



**2025-2026**

**WRESTLING  
WEIGHT MANAGEMENT  
PROGRAM**

**HANDBOOK**

Georgia High School Association  
151 South Bethel Street  
Thomaston, Georgia 30286  
706-647-7473

# **NOTES**

The best place for a coach to reach out for assistance if they have questions about something Flo/Track specific is Trackwrestling Customer Support team. The CS team is staffed 7 days a week to be available for our coaches. Coaches can submit a ticket at [support.trackwrestling.com](https://support.trackwrestling.com)  
(Go to Support – Then Contact Us)



## GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

This booklet contains the protocols to be used to assess all wrestlers in your program. Participation in the weight management program is mandatory and results are binding. All wrestling coaches, athletic administrators and/or principals should take time to review the adopted regulations and supporting forms. Failure of schools to comply with the guidelines of this program may result in sanctions and/or fines.

**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 lowest weight at which the athlete will be allowed to compete.

Georgia wrestlers will follow a weight control program which is based on the National Federation of State High School Associations (NFHS) **Rule 1-5**. This program includes:

- a) Establishment of a minimum weight class through hydration testing & body fat assessment
- b) A monitored weekly weight loss plan

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## National Wrestling Coaches Association (NWCA) and TrackWrestling

The GHSA is in partnership with the National Wrestling Coaches Association (NWCA) and TrackWrestling and will utilize the 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. Schools will be assigned access codes by the NWCA/TrackWrestling in order to complete the reports and to view all athlete & school information.

All GHSA schools with wrestling programs MUST register for the OPC (see form above or the memo on the wrestling page of the GHSA website).

### Optimal Performance Calculator/TrackWrestling Membership Information

- Your school must sign up for the Optimal Performance Calculator (OPC) and the Weight Management Membership each year.
- The cost for OPC access is \$100.00 for the school year **plus \$25 per school for a girls' team** (there is an option to purchase the statistics program for an additional fee).
- **Paying by credit card, to TrackWrestling, is the only method**, please copy and paste the online Scholastic Registration Link (this method provides immediate access):  
<https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp> into your browser and follow the steps provided.
- 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 with the rules.
- Schools **will not** have access to the OPC to load rosters in for testing unless you have paid the fees – boys (\$100) and girls (\$25).
- **If you have questions, you may call the NWCA at 717-653-8009.**

## **POINTS OF EMPHASIS**

1. Schools must only use forms for the current year (2025-26).
2. Initial Assessment period: October 11 through December 20.
3. Weight descent plan ending date: January 29, 2026.
4. Wrestling Rules and Weight Management Online Clinic: September 1 through October 1.

**\* Deadline for Appeal, to be processed before 1<sup>st</sup> Competition, Monday, November 3, 2025.**

## **Weight Management Procedures for Coaches and Assessors**

1. **GHSA online seminar:** Wrestling Rules and Weight Management Online Clinic: September 1 through October 1, 2025.
2. **All wrestling coaches** must successfully complete the online Weight Management Training seminar which is included in the Wrestling Rules Clinic. Each school accepts the responsibility of using the OPC correctly and the school is subject to penalties and/or fines if the school does not follow the established guidelines.
3. GHSA schools with wrestling programs **MUST** register for the OPC (see form above or the memo on the wrestling page of the GHSA website).
4. Instructions for proper use of the NWCA/TrackWrestling OPC are available on the GHSA wrestling home page or in the Optimal Performance Calculator Coach Instructions.
5. **Coaches must go to TrackWrestling and import their team roster from the previous year and add the names of newcomers before having athletes tested.**
6. Schools and all assessment sites must have all scales used for weigh-ins certified annually. The GA Dept. of Agriculture; Fuels & Measures; 404-656-3605 will certify scales free. The dates will be scheduled by the GA Department of Agriculture, so as many as possible may get their scale certified at the same time, minimizing the amount of travel by Dept. of Agriculture personnel.
7. All GHSA wrestlers who will wrestle varsity or junior varsity 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 OPC. All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.
8. 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 penalties and/or fines for the school and/or the assessment site.
9. **Schools must schedule their assessment date(s) and time(s) through the assessment coordinator. Schedules are determined and controlled by the assessment site 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 variance from this procedure.**
10. ***Any athlete appearing for assessment without a coach/school representative or without being properly scheduled will be turned away.***
11. A minimum of two (2) adults /coaches are to accompany a team. These persons are present to supervise the athletes and to assist the assessment site personnel with management tasks, if requested to do so.
12. **School personnel shall not be involved in any actual testing activities.**
13. The Initial Testing Fee is \$10 per athlete and must be paid to the assessment site at the time of testing.
14. The Late Testing Fee is \$20 per athlete and must be paid to the assessment site at the time of testing.
15. Initial assessment data will be entered by assessment site personnel. Schools will receive a calculation of the predicted 7% for males / 12% for females 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 for each athlete. The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is **REQUIRED** for all high school wrestlers.

## **WEIGHT ASSESSMENT EXPECTATIONS**

1. Proper conduct and deportment of athletes is always expected. Assessors have the authority given by the GHSA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the testing process.
2. Athletes attempting to violate or circumvent the assessment process (in any manner) will be denied testing that day. All data collected on this particular athlete will be voided. The athlete may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees. **Once an athlete completes their assessment, no-retests are allowed.**
3. Testing sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from schools and school staff. Violations could result in penalties and/or fines.

## **Weight Assessment Testing Procedures**

1. Assessors will not enter assessment data until the coach has imported the previous year's roster. **Coaches must go to TrackWrestling and import their team roster from the previous year and add the names of newcomers before having athletes tested.**
2. Prior to arrival at the testing site, complete (please print clearly) the top section of the Individual Profile Form (**Form 1**) and a sign in sheet.
3. Athletes must be dressed in shorts and a t-shirt to participate in the assessment.
  - **Sweat clothes or school clothes are not appropriate but any assessment in these clothes will be final.**
  - It is improper for athletes to disrobe further than t-shirts and shorts.
4. A 2 lb. clothing allowance will be entered on the scale to start each test.

### **STEP 1: HYDRATION**

- It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date (see Form 1 for hydration tips).
- A urine specific gravity test will be conducted using a digital fiber optic refractometer. This is a pass/fail assessment and the sample must register a reading of less than or equal to 1.025 g/ml.
- If the athlete presents the assessor with a sample that is cool to the touch, the temperature will be measured. Urine samples must be between 91-99 degrees Fahrenheit to be considered valid. (Most pre-employment tests require the urine to be 96-99 degrees).
- **Those athletes failing the hydration test will not be allowed further evaluations that day and must wait at least 48 hours before they can be re-tested.** If an athlete fails the hydration test, the \$10 fee is owed and an additional \$10 will be charged for each and every re-test.
- **NO DATA WILL BE ENTERED INTO THE WEIGHT MANAGEMENT DATABASE UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.**

### **STEP 2: MEASUREMENT OF HEIGHT**

- Done in bare feet and rounded down to the nearest ½ inch.

### **STEP 3: BODY COMPOSITION**

- This assessment must be conducted by the test site. The GHSA will not accept any body fat evaluation presented by other personnel. Body fat assessments will be conducted using bioelectric impedance (BIA) measurements using the "STANDARD" mode on the Tanita TBF-300WA body composition analyzer, or by skinfold measurement.
- In an attempt to insure reliability of the bio-electric impedance assessment:
- It is recommended that athletes follow the guidelines in Form 1.
- Females should not be tested during their menstrual cycle. Testing for females on their cycle may be delayed if the athlete chooses.

#### Notes:

1. If the Tanita scale gives an “Error” message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage.
  - a. Only Lange calipers shall be used to measure skin fold thickness (Lohman sites: abdominal, triceps and subscapular)
  - b. Form 2 will be completed by the assessor and data will be sent to the GHSA for entry into the OPC.
2. Upon successful completion of all tests, the assessor will enter results into the NWCA/TrackWrestling OPC which will calculate the wrestler’s minimum allowable weight and establish a daily weight descent plan including the allowed weight class for competitions. Per NFHS **Rule 1-5-2**, wrestlers may lose a maximum of 1.5% of body weight per week.
3. After the initial entry of wrestlers, the coach may generate an “Alpha Master Roster” and the “Weight Loss Plan” for each wrestler on the team. These items will be used throughout the season for verification of compliance with Weight Management Program guidelines.

### **INITIAL TEST PERIOD**

1. **Assessments may begin on Saturday, October 11, 2025.** Sites may test on any date they wish **through December 20th.** Sites performing Saturday-only assessments should offer at least four (4) of the ten Saturday’s during the assessment period. Assessment sites are generally willing/able to accommodate special needs. Check with your assigned assessor (well in advance) for options.
2. **The initial assessment period will end on Saturday, December 20, 2025.**
3. Coaches may have ineligible athletes assessed but these athletes are not allowed to practice. 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.
4. **GHSA schools may begin wrestling practice on Monday, October 21, 2025. The earliest competition date is November 8, 2025.** Coaches must make every effort to get the bulk of team assessments completed by the first day of competition.
5. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school “Alpha Master Roster” generated by the OPC.

### **LATE TESTING**

1. After the start of the second semester, sites may “re-open” for a short period of time - January 3 to January 10, 2026. Saturday, January 17, 2026 is the deadline to establish a certified minimum wrestling weight.
2. All wrestlers coming out late, must have their minimum wrestling weight established before being allowed to compete.
3. Assessment sites may allow schools to test during the late period at the assessment site facility or the assessor may go to the school. This is at the discretion of the assessment site, not the school.
4. Some sites close after the initial testing period. If this happens, schools must contact the GHSA for assignment to a different testing site. The new assessor will have confirmation from the GHSA not the school when a change has been made.
5. All assessments administered in the late period are subject to the following changes:
6. A late **fee of \$20 per athlete** will be assessed.
7. If the assessor travels to the school, round trip mileage will be paid at a rate of \$0.56 per mile plus arrangements for the payment of an additional fee of up to \$100 (convenience fee) must be agreed upon in advance.

### **MEDICAL CLEARANCE – (please use current years’ 2025-26 form only)**

1. All athletes assessed at or below 7% (male) or 12% (female) must obtain medical clearance before they can compete.
2. The physician clearance (from an MD or DO) is only valid for one season; it expires on March 1<sup>st</sup> of each year and allows the athlete to compete at a weight no lower than the weight class determined at the time of the assessment.
3. There is no GHSA fee for medical clearance.

4. **Form 4 must be signed by Physician/Physician Assistant or Registered Nurse Practitioner and a parent; Form 4 does not have to be notarized.**
5. Completed forms may be sent to the GHSA via email, fax or standard mail.

#### **WEIGHT APPEAL PROCESS (Any athlete) – (please use current years' 2025-26 form only)**

1. The school may appeal the assessment of any athlete if approved by a licensed physician (MD or DO).
2. The maximum appeal is for one (1) weight class lower than determined by the initial assessment.
3. The **Physician Appeal (Form 5)** must be signed by a Physician and at least one parent. **The signature of the parent must be notarized.**
4. The original Form 5 (no copies accepted) and a \$100.00 appeal fee must be mailed to the GHSA. **The appeal fee must be paid with a money order, school check or booster club check (no personal checks accepted) made payable to the Georgia High School Association.**
5. If a wrestler competes before an appeal is made or during the time an appeal is pending, the appeal is voided, and the athlete must accept the results of the initial assessment.
6. Only one appeal per wrestler per season is allowed.

#### **WEIGHT LOSS PER WEEK**

1. Starting on the date of the initial assessment, a season-long weight loss plan with a maximum 1.5% loss per week will be established.
2. This weight loss plan will determine the weight class for which a wrestler is eligible on a given date.
3. 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 the initial assessment. Losing weight faster than projected is not an advantage.
4. **Wrestlers' weight descent plans will end on Saturday, January 31, 2026.**

**Note:** A wrestler who participates/competes at a weight class below the eligible weight class 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.

#### **WEIGHT RECALCULATION**

If a wrestler weighs in above their Projected Weight for a competition, the OPC will use that actual weight and **RECALCULATE** the individual Weight Loss plan.

**Example:** Wrestler A has an established minimum weight class of 113 pounds according to his assessment and he is descending down toward this weight. Wrestler A's projected weight for November 3<sup>rd</sup> is 118.0 but he weighs in at 119.0 and wrestles in the 120 pound class that day. The coach will record his actual weigh-in weight for November 3<sup>rd</sup> as 119.0 on the Weigh-in form. This is above the Projected Weight on the Individual Weight Loss Plan so wrestler A's Individual Weight Loss Plan will recalculate on November 3<sup>rd</sup> starting from 119.0 (his actual weigh-in weight) to allow him more time to descend to his Minimum Weight Class within the 1.5% guideline.

#### **CONSECUTIVE DAYS OF COMPETITION**

The OPC will automatically adjust so that the consecutive day allowance is taken off the wrestlers' actual weight at weigh-in. The system will not change the original descent plan unless the wrestler weighs in greater than the weight allowance given.

**Examples:** Wrestler A has a weight loss plan for December 1 which reads 157.5 (eligible for 160) and he is given a one pound consecutive day allowance.

1. Wrestler A weighs in at 158.5; the system will start his descent plan from 157.5 the following day
2. Wrestler A weighs in at 159.2; the system will re-calculate from 158.2 the following day
3. Wrestler A weighs in at 158.0; the system will only take off 0.5 lb. and he will start at 157.5 the following day (you cannot speed up the original weight descent plan)

Schools which compete on the day prior to a post-season tournament shall not receive a consecutive day weight allowance at the post-season tournament.

## **GROWTH ALLOWANCE**

1. The growth allowance CAN be used to achieve a lower minimum wrestling weight for an athlete.
2. The Georgia High School Association Weight Management Program grants a two (2) pound growth allowance on **December 25th**. An additional one (1) pound growth allowance will be granted on **January 29, 2026**.
3. All other weight management/certification policies remain in effect and are detailed in the “GHSA Constitution and By-Laws” at [www.ghsa.net](http://www.ghsa.net)

## **COACHES’ REQUIREMENTS**

### **Posting Information to the OPC**

1. Instructions for using the Optimal Performance Calculator (OPC) may be found by clicking on the “?” in the blue toolbar of the Trackwrestling website. If you cannot find the topic you are searching for under “FAQ’s”, submit a ticket under the “Contact Us” tab or call TrackWrestling at the number listed. Refer to the Instructions for proper use of the NWCA/TrackWrestling OPC which is available on the GHSA wrestling home page or in the Optimal Performance Calculator Coach Instructions.
2. School and wrestler information required to be posted on Trackwrestling:
  - a. Team roster: coaches may add or delete wrestlers as needed.
  - b. Team competition schedule: **Schools have until December 31, 2025 to enter their competition schedule; no entries can be made after this date without the written approval of the GHSA.** Each weigh-in form is tied to an event on the team schedule.
  - c. All weigh-ins (if a wrestler steps on the scale, the actual weight must be recorded on the form by the official and entered into the OPC by the coach).

**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 (if on descent plan). The “Weigh-In Report” provides information day by day for the minimum weight and the weight class allowed.

### **Pre-Match Weigh-In Protocol**

1. Once the team schedule has been completed, a “Weigh-In Report” form (**Form 3**) may be created by following the instructions in the appendix or under the FAQ section on Trackwrestling.
2. The “Weigh-in Report” cannot be printed more than 3 days prior to the event. This report shows the eligible weight classes of each wrestler (if they are on target for that date) and it also contains an area where the wrestlers’ actual weight is to be written.
3. **The OPC will not allow an individual’s name to be added to a Weigh-In Form, nor can you print the form until all his/her previous weigh-ins are entered and committed.**

### **Match Protocol**

1. Coaches are required to provide copies of the “Weigh-In Report” (**Form 3**) to the head official or the authorized person responsible for conducting weigh-ins. This form shall list all wrestlers who are scheduled to compete. After weigh-ins and skin checks are completed, the host coach will make copies of the signed **Weigh-in Report and provide one to each head coach in attendance.** The head official will keep the originals.
2. **If an athlete steps on the scale, his/her actual weight must be posted on the Trackwrestling site.**
3. Only the initial weigh-in for multi-day events has to be entered into the database.
4. Weigh-in forms are to be entered in consecutive date order and must be posted within 48 hours of an event or before the next scheduled competition (whichever comes first).
5. **Schools will be locked out and may not be able to place athletes on future rosters until previous weigh-ins are entered and committed.**

**Example:**

**A school has competitions scheduled for December 3<sup>rd</sup> and December 5<sup>th</sup>. The “Pre-Match Weigh-in” form must be created, printed and taken to the competition on December 3<sup>rd</sup>. Post-match, the wrestler’s actual weigh-in weights from December 3<sup>rd</sup> must be entered and committed before the weigh-in form for the December 5<sup>th</sup> match can be created.**

6. Once weights are entered and committed, only the GHSA can make/authorize changes.
7. For tournaments, the documents must be submitted to the tournament director prior to the start of weigh-in.
8. Schools violating “Match Protocols” are to be reported to the GHSA, by the Officials, to Bud Hennebaul at [bud@ghsa.net](mailto:bud@ghsa.net) or Sheri Eubanks at [sherieubanks@ghsa.net](mailto:sherieubanks@ghsa.net). Penalties and/or fines may be assessed for these violations.

GEORGIA HIGH SCHOOL ASSOCIATION  
151 South Bethel Street  
Thomaston, GA 30286  
706 647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM  
INDIVIDUAL PROFILE FORM

\*Complete top section prior to arrival at assessment site ----- PLEASE PRINT\*

Wrestler's Name	_____	Grade	8	9	10	11	12
	First MI Last						
Gender	_____ Male _____ Female	Date of Birth	_____	Age	_____		
School	_____						
Assessment Site	_____	Assessment Date	_____				

STEP 1 Assessment of Hydration

(specific gravity: less than or equal to 1.025)

Assessor Initials \_\_\_\_\_

\_\_\_\_\_  
Pass

\_\_\_\_\_  
Fail

STEP 2 Assessment of Height (round down to the nearest 1/2")

\_\_\_\_\_ ft

\_\_\_\_\_ in

Assessor Initials \_\_\_\_\_

STEP 3 Body Fat (BIA) Assessment (Standard mode)

Record scratch weight to nearest 1/10 of a pound

\_\_\_\_\_ lbs

Calculated % Body Fat (from Tanita print out)

\_\_\_\_\_ %

Assessor Initials \_\_\_\_\_

STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM

GHSA Assessor Signature \_\_\_\_\_

Date \_\_\_\_\_



GEORGIA HIGH SCHOOL ASSOCIATION  
151 South Bethel Street  
Thomaston, GA 30286  
706-647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM  
SKIN FOLD ASSESSMENT DATA

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

Wrestler Name	_____	Grade	8	9	10	11	12
	First MI Last						
Gender	___Male	___Female	Date of Birth	_____	Age	_____	
School	_____						
Assessment Site	_____						
Assessment Date	_____						

**Step 1 – Assess hydration level of athlete**

(Note: Specific gravity: less than or equal to 1.025)

\_\_\_\_\_

\_\_\_\_\_

Assessor  
Initials

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

(Note: round down to nearest ½")

\_\_\_\_\_

**Step 3 – Alpha Body Weight (to nearest 1/10 pound)**

\_\_\_\_\_

**Step 4 – Skin Fold Assessment**

(Note: Measurement to the nearest half millimeter)

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

**GHSA Assessor Signature:** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

**\*\*Trackwrestling staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed\*\***

Email this form to: Sheri Eubanks, [sherieubanks@ghsa.net](mailto:sherieubanks@ghsa.net)



# Georgia High School Association Weigh-In Report

Date **xx/xx/xxxx**

School Name		Opponent:		Weigh In Date:		
Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official Weigh In	
113	AAA	113, 120	108.2	_____	01/01/xxxx	0.00
120	BBB	120, 126	118.0	_____	01/01/xxxx	0.00
126	CCC	126, 132	124.6	_____	01/01/xxxx	0.00
132	DDD	132, 138	131.0	_____	01/01/xxxx	0.00
138	EEE	138, 144	135.8	_____	01/01/xxxx	0.00
144	FFF	144, 150	143.6	_____	01/01/xxxx	0.00
150						
...						
...						
...						
...						
...						
285	NNN	285	280.5	_____	01/01/xxxx	0.00

Coach Name (**printed**): \_\_\_\_\_Opposing Coach or  
TD Name (**printed**): \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Opposing Coach or  
TD Signature: \_\_\_\_\_Head Official Name (**printed**): \_\_\_\_\_

Head Official Signature: \_\_\_\_\_

**\*\*This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.**

**(Actual form must be generated from [www.trackwrestling.com](http://www.trackwrestling.com))**





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

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
PHYSICIAN CLEARANCE**

**WRESTLER AT/BELOW 7% for males or 12% for females BODY FAT**

**TO THE PHYSICIAN:**

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices 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 analysis. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 12% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 12% (females) and the athlete is requesting that he/she be allowed to wrestle. 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 with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GHSA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

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, development and good health and indicate your assessment and recommendations on the next page.

Thank you,

The Georgia High School Association

**\*\*GHSA COACHES:** Both pages of this **Form** are to be presented to the attending physician as a part of the clearance process.

GEORGIA HIGH SCHOOL ASSOCIATION  
WRESTLING WEIGHT MANAGEMENT PROGRAM

PHYSICIAN CLEARANCE

WRESTLER AT/BELOW 7% for males or 12% for females BODY FAT

Any male wrestler whose body fat percentage at the time of their initial assessment is at or below 7% must obtain written clearance from a licensed physician (MD or DO) stating that the athlete is naturally at this low body fat level. In the case of a female wrestler, written physician clearance must be obtained for athletes who are at or below 12% body fat. This physician clearance is for one season duration and expires on March 1<sup>st</sup> of each school year.

**\*\*Coach: Complete this section prior to physician appointment\*\***

WRESTLER NAME \_\_\_\_\_ GRADE 8 9 10 11 12  
SCHOOL \_\_\_\_\_ REGION/AREA \_\_\_\_\_  
INITIAL ASSESSMENT DATA (from OPC):  
Date of initial assessment \_\_\_\_/\_\_\_\_/\_\_\_\_  
Weight \_\_\_\_\_  
% Body Fat \_\_\_\_\_  
Minimum Weight Class \_\_\_\_\_  
PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

EXAMINING PHYSICIAN

Date seen in office \_\_\_\_/\_\_\_\_/\_\_\_\_ Today's Weight \_\_\_\_\_ lbs.

The wrestler named above, is at or below the minimum body fat allowed by GHSA Weight Management Program guidelines. This athlete has been granted clearance to wrestle at / above the minimum weight class determined at the initial assessment. **No weight loss.**

Minimum Weight Class \_\_\_\_\_

PHYSICIAN/PA/RNP SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

**NOTE:** This form is the only document accepted by the GHSA for Physician Clearance.  
No fees are required for this option.

Email or mail this form to the GHSA: Sheri Eubanks, [sherieubanks@ghsa.net](mailto:sherieubanks@ghsa.net) or  
151 South Bethel Street, Thomaston, GA 30286



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

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
WEIGHT CLASS APPEAL**

**TO THE PHYSICIAN:**

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices 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 analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 12% for females.

Per GHSA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GHSA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

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, development and good health and indicate your assessment and recommendation on the next page.

Thank you,

The Georgia High School Association

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

GEORGIA HIGH SCHOOL ASSOCIATION  
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may certify one weight class lower than what is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for him/her to drop to a lighter weight.

**This form must be completed in its entirety and the original form along with a \$100.00 appeal fee (payable by money order, school or booster club check ONLY) must be mailed to the GHSA at the address below.**

**\*\*Coach: Complete this section prior to physician appointment\*\***

WRESTLER NAME _____	GRADE 8 9 10 11 12
SCHOOL _____	REGION/AREA _____
INITIAL ASSESSMENT DATA (from OPC):	
Date of initial assessment _____ / _____ / _____	
Weight _____	
% Body Fat _____	
Minimum Weight Class _____	

**\*\*Physician: Complete this section prior to Parent Notary\*\***

EXAMINING PHYSICIAN	
Date seen in office _____ / _____ / _____	Today's Weight _____ lbs.
Circle A or B	
<p>A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may engage in a weight loss plan to reach the GHSA weight class circled below. <b>This option requires a \$100 appeal fee.</b></p> <p>B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is <u>not approved</u> to participate in a weight class lower than that determined by the initial assessment. <b>No fee required for this option.</b></p>	
***CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED***	
106 – 113 – 120 – 126 – 132 – 138 – 144 – 150 – 157 – 165 – 175 – 190 – 215 – 285	
PHYSICIAN SIGNATURE _____	DATE _____
ADDRESS _____	
CITY _____	ZIP _____

**\*\*Parent: Complete this section prior to returning to Coach\*\***

PARENT SIGNATURE _____	DATE _____
NOTARY SIGNATURE & STAMP _____	DATE _____

Mail form and payment to the GHSA, Attention: Sheri Eubanks, 151 South Bethel Street, Thomaston, GA 30286



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

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
WEIGHT CLASS APPEAL**

**TO THE PHYSICIAN:**

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices 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 analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 12% for females.

Per GHSA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GHSA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

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, development and good health and indicate your assessment and recommendation on the next page.

Thank you,

The Georgia High School Association

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

GEORGIA HIGH SCHOOL ASSOCIATION  
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may certify one weight class lower than what is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for him/her to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a \$100.00 appeal fee (payable by money order, school or booster club check ONLY) must be mailed to the GHSA at the address below.

**\*\*Coach: Complete this section prior to physician appointment\*\***

WRESTLER NAME _____	GRADE 8 9 10 11 12
SCHOOL _____	REGION/AREA _____
INITIAL ASSESSMENT DATA (from OPC):	
Date of initial assessment _____ / _____ / _____	
Weight _____	
% Body Fat _____	
Minimum Weight Class _____	

**\*\*Physician: Complete this section prior to Parent Notary\*\***

EXAMINING PHYSICIAN	
Date seen in office _____ / _____ / _____	Today's Weight _____ lbs.
Circle A or B	
A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may engage in a weight loss plan to reach the GHSA weight class circled below. <b>This option requires a \$100 appeal fee.</b>	
B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is <b>not approved</b> to participate in a weight class lower than that determined by the initial assessment. <b>No fee required for this option.</b>	
<b>***CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED ***</b>	
100 - 105 - 110 - 115 - 120 - 125 - 130 - 135 - 140 - 145 - 155 - 170 - 190 - 235	
PHYSICIAN SIGNATURE _____	DATE _____
ADDRESS _____	
CITY _____	ZIP _____

**\*\*Parent: Complete this section prior to returning to Coach\*\***

PARENT SIGNATURE _____	DATE _____
NOTARY SIGNATURE & STAMP _____	DATE _____

Mail form and payment to the GHSA, Attention: Sheri Eubanks, 151 South Bethel Street, Thomaston, GA 30286

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

### **Hydration Tip Sheet**

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Coaches, athletes and parents need to understand how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs. Following these tips will help wrestlers pass the hydration test and give the most favorable body composition assessment results.

### **In the days Leading Up to Testing**

- Continue drinking fluids throughout the day and drink an additional 16-24 ounces of water for each pound you may have lost during a sport practice.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Urine should be clear when athlete is adequately hydrated.
- Eat smaller, more frequent meals; limit high fat foods and increase fiber (whole grains) intake to help eliminate waste from the body.
- Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, etc).
- Stop taking vitamins and other supplements unless prescribed by your doctor as they may cause your urine to be darker than normal.

### **One day before test:**

- Continue drinking plenty of water; you should be urinating on a frequent basis. Urine should be nearly clear if you are fully hydrated.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Eat smaller, but more frequent meals; avoid high fat foods, salty foods and chocolate; continue eating fibrous foods to eliminate waste from the body.
- Continue to avoid vitamins and other supplements unless prescribed by your doctor.

### **The day of the assessment:**

- No caffeine or diuretics in past 12 hours.
- No food or drink within two hours of the test.
- No exercise before the assessment.
- No alcohol within past 24 hours.
- If afternoon testing; eat a small, light lunch (fruit, grains, etc.) at least two hours before the test.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc...which will cause you to retain fluids.
- Do not take any vitamin or mineral supplements before testing.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Use the bathroom (bowel movement) before the test.
- Please be ready to urinate when you arrive.

**Note:** It is suggested that testing later in the day (late afternoon is the ideal time) because it reduces the likelihood of an athlete showing up moderately dehydrated.

### **Conditions that might cause skewed results or give an "ERROR" reading**

- A very full bladder
- Thick calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Pre-menstruation phase