

WIAA Weight Management Program

Wrestler and Parent Information
18-19 Season

History of Weight Management

- 1997 THREE COLLEGE WRESTLERS DIED WHILE ENGAGED IN UNSAFE "WEIGHT LOSS" ACTIVITIES.
- THE NCAA MEDICAL ADVISORY COMMITTEE ESTABLISHED AND MANDATED A COMPREHENSIVE WEIGHT CERTIFICATION PROGRAM TO SAFEGUARD WRESTLERS.
- THE WIAA DOES NOT ADVOCATE THAT A WRESTLER'S ESTABLISHED MINIMUM IS THE ATHLETE'S BEST WEIGHT AT WHICH THEY WILL BE ALLOWED TO COMPETE.
- WEIGHT MANAGEMENT PROGRAM WAS STARTED IN WASHINGTON DURING THE 2007-08 WRESTLING SEASON.

Regulations

- THE ESTABLISHMENT OF A MINIMUM WRESTLING WEIGHT BASED ON 7% BODY FAT FOR MALES AND 12% BODY FAT FOR FEMALES.
- HYDRATION LEVEL OF 1.000 - 1.025.
- WEIGHT LOSS NO GREATER THAN 1.5% PER WEEK OF THE ATHLETE'S BODY WEIGHT.
- THE INITIAL ASSESSMENT MAY START ON OCT 29, 2018, BUT MUST BE COMPLETED (NAME APPEARS ON SCHOOL'S MASTER REPORT AND PHYSICIANS CLEARANCE COMPLETED IF NEEDED) PRIOR TO ANY MATCHES BEING WRESTLED IN A JAMBOREE, DUAL MEET OR TOURNAMENT.
- NO MORE THAN ONE ASSESSMENT IN A 24 HOUR PERIOD IS ALLOWED.

Regulations (cont')

- THE LOWEST WEIGHT CLASS A WRESTLER MAY COMPETE AT WILL BE DETERMINED AS FOLLOWS:
 - If the predicted weight, at 7% male / 12% female is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class.
 - If the weight class falls between two weight classes, he/she must wrestle at the higher weight class.
 - Any male or female wrestler whose body fat percentage at the time of the measurement falls below 7% / 12% the wrestler must wrestle at the weight class they are at with a Physician's clearance.
NO WEIGHT LOSS WILL BE ALLOWED
 - Physician's Clearance Form must be cleared by the WIAA prior to the first competition.

Regulations (cont')

- WEIGHT LOSS PER WEEK
 - Wrestlers are allowed a maximum weight loss of 1.5% of the total body weight each week.
 - A wrestler will not be allowed to wrestle at the minimum weight until the date specified on the weight loss plan.

Assessment Process

- **WIAA** ACCEPTS TWO METHODS OF BODY DENSITY AND BODY FAT PERCENTAGE MEASUREMENT.
 - Skinfold test using Lange Skinfold caliper with calibration block
 - Air Displacement Plethysmography (ADP) using the Bod Pod
- **INITIAL ASSESSMENT** MAY BEGIN ON **OCT 29, 2018**, BUT MUST BE COMPLETED BY **MONDAY JAN 21, 2019**.
- **RE-ASSESSMENT** MAY BEGIN AFTER THE INITIAL ASSESSMENT AND MUST BE COMPLETED BY **MONDAY, JAN 21, 2019**.

Preparing for the Initial Assessment

- TWO DAYS PRIOR TO THE ASSESSMENT DAY, ATHLETES SHOULD:
 - Drink plenty of fluids throughout the day, Athletes should be drinking at least 8 - 10 glasses of water during the day.
 - Increase intake of foods high in fiber, this will assist with the removal of excess waste from the body. (Salads, cereal with skim milk, vegetables, fruits are examples of foods high in fiber)
 - Eat smaller more frequent meals.
 - AVOID food high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings etc.)
 - AVOID salty foods (potato chips, pretzel, pizza, tuna, crackers, soft drinks and sports drinks.
 - Be sure that you eat and drink, do not dehydrate.

Day of Initial Assessment

- EAT SMALL PORTIONS, EAT A VERY LIGHT LUNCH IF AFTERNOON TESTING.
- EAT LIGHTER FOODS SUCH AS FRUIT AND GRAINS.
- CONTINUE TO DRINK WATER, 2 HOURS PRIOR TO TESTING, DRINK 24 OUNCES OF WATER.
- DO NOT DRINK SALTY DRINKS SUCH AS SPORTS DRINKS OR CARBONATED BEVERAGES AND CAFFEINATED BEVERAGES. THIS WILL CAUSE YOU TO RETAIN FLUIDS.
- URINATE AS FREQUENTLY AS POSSIBLE UNTIL ONE TO TWO HOURS PRIOR TO TEST TIME.
- AVOID VIGOROUS PHYSICAL ACTIVITIES THAT CAUSE EXCESSIVE SWEATING.

Preparing for the Initial Assessment

- TWO DAYS PRIOR TO THE ASSESSMENT DAY, ATHLETES SHOULD:
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 - Be sure that you eat and drink, do not dehydrate.

Initial Assessment

- PICK UP PRE-PRINTED DATA COLLECTION FORM FROM YOUR COACH.
- HAVE YOUR PHOTO ID AVAILABLE FOR THE ASSESSOR.
- ATHLETE TESTING ATTIRE:
 - Males: School issued wrestling uniform and in bare feet.
 - Females: School issued wrestling uniform and in bare feet.
- HYDRATION TESTING
 - Athlete will be provided a marked cup to collect a mid-stream sample of urine while being monitored.
 - Urine will be tested with a digital refractometer.
 - A passing hydration test is any reading from 1.000 to 1.025.

Initial Assessment (cont')

- THE INITIAL ASSESSMENT WILL CONTINUE ONLY IF YOU HAVE PASSED YOUR HYDRATION TESTING.
- BODY WEIGHT. YOUR WEIGHT WILL BE DISPLAYED ON A DIGITAL SCALE. PLEASE NOTE THE WEIGHT ON THE SCALE TO THE NEAREST ONE TENTH OF A POUND.
- YOU WILL BE ASKED TO INITIAL ON THE DATA COLLECTION FORM THAT YOUR WEIGHT WAS RECORDED CORRECTLY.
- THE NEXT STEP WILL BE TO HAVE YOUR SKINFOLD MEASUREMENTS COMPLETED WITH A LANGE SKINFOLD CALIPERS.
 - Males will be measured on three locations: abdominal, triceps, and subscapular
 - Females will be measured on two locations: triceps and subscapular

Initial Assessment (cont')

- YOUR ASSESSOR WILL INPUT THE MEASUREMENTS FROM THE ASSESSMENT IN THE WIAA WEIGHT MANAGEMENT PROGRAM WITHIN 48 HOURS OF YOUR ASSESSMENT.
- YOU CAN CONTACT YOUR COACH TO PROVIDE YOU WITH A PRINTED "WEIGHT LOSS PLAN".
- YOUR "WEIGHT LOSS PLAN" WILL SHOW YOU THE ELIGIBLE WEIGHT CLASSES THAT YOU CAN WRESTLE DURING THE 11 WEEKS OF THE WRESTLING SEASON.

Initial Assessment (cont')

- IF YOU FAILED YOUR HYDRATION TESTING YOU SHOULD REVIEW SLIDES 7 AND 8 ON THE PREPARATION FOR INITIAL ASSESSMENT.
- YOU MAY MAKE ARRANGEMENTS TO COMPLETE ANOTHER HYDRATION TEST WITH YOUR ASSESSOR.
- IF YOUR INITIAL ASSESSMENT CALCULATED YOUR BODY FAT PERCENTAGE BELOW 7% FOR MALES AND 12% FOR FEMALES YOU ARE REQUIRED TO HAVE A **PHYSICIAN'S CLEARANCE FORM** COMPLETED BY YOUR PHYSICIAN AND SENT INTO THE **WIAA** OFFICE BEFORE YOU WILL BE ABLE TO COMPETE.
- YOU CAN HAVE YOUR COACH PRINT OUT A **PHYSICIAN'S CLEARANCE FORM** FOR YOU TO TAKE TO YOUR PHYSICIAN.

Re-Assessment

- ALL ATHLETES ARE ELIGIBLE FOR A RE-ASSESSMENT.
- RE-ASSESSMENT CAN BE CONDUCTED AFTER THE INITIAL ASSESSMENT UNTIL MONDAY, JAN 21, 2019.
- ONLY 3 (THREE) RE-ASSESSMENTS ARE ALLOWED PER ATHLETE IF NECESSARY.
- THE RE-ASSESSMENT CAN ONLY ALLOW YOUR WEIGHT LOSS PLAN TO LOWER 1 (ONE) WEIGHT CLASS.
- IF THE RE-ASSESSMENT CHANGES YOUR WEIGHT LOSS PLAN TO A HIGHER WEIGHT CLASS, YOU DO NOT HAVE THE ABILITY TO CHALLENGE IT.
- RE-ASSESSMENT FOLLOW THE SAME STEPS OF AN INITIAL ASSESSMENT AND CAN BE CONDUCTED AFTER THE INITIAL ASSESSMENT HAS BEEN ENTERED IN THE WEIGHT MANAGEMENT PROGRAM.

Initial Assessment & Re-Assessment Process

STEP 1: ID CHECK

STEP 2: HYDRATION TESTING

STEP 3: WEIGHT CHECK ON DIGITAL SCALE

STEP 4: SKINFOLD MEASUREMENTS

Step 1: ID Check



Check spelling of the first and last name.
Grade level.

Step 2: Hydration Testing



Collection should be mid-stream, 2 oz

Step: 3 Weigh In on Digital Scale



Using a digital scale measure wrestler weight to the nearest tenth of a pound

Step: 4 Skin Fold Measurements



Measure and mark the three point for taking measurements.

Questions on the Weight Management Program

- SEND AN EMAIL TO WWWMP@WIAA.COM
- MAKE SURE TO IDENTIFY YOURSELF BY NAME AND SCHOOL.
- IDENTIFY YOUR QUESTION THAT YOU NEED ANSWERED.

HAVE A GREAT SEASON.