The GHSA has entered into a partnership with the National Wrestling Coaches Association with regard to the recording of the data. Schools have/will be assigned access codes through the NWCA in order to complete the data reports and to view all athlete/school information.
2. Initial assessment data will be entered from the Regional Assessment Site. Schools will receive a calculation of the predicted 7% / 12% body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan.
3. Again in 2011-2012, all coaches will be given access to all “Weigh-In Roster” information. This access was requested by the GWCA and has been granted. The exact procedures for “viewing only” are listed at the end of this handbook. (Item E).

VII. PRE-MATCH WEIGH-IN PROTOCOL

- At the start of every new wrestling season, coaches will be required to enter their Team Schedule into the OPC. Weigh in Forms will not be accessible if the Team Schedule is not entered into the OPC. Each Weigh in Form is tied to an event on the Team Schedule. Once the Team Schedule has been completed, coaches may create their Pre-Match Weigh-In Form by clicking on a specific event and follow the coaches’ instructions to create the Pre-Match Weigh-In Form for that event. Coaches must print the Pre-Match Weigh in Forms and take them to the match showing the eligible weight classes of his/her wrestlers for that date of competition. Remember, a copy of the Pre-Match Weigh-In Form must be given to the meet referee. This printed Pre-Match Weigh in Form has an area to handwrite in each wrestler’s actual weigh in weight for that date of competition. Post match, all coaches are required to complete the Pre-Match Weigh in Form they previously created by entering in the actual weigh in weights into the OPC for each wrestler that competed. Weigh in Forms are to be completed in consecutive date order.

Example: If you have competitions on November 3 and November 5... the Pre-Match Weigh-In Form must be created and printed and taken to the competition on November 3. Then post match you must finish that form by recording and saving the wrestler’s actual weigh in weights from November 3rd prior to creating the November 5 Pre-Match Weigh in Form.

- Actual weigh in weights **WILL IMPACT** the wrestler’s Individual Weight Loss Plans by **RECALCULATING** their Individual Weight Loss Plan if the wrestler weighs in above their Projected Weight for that date of competition.

Example: Wrestler A has an established Minimum Weight Class of 113 according to his Assessment. He is descending down to his minimum weight class. Wrestler A’s projected Weight for November 3 is 118.0 lbs. and he weighed in at 119.0 lbs. and wrestled the 120 lbs. wt. class that day. The coach will record his actual weigh-in weight for November 3 as 119.0 lbs. on the Weigh in Form, which is above the Projected Weight on the Individual Weight Loss Plan. Wrestler A’s Individual Weight Loss Plan will now recalculate on November 3 from 119.0 lbs. (his actual weigh-in wt.) to allow him more time to descend to his Minimum Weight Class safely.

- If a wrestler weighs in below his Projected Weight, the weight loss plan will not recalculate and will not allow the wrestler to descend to his Minimum Weight Class any sooner than pre-determined by his initial assessment. Therefore, losing weight faster than projected by your weight loss plan is not an advantage.

VIII. WEIGHT LOSS PER WEEK

1. An average weight loss limit of 1.5% of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide the wrestlers weight loss during the season.
2. The weight loss plan will determine which weight class(es) a wrestler may participate at each week.

PENALTY: A wrestler who participates/competes at a weight class below the eligible weight class(es) defined by the weight loss plan or before the proper amount of time has passed to achieve the weight class will be **disqualified and all bouts will be forfeited.** The school is also subject to fines and/or penalties.

IX. WRESTLERS AT OR BELOW 7% OR 12% BODY FAT

1. Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is at/or below 7% must obtain, in writing, a physician's (M.D. or D.O.) clearance stating that the athlete is naturally at this 7% body fat level (Attachment 2). In the case of a female wrestler, a written physician's clearance must be obtained for an athlete who is at/or below 12% body fat. A physician's clearance is for one season duration and expires March 1 of each year. The sub 7% male or sub 12% female, who receives clearance, may not wrestle below the weight class designated by the physician whether by appeal or clearance.
2. Coaches may appeal the assessment of any "7%/12%" wrestler. The maximum appeal is one (1) weight class lower than indicated by the initial assessment.
3. Use Attachment 2 for the clearance and/or appeal of the "7% /12%" athlete.
4. A \$50.00 fee, payable to the Georgia High School Association, **MUST** accompany the appeal. (Money orders, school check/booster club check ONLY). This procedure is similar to the appeals process used for athletes assessed above 7% / 12%.

X. APPEAL PROCESS – (ATHLETES ABOVE 7% / 12% BODY FAT)

1. Each GHSA wrestler assessed at more than 7% / 12% body fat is allowed to participate in the weight class for which he qualifies.
2. Parental permission is not a valid means to establish a lower minimum wrestling weight. Parental permission to a lower minimum wrestling weight has been eliminated from the GHSA Wrestling Weight Management Program.
3. Coaches may appeal his/her athlete's assessment results one (1) time only.
4. In order to utilize the results of (Any or All) appeal, the wrestling coach may go to the school information site on the OPC to view the changes in the students' assessment data.
5. The school may appeal for one (1) weight class lower, if approved by a licensed physician (M.D. or D.O.).
6. A \$50.00 non-refundable fee is to accompany the approved appeal form (Attachment 3) when mailed to the GHSA offices. **Payment is to be made by school check, booster club check or money order ONLY. Personal checks are not acceptable and will be returned to the school.**
7. Attachment 2 and 3 must be signed by the physician, the parents and be notarized.

IMPORTANT NOTE:

A wrestler who competes before or during an appeal has accepted his initial assessment and voids all appeal options.

8. The appealing wrestler is bound by the results of the appeal.

XI. COSTS

1. All costs incurred for initial assessment and/or the appeal assessment are the responsibility of the school or parent.
2. ALL schools MUST join the National Wrestling Coaches Association; annual dues are \$30.00. (See Attachment 6)
3. Charges for the initial assessment may not exceed \$10.00 per athlete. Students who fail the hydration testing and who have to be re-scheduled must pay additional fees (\$10.00 each test) until the entire assessment process is complete.
4. Appeal fees are forwarded to the GHSA (See Appeals Procedures).

XII. GROWTH ALLOWANCE

1. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for an athlete.
2. The Georgia High School Association Weight Management Program awards a two (2) pound growth allowance on December 25, 2011.
3. An additional one (1) pound growth allowance will be added on February 1, 2012.
4. All other weight management/certification policies remain in effect and are detailed in the “GHSА Constitution and By-Laws”. (www.ghsa.net)

XIII. COACHES’ REQUIREMENTS: POSTING INFORMATION ON OPC:

- Complete instructions for Georgia coaches’ use/requirements of the Optimal Performance Calculator (OPC) are located behind these brief instructions. Several items of school and wrestler information are required for posting on the OPC:
 - a) team roster updates: coaches may add or delete new wrestlers
 - b) coaches must post their “Team Competition Schedule” – as per OPC instructions
 - c) school personnel are to report all weigh-ins (dual meets/tournaments, etc.) through the NWCA-OPC.
 - d) Actual weigh-in weights must be posted at the conclusion of a competition date(s). The results are to be posted within 48 hours of the scheduled competition. Schools may be fined if weigh-ins are not posted on the OPC.

XIV. MATCH PROTOCOL

1. Prior to each competition, coaches will be required to provide copies of the “GHSА Weigh-In Report” (Attachment 5) to the coach of the opposing school and an additional copy must be provided to the match/event referee(s). Each coach is to have all wrestlers listed who are scheduled to compete. The coaches will exchange reports using this information during the competition along with an exchange of rosters with the event referee. GHSА wrestling officials have been given an orientation to this procedure and are authorized to insure compliance to all elements of the weight management program. Coaches should expect the officials to ask to see required documents for verification of protocol compliance.

NOTE: The “Alpha Master” report provides specific information for each wrestler: the alpha date weight, body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class. The “Weigh-In Report” provides information week by week; **day by day** for weigh-ins and for the weight classes allowed.

2. For multi-school events, the documents must be submitted to the tournament director prior to the start of competition.
3. Schools violating “Match Protocols” are to be reported to the GHSA (706-647-7473, **x 6**). Fines and/or penalties may be assessed for these violations.

**Georgia High School Association
P.O. Box 271
151 South Bethel Street
Thomaston, Georgia 30286
Telephone: 706-647-7473
Fax: 706-647-2638**

GHSA PHYSICIAN'S CLEARANCE – WRESTLER BELOW BODY FAT ALLOWANCE

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analyzation. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as at / or less than 7% body fat (at/or below 12% body fat for females). The athlete is requesting that he/she be allowed to wrestle. Because this weight is less than 7% (for males) or 12% (for females) body fat, GHSA guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percentage body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth and development and good health and indicate your assessment on the next page.

Thank you,

The Georgia High School Association

TO GHSA COACHES: Both pages of this attachment are to be presented to the attending physician as a part of the weight class appeal.

GEORGIA HIGH SCHOOL ASSOCIATION
PHYSICIAN'S CLEARANCE
WRESTLER BELOW BODY FAT ALLOWANCE

Any male wrestler whose body fat percentage at the time of initial assessment is at/or 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. A physician's clearance is for one season duration and expires March 1 of each school year.

****A \$50.00 appeal fee is required if the coach is seeking approval for a lower weight class than indicated in the assessment.**** See Item C below

WRESTLER'S NAME: _____ GRADE: 9 10 11 12

SCHOOL: _____ AREA: _____

****TO BE COMPLETED PRIOR TO PHYSICIAN'S APPOINTMENT****

| |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>DATA REVIEW: Date of initial assessment ___/___/___ Body Fat % _____</p> <p>Initial assessment weight _____ lbs. Weight Class _____ (from OPC)</p> <p align="center">EXAMINING PHYSICIAN – ENTER DATA BELOW AT TIME OF ATHLETE'S EVALUATION</p> <p align="center">Date ___/___/___ Weight _____ lbs</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Circle A, B or C

- A. The wrestler named has received clearance as provided by the Georgia High School Association Weight Management Program, which is at/or below the 7% (male) or 12% (female) minimum body fat allowance. No Weight Loss. **No fees are required for this option**
- B. The wrestler named is advised to wrestle in a weight class which exceeds the 7% (male) or 12% (female) minimum body fat requirement. **No fees are required for this option**
- C. **APPEAL:** The coach / athlete is requesting approval to wrestle one (1) weight class below his initial assessment. The approved weight class is circled below. **A \$50.00 fee is required for this option**

*****INDICATE APPROVED WEIGHT CLASS – FOR THE OPTION APPROVED*****

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

PHYSICIAN'S SIGNATURE _____ DATE _____

ADDRESS: _____

CITY: _____ ZIP: _____

PARENT SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

NOTARY SIGNATURE/STAMP: _____ **DATE:** _____

NOTE: This form is the only document accepted as a Physician's clearance. The \$50.00 appeal fee must accompany this form when submitted to the GHSA office (Item B).

Mail form to the GHSA, Attn. Gary Phillips, P.O. Box 271, Thomaston, GA 30286.



Georgia High School Association
 P.O. Box 271
 151 South Bethel Street
 Thomaston, Georgia 30286
 Telephone: 706-647-7473
 Fax: 706-647-2638

GHSA PHYSICIAN'S CLEARANCE – APPEAL OF INITIAL ASSESSMENT

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analyzation. A standard error factor of minus 2% has been calculated into the athlete's "lowest allowable weight", as per GHSA policy.

The athlete is requesting that he/she be allowed to wrestle at one (1) weight class lower than noted by the initial assessment. GHSA guidelines require evaluation and permission from the athlete's personal physician.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth and development and good health and indicate your assessment on the next page.

Thank you,

The Georgia High School Association

TO GHSA COACHES: Both pages of this appeal are to be presented to the attending physician as a part of the weight class appeal.

**GEORGIA HIGH SCHOOL ASSOCIATION
P.O. BOX 271
THOMASTON, GEORGIA 30286
706-647-7473**

SKIN FOLD ASSESSMENT DATA FORM

This form is to be used only if the bioimpedance assessment on the Tanita scale is unsuccessful.

Wrestler Name: _____ Grade: 9 10 11 12
First MI Last

Gender: _____ Male _____ Female

School: _____

Location of Assessment: _____ Date ____/____/____

Type of Assessment: _____
 _____ Initial Assessment _____ (Second Assessment)

Assessor
Initials

Step 1 – Assess hydration level of athlete

(Note: Specific gravity must be <1.025)

_____ **PASS** _____ **FAIL** _____

Step 2 – Assess height (in feet and inches) of athlete

(Note: Scale will automatically round up or down to nearest _)

Step 3 – Alpha Body Weight

Step 4 – Skin Fold Assessment

(Note: Measurement to the nearest half millimeter)

| | Test 1 | Test 2 | Test 3 | Assessor Initials |
|-----------------|--------|--------|--------|-------------------|
| Triceps (T) | _____ | _____ | _____ | _____ |
| Subscapular (S) | _____ | _____ | _____ | _____ |
| Abdominal (A) | _____ | _____ | _____ | _____ |

Enter this data in to NWCA-OPC for determination of minimum Wrestling Weight and minimum weight class allowed.

STAPLE OTHER ASSESSMENT FORM TO BACK OF THIS FORM

GHSA Assessor Signature: _____ **Date** ____/____/____



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

Hydration Tip Sheet for Better Results

Athletes need to be hydrated properly in order to get the best results when they do their body composition testing. Make sure you are working with the coaches, athletes and parents to educate them about how the testing works and what the results will mean as the season gets underway. Past practices of dehydrating for weigh-ins should be discouraged.

In the days Leading Up to Testing –

Continue drinking fluids at the recommended rate for sports participation.

Urine should be clear when athlete is adequately hydrated

Limit high fat foods

Avoid foods high in sodium

The day of the assessment – for best results – the following factors should be controlled:

- No caffeine, no diuretics in 12 hours
- No food or drink within past two hours
- No exercise within past four hours
- No alcohol within past 24 hours
- No thick heel calluses

If they exercise prior to testing, the dehydration could cause them to have a higher percentage body fat than if they are better hydrated and at rest. Eating immediately prior to testing can give a false result – lower than it really is because they have an increase in total body water from consuming the meal. It is suggested that testing later in the day (5-6 pm is given as the ideal time), as opposed to early in the morning and prevents the likelihood of an athlete showing up moderately dehydrated.

What Conditions Might Cause Skewed Results or Give an “ERROR” Reading

A very full bladder

Severe calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)

Unclean footpads may interfere with conductivity

Subject is wearing nylons. Tanita suggests that if it is absolutely necessary to wear nylons, add a drop of isopropyl (rubbing) alcohol to act as a conductor.

Pre-menstruation phase



GHSA WEIGHT MANAGEMENT HYDRATION TIP SHEET

Wrestlers:

The following are tips that will help wrestlers report to body fat testing properly hydrated.

Two days prior to test day:

- **Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day**
- **Increase intake of foods high in fiber – this will help with removal of excess waste from body. (salad, cereal with skim milk, vegetables, fruits, etc., are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink, do not dehydrate!!!**

One day before test:

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated, drink 12 to 20 ounces of a sport drink along with water**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to eliminate excessive waste from body**
- **Fatty foods / snacks will stay in your body – STAY AWAY!!!**

Day of test:

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **DO NOT drink salty drinks such as Sodas, Gatorade or PowerAde, etc...
This will cause you to retain fluids**
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration test**

Georgia High School Association 2011-2012 Weigh-In Report

| | | |
|----------------|------------------|-----------------------|
| SCHOOL: | OPPONENT: | WEIGH-IN DATE: |
|----------------|------------------|-----------------------|

| WEIGHT CLASS | WRESTLER | ELIGIBLE WT. CLASS | WT. LOSS PLAN | ACTUAL WEIGHT | LAST OFFICIAL WEIGH-IN DATE | LAST OFFICIAL WEIGH-IN |
|--------------|----------|--------------------|---------------|---------------|-----------------------------|------------------------|
| 106 | | 106 | | | | |
| 113 | | 113 | | | | |
| 120 | | 120 | | | | |
| 126 | | 126 | | | | |
| 132 | | 132 | | | | |
| 138 | | 138 | | | | |
| 145 | | 145 | | | | |
| 152 | | 152 | | | | |
| 160 | | 160 | | | | |
| 170 | | 170 | | | | |
| 182 | | 182 | | | | |
| 195 | | 195 | | | | |
| 220 | | 220 | | | | |
| 285 | | 285 | | | | |

Coach Name (**PRINTED**): _____ Oposing Coach or Tournament Director Name (**PRINTED**): _____

Coach Signature: _____ Oposing Coach or Tournament Director Name (**PRINTED**): _____

Head Official (**PRINTED**): _____ Head Official Signature: _____

****This report is to be generated by each school for each wrestling competition. Oposing coaches exchange this report before each competition.**

2011-2012

**Georgia Management Membership Application
"CHECKS ONLY"**

School Name: _____

Athletic Director Name: _____

School Address: _____

City: _____ State: _____ Zip: _____

School Phone: _____ AD Email: _____

Head Coach Name: _____

Coach Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Home Phone: _____

Head Coach Email: _____

Email Address to be used to Receive OPC Access Codes: _____

Address to mail receipt (please circle): Home School

Please note: The NWCA will not provide access codes to a coach over the phone.

Payment Method

OPC Access Cost: \$30 per school includes a free NWCA Membership

Payment Method Check

Check # _____

***Mail Checks to: NWCA, 1976 Auction Road, PO Box 254, Manheim, PA 17545

Payment Questions Email: Amy DiCato adicato@nwca.cc

NWCA Phone Number: 717-653-8009

NWCA Use Only

OPC Access Code Number: _____

Dates Codes were sent: _____ Method Sent: _____

NWCA Membership Information / Notes

- As all GHSA coaches should be aware, your school must join the National Wrestling Coaches Association. The membership application is available here.
- **CHECKS ONLY REGISTRATION**
- The accompanying form is for schools paying by check. The fee is \$30.00 for the school year. The payment should be made payable to the NWCA and mailed to the address on the application.
- If registering as an individual be sure you indicate the GHSA school where you coach. Your school and /or personal membership will be credited to the school in compliance to the rules.
- If you have questions, you may call the GHSA office (706-647-7473, x 6).

ONLINE REGISTRATION:

- Those paying by credit card must go to....
<http://www.nwcaonline.com/register/beginopcschoolreg.cfm>

BODY COMPOSITION

The human body can be represented as composed of at least two components:

1. Lean Body Mass (LBM) = the muscle and bone mass predicted to be in the body and
2. Body Fat (BF) = essential and non-essential fat storage predicted to be in the body.

The actual composition of an individual's body is probably not truly known, nor can it actually be determined. All current methods of assessing body composition are indirect methods or predictions of the actual values. While underwater (hydrostatic) weighing has long been considered the "gold standard" (the method to which all other methods of body composition determination have been related) it too has been critically reviewed as having potential negative impact on hydrostatic body composition assessment. Current technology and its improvement will continue to lead researchers to develop new methods and refine those which currently exist.

PREDICTION OF BODY COMPOSITION

There are a number of field techniques available to attempt to assess body composition. Following is a brief description of some common techniques:

1. Skinfold Assessment (SFA): This is a current method which has gained popularity with the exercise and fitness community. It is based on the relationship between subcutaneous fat and total body fat and its inverse relationship to body density. The subject is measured at a selected number of sites to determine the thickness of the skin and the subcutaneous fat deposition. The skinfold thicknesses are used in a regression equation to calculate body density. The regression equations have been derived for specific populations, which is a key to validity of the prediction. The cost of accurate calipers range from \$200 to \$450.
2. Bioelectric Impedance Analysis (BIA): Bioelectrical Impedance Analysis measures the impedance of opposition to the flow of an electric current through the body fluids contained mainly in the lean and fat tissue. The high level of interest in this technique is related to the following advantages: it is non-invasive, inexpensive and portable and requires minimal subject compliance.
Tanita Scale: \$1500 - \$1700
3. Hydrostatic Weigh-In (HWS): This is the oldest method (Archimedes principle) now adapted to the body composition assessment problem. It involves the submersion of an individual to determine the subject's underwater weight which is used along with the weight on land to calculate the body density. It utilizes the concept that muscle mass and fat mass have specific known densities relative to water. The assessment of residual volume of the lungs is an important feature of this assessment. The availability of a proper space and equipment is a problem with this method, but it can be very accurate if all the conditions of assessment are met.
4. Air-Displacement Plethysmography (ADP): The Bod Pod uses Air-Displacement Plethysmography to estimate percent body fat quickly and non-invasively – with no special expertise required by the tester. Subjects are enclosed in a computerized

chamber for a short period of time during the test. Cost is prohibitive at this point with most units retailing for over \$30,000.

5. Computed Tomography (CT): This is an example of new technology being adapted to the study of body composition. It was developed for the detection of normal versus pathological internal body components. Although few CT scan units are used strictly for determination of body composition, it may be the most valid potential assessment device currently available. As such it may define a new gold standard for body composition assessment.
6. Near Infra-Red Technology (NIR): This is a method that was developed to determine the legal fat content of packaged meat for human consumption. It utilizes the theory of the passage of light waves through lean muscle tissue versus fat tissue. The cost of the units range from \$1000 to \$2000 and purport rapid and non-invasive assessment. Ultrasound technology has also been used in a similar manner to determine fat deposition.
7. Skeletal Anthropometric Widths (SAW): This method was developed by Tipton Teal, specifically for the wrestling population in Iowa. It utilizes diameter assessment with two types of anthropometric calipers on the chest, hip and ankle joint areas along with height and weight. A prediction equation includes these various measurements to calculate minimal wrestling weight.

EQUIPMENT INFORMATION

Listed below are vendors able to furnish the items needed to meet GHSA specifications in the Weight Management Program. Regional Assessment Sites are free to search for other sources, as well.

BODY COMPOSTION ANALYZER Scale: Tanita TBF-300WA

SPORTS HEALTH
800-323-1305, ext. 7947 (Janet Prince)

KESSLERS TEAM SPORTS
770-723-9359, XT. 202 (Lu Nunnally)

DIGITAL REFRACTOMETER: PAL-10S

NATIONAL MICROSCOPE EXCHANGE (NME)
800-851-7653 (Kathy)

PAUL GARDNER COMPANY
954-946-9454 (Jim Wick / Chris Cornell)

SPORTS HEALTH
800-323-1305, ext. 7947 (Janet Prince)

SKIN FOLD CALIPERS: LANGE (only)

SPORTS HEALTH
800-323-1305, ext. 7947 (Janet Prince)

COLLINS SPORTS MEDICINE
800-886-2825
www.collinssportsmed.com