



# WRESTLING

# WEIGHT MANAGEMENT PROGRAM

# CCS SCHOOL MANUAL



Thank you for your willingness to work with the CIF/Central Coast Section in performing this important aspect of our high school wrestling programs. We ask that you make sure that you are thoroughly knowledgeable about the contents of this Manual. If you have questions, please contact the CCS Assistant Commissioner, Duane Morgan: (408) 224-2994 x16 [dmorgan@cifccs.org](mailto:dmorgan@cifccs.org) Thank you again.

## CIF Wrestling Weight Certification Program

### OVERVIEW

The California Interscholastic Federation believes that one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. Many states have instituted body composition testing programs in the past several years. The primary purpose of a body composition-testing program is to determine the lowest certifiable, safe and healthy weight for each wrestler in order to provide a safe wrestling experience for all high school wrestlers. The wrestler's lowest certifiable weight may not be his or her optimal competitive weight; it is simply the lowest, safe weight at which a wrestler may compete.

In addition to this Weight Certification Program, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and in a healthy and safe manner. This program has been developed in response to the need for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly, often in an unhealthy and unsafe manner, to gain a perceived advantage over their opponent. This Weight Certification Program is designed to assist wrestlers and coaches in avoiding potentially harmful, rapid weight reduction practices utilized to achieve specific weight class participation. Our CIF Assessors are a critical component of this program.

CIF member-schools sponsoring the sport of wrestling are required to participate in the assessment portion of the weight certification program established by the California Interscholastic Federation for all competing wrestlers, regardless of the level of competition. Any wrestler who has not completed the assessment process is ineligible for competition.

(NFHS Rule 1-3 & CIF Bylaws 3103 & 3104) (See Appendix)

## THE PROGRAM

### Components

The program consists of three components:

1. CIF Master Assessors and CIF Assessors
2. The Body Composition Testing Program
3. The Nutrition Education Program

### IMPORTANT NUMBERS

**CCS Assistant Commissioner Duane Morgan**

FAX: 408 224-0476 Phone 408 224-2994 x16

[www.cifccs.org](http://www.cifccs.org)

[www.nwcaonline.com](http://www.nwcaonline.com)

## 1. CCS Assessor Teams—Team Leaders

- 1) CIF Assessors in the Central Coast Section will be organized into geographically proximate teams.
- 2) A team leader will be designated. That team leader will be the contact person for the team.
- 3) The team leader will work with the CCS Assistant Commissioner Duane Morgan and schools assigned to their team to schedule and coordinate assessment times and locations.

See Appendix for list of Assessors to which you are assigned.

## 2. Body Composition Testing Program. hydration sample, measurement & bio-impedance test.

### A. National Wrestling Coaches Association

- 1) Prior to any wrestler being presented for assessment, it is mandatory that each school register with the National Wrestling Coaches Association.
- 2) The Central Coast Section has arranged for that registration to have been completed and paid.
- 3) Each CCS member school will be invoiced for that \$80 (\$30 for NWCA registration & \$50 for Assessor Assistants) fee by the CCS.
- 4) Upon receipt of the reimbursement for that registration, the CCS will forward each school their User ID and Password for the AD and Coach.
- 5) The CIF will utilize the NWCA Optimal Performance Calculator on their web page ([www.nwcaonline.com](http://www.nwcaonline.com)) as the mechanism to calculate the certified minimum weight and Individual Weight Loss Plan for each wrestler as well as the Alpha-Master Report for each school.
- 6) The \$80 registration fee allows each coach or AD to access all of their individual wrestler's information. In addition, following the assessment and entry of their data into the computer by the CIF Assessor, each wrestler will have access, via their own password, to their individual information and the nutritional information available on the NWCA site.



[www.nwcaonline.com](http://www.nwcaonline.com)

**Time Period for Assessments**

- 1) Assessments may begin on October 15.
- 2) Wrestlers may be measured on or following that date.
- 3) All wrestlers, including those coming out late, must be assessed and have their minimum weight established before competing.
- 4) The deadline for assessment is January 15<sup>th</sup>. Assessors shall not conduct any assessments after January 15 unless a hardship waiver has been granted by the CCS Assistant Commissioner Duane Morgan. (CIF Bylaw 3104.B.(3)(a))
- 5) Wrestlers requesting an appeal of the assessment results, must do so within 14 days of the assessment they are appealing. (CIF Bylaw 3104.G.)
- 6) Results of the assessment will be available to the school and wrestler within 72 hours of completed assessment.

**B. School's Responsibilities for the Assessment Process**

- 1) Reimburse the CCS for your registration fee for the NWCA to receive your User ID and Password. \$30
- 2) Reimburse the CCS for the Assessors Personnel to monitor Urine Specific Gravity Testing. \$50
- 3) The wrestling coach or other school personnel should bring this ID and password to any and all assessments.
- 4) It is the school's responsibility to contact the CCS Assistant Commissioner, Duane Morgan, or the local CCS Assessor Team Leader assigned to their school and schedule an assessment date, time and location for their wrestlers (check [www.cifccs.org](http://www.cifccs.org) for the list of CIF/CCS Assessors and their school assignments). **SEE SCHOOL SCHEDULING FORM IN THE APPENDIX— ALL SCHEDULING SHOULD BE DONE WELL IN ADVANCE IN WRITING— ONLY OCCASIONALLY WHEN THERE IS A NEED FOR A SINGLE RE-ASSESSMENT OR OTHER EMERGENCY SHOULD A LAST MINUTE CALL REQUESTING ASSESSMENT SCHEDULING BE ACCOMMODATED**
- 5) Do not contact Assessors other than assigned to your school without receiving permission from the CCS Assistant Commissioner Duane Morgan 408 224-2994 X16.
- 6) The school administration or their designee must take reasonable precautions to insure the accuracy and validity of the entire assessment process (see procedures below).
- 7) Athletes pay \$10 in cash or a school issued check for all assessments (reassessments as well as initial assessments) at the time of assessment. P.O's will not be accepted. **You may be charged a minimum \$200 fee for missing a scheduled assessment.**
- 8) If the assessments are to be conducted on school grounds, the school will need to provide a facility that is adequate and has immediate access to bathroom facilities. That would include, but not be limited to the following:
  1. Urine sample collection **MUST** be supervised by Assessor personnel.
  2. Schools having female wrestlers are responsible for contacting the assessors 24 hours prior to assessment to provide appropriate personnel.
- 9) A packet of information will be provided to each CCS member school with wrestling prior to assessment.
- 10) Prior to the assessment, the school administration or their designee shall inform each wrestler of the importance of hydration for the assessment process. **SEE APPENDIX FOR HYDRATION INFORMATION.**
- 11) Each Wrestler shall be provided with an **Individual Profile Form** that will be presented to the Assessor at the time of assessment.. (SEE APPENDIX)

- 12) Wrestlers should have their **Individual Profile Form** completed with all their personal information prior to arriving at the scheduled assessment.
- 13) Schools should confirm that they have a **Parental Permission Form** for each wrestler prior to sending them to be assessed. (SEE APPENDIX). The completed Parental Permission Form should be kept on file at the school for one year.
- 14) Assessments should NOT be performed after practice or after a workout.
- 15) Each school is responsible for ensuring that ALL WRESTLERS have completed the assessment process. They are considered an ineligible athlete until this aspect of their eligibility is confirmed by the school and they present a copy of the NWCA Pre-Match Weigh In Form to the weigh master immediately prior to each competition.
- 16) IT IS MANDATORY that coaches carry their school's NWCA Pre-Match Weigh In Form, which includes all their athletes, to every match/tournament including league, section and state meet.
- 17) IT IS MANDATORY that each wrestler be on the NWCA Pre-Match Weigh In form at weigh-in for all competitions in order to verify that they are competing in accordance with their Individual Weight Loss Plan.

1. *The following is a recommended list of supplies for the Assessment*
2. *Note: Each CIF Assessor and school should discuss what supplies the school must provide (e.g. if on-school site, computer hookup, tables etc.) CIF Assessors are expected in most cases to supply the basics needed for assessment.(items with \* below) Some of the non-\* items may be available at the school site. It is the Assessor's and host school's responsibility to make sure all equipment and supplies needed are on-hand and available for use.*

_____ Tanita TBF Model 300WA scale*	_____ Extra rolls of tape for readout unit*
_____ Refractometer*	_____ Extra Individual Profile Forms*
_____ Latex or Rubber Gloves *	_____ Black pen, pencil, and black marker*
_____ (do not have to be changed after every hydration test)	_____ Stapler--staples
_____ Paper cups (used for collection of urine samples)*	_____ Hand sanitizer
_____ Stir straws or pipettes	_____ Disinfectant cleaning spray
_____ (for obtaining drops of urine for hydration test)*	_____ Eye shields/face shields (optional)
_____ Towel(s) (to clean feet)	_____ Food Coloring or tidy bowl (to color toilet water)
_____ Tissues (for wiping clean the refractometer after each individual reading)*	
_____ Tape measure (for measuring height)*	
_____ Right angle square*	
_____ (used for accuracy in measuring height) *	
_____ Masking tape	
_____ Clipboards or a suitable hard surface on which athletes can complete their forms	
	<b><u>If Assessments will be entered on-site:</u></b>
	-Laptop or computer access
	-Power strip, extension cord'
	-printer and printer paper

## HYDRATION

Testing to determine a wrestler's hydration status as part of a minimum competitive weight assessment process has been embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

In part due to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthful nutrition habits, hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers. Therefore:

- Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can proceed further with the CIF Weight Management Assessment process.
- Refractometers will be used to measure the hydration level of each wrestler through the testing of a urine sample prior to the assessment process continuing.
- Only a CCS Assessor, who has successfully completed the CCS in-service education program, may conduct body composition assessments for CCS wrestlers.
- Wrestlers who fail the hydration measurement will be instructed that they will need to reschedule their assessment no sooner than 24 hours following the time of test failure and that they will need to pay another full assessment fee at the time of their re-test.

**Hydration testing MUST be done immediately prior to and at the same site where the body composition testing (using the Tanita scale) occurs.**

Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessments requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is 1.026 or higher) assessments are NOT to be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. NO SOONER THAN 24 HOUR AFTER THE FAILED HYDRATION TEST.

### 1. Obtaining a Urine Sample

To assure an appropriate urine sample has been collected for testing the following procedures are required

- A. **AREA:** A bathroom with toilet(s) or urinal(s) can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriately disposing of the urine must be available as well.
- B. **COLLECTING THE SAMPLE:**
  - 1) Wrestlers should report to the assessment in **"weigh-in attire" only (singlet or t-shirt & shorts).**
  - 2) **Assessor personnel** MUST insure that the wrestler has provided a sample of their own urine. **Reasonable supervision is the key.**
    - a) Supervise the process of urine sample collection. This does not necessarily mean witnessing the sample going from the body into the cup, but MUST insure that conditions do not exist that could compromise the integrity of the urine sample collection (bulky clothes, other containers, dipping the cup into the toilet water, horseplay, etc).
    - b) be in all traffic areas between the collection area and the testing area if they are in different places. Water faucets may be shut off. Wrestlers should not have access to the sinks where water can be added to the samples
    - c) Blue, green or red dye or Tidy Bowl may be added to the toilet so that wrestlers will not be tempted to dip their cup in the toilet water.
    - d) Any hint of a problem in the urine collection of an athlete necessitates voiding their sample and the provision of another sample with more scrutiny.
    - e) Normally one to three wrestlers can be supervised at one time by school personnel.
  - 3) **RECOMMENDED PROCEDURES.** The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and maximize the athletes right to privacy.
    - a) Mark each urine collection cup to identify each wrestler.
    - b) Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.

- c) Instruct the wrestler to collect a “clean-catch” (midstream) urine sample.
- d) Instruct the wrestler to begin urinating; allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants).
- e) Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
- f) Allow reasonable time for the wrestler to provide a sample of urine.
- g) After collection of the urine by the wrestler, appropriate personnel should insure that the urine is warm by feel on the outside of the collection cup.
- h) If the urine is cold or suspect, reject that sample and require the wrestler to provide another sample under closer supervision.
- i) The wrestler will give their sample to the proper authority for hydration testing.
- j) If properly hydrated, the wrestler will be directed how to dispose of their own urine sample and will then move along through the assessment process.
- k) If the wrestler is not properly hydrated,
  - he/she will be informed of their failure to pass the hydration test,
  - be directed how to dispose of their own urine;
  - be instructed that they will have to be re-assessed after a 24 hour waiting period AND;
  - will be excused from the testing area.
  - The Wrestler may NOT proceed with the rest of the test, if not properly hydrated.

**2. TESTING THE SAMPLE**

Only urine specific refractometers will be used to measure hydration levels.

- A. The Assessor shall mix the urine well by swirling the collection container
- B. The Assessor shall place a drop or two of urine on the lens of the refractometer and read the specific gravity for that sample.
- C. The following scale will be used by the Assessor to mark the specific gravity measurement:

Specific Gravity	PASS						FAIL
	1.000	1.005	1.010	1.015	1.020	1.025	1.026

- E. The Assessor will then record the reading on the wrestler’s Individual Profile Form and check Pass or Fail.
- F. Measurements greater than 1.025 will disqualify the wrestler from continuing with the rest of the assessment.
- G. Any wrestler not properly hydrated may not be assessed further and must wait a minimum of 24 hours prior before being assessed again. They will not be refunded their assessment fee and must pay a full assessment fee the next time they appear for assessment.
- H. Wrestlers who pass the hydration test, will dispose of their own urine and move on to the next step in the assessment process.

**MEASUREMENT OF HEIGHT**

The next step in the process is to accurately measure the height of the wrestler.

Assessors or their assistants shall measure the wrestler’s height to the nearest ½ “ and record that height on the wrestler’s Individual Profile Form ; ¼” and below round down; above ¼” and below ¾” should be entered as ½”; ¾” and over should be rounded up to the next inch. Students should be measured in their bare feet.

<b>EXAMPLES</b>		
From 6’ to 6” ¼” =	6’0”	Entered as 6’0.0
Between 6’ ¼” and < 6’ ¾” =	6’1/2”	Entered as 6’0.5
From 6’ ¾” to 6’ 1” =	6’1”	Entered as 6’1.0

## BODY COMPOSITION MEASUREMENT

1. The athlete will wipe their feet on a towel prior to stepping on the scale.
2. The wrestler remains on the scale until you hear a “beep”, after which the wrestler steps off of the scale.
3. The scale will automatically print a profile of the student.
4. The Assessor will record the Tanita FAT % and weight on the Individual Profile Form.
5. The scale will print 2 printouts, one thermal paper assessment printout will be stapled to the Individual Profile Form, the other printout will be given to the athlete.
6. The Assessor will sign and date the Individual Profile Form.
7. The Individual Profile Form will be retained by the Assessor for input into the NWCA data base. After it has been entered, all IPF’s will remain on file in the CCS Office
8. After 72 hours, you may print the Alpha Master Report for your school from the web page and/or each wrestler may access and print their Individual Weight Loss Plan from the web page.
9. If at the time of assessment you determine that a wrestler wants to appeal their assessment, please follow the appeals procedures outlined in this manual.

### HOW TO VIEW & PRINT THE ALPHA MASTER REPORT FOR YOUR SCHOOL

1. On the scholastic OPC homepage menu bar, click on the Alpha Master Report under the Assessors tab on the menu bar.
2. The “Alpha Master Report” will appear with all of the team’s wrestlers and their assessment data (this includes the wrestler’s minimum weight class and the first date they may complete at that weight class)
3. You may print out this form from the file options at the top of the menu page.

### HOW TO VIEW & PRINT THE INDIVIDUAL WEIGHT LOSS PLAN OF AN ATHLETE

1. On the scholastic OPC homepage menu bar, click on the weight loss plan under the Assessors tab on the menu bar.
2. You will now be on a page that will lists all of the wrestlers on file.
3. Select the date range for which you would like the weight loss plan
4. After selecting the date range, click on the name of the wrestler for whom you would like to view the weight loss plan.

### HOW TO VIEW & PRINT A PRE-MATCH WEIGH IN FORM

1. On the Scholastic OPC homepage, click on Competition Data Entry and Season Record Form on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on the competition data entry screen
3. Click on the link that says ‘Create Pre-Match Weigh-in Form’
4. A page will appear that will ask for the date and the competition name
5. In the date box, enter the date of competition. You can use the calendar that is provided to select the date of competition.
6. In the event name/opponent name text box enter the name
7. After entering the information, click the next button at the top of the page
8. After clicking next, the team’s entire roster will appear. All wrestler’s will appear in their eligible weight class for that date of competition.
9. On the far right hand side, unclick the names of any wrestlers you do not want to appear on the weigh-in form
10. After un-clicking the names any wrestlers you do not want to appear, click on the next button at the top of the page
11. You will now be taken to a grid page with all of your wrestler’s names who will be weighing –in.
12. Click on the print weigh-in form at the bottom of the page
13. Your page will be created into a PDF document which will allow you to print in the proper format.
14. Take this form with you to weigh-ins to ensure all wrestlers are at their eligible weight class for the competition.
15. You do not need to enter the actual weights following competition

### 3. Nutrition Education Program

While not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program. The NWCA nutritional program includes information for each individual athlete.

## During the Season

### 1. Individual Weight Loss Plan

- A weight loss limit of 1.5 percent of their alpha weight per week has been established. The projected earliest date to wrestle at the predicted minimum weight will be broken down daily. This date will appear on the printout.
- A wrestler will not be allowed to wrestle at any time in a weight class that would require them to lose more than 1.5 percent per week from the original date of measurement.
- Each wrestler is required to weigh in with his/her NWCA Pre-Match Weigh In Form all competitions up to and including the competition that begins the CIF State Championship Series (e.g. the league championships) Wrestlers who are not on the NWCA Pre-Match Weigh In Form at the time of weigh-ins are not eligible for that competition.

### 1. At the time of weigh ins:

- Per NFHS Rule 4-4-2 a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor;

- If the wrestler weighs in **one weight class below their lowest allowable weight class** for that week per their Individual Weight Loss Plan (**IWLP**), they are ineligible to wrestle at the weight class in which they made weight, but are eligible per NFHS Rule 4-4-2 to wrestle only at the lowest weight class listed for that day on their NWCA Pre-Match Weigh In Form. (a contestant is allowed to wrestle one weight class above the class for which the actual weight, at the time of weigh in, qualifies the competitor)

#### EXAMPLE:

➤	A wrestlers <b>IWLP</b> for that day shows a <u>minimum weight</u> for that wrestler of 123 and, therefore the <u>minimum weight class</u> for that day is 125 lbs.								
	<table border="1"> <thead> <tr> <th><u>IWLP</u></th> <th><u>Projected wgt</u></th> <th><u>Elig Wght Class</u></th> <th><u>Actual weight</u></th> </tr> </thead> <tbody> <tr> <td>Date: <u>xxx</u> <u>Day</u></td> <td>123</td> <td>125/130</td> <td>118.5</td> </tr> </tbody> </table>	<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>	Date: <u>xxx</u> <u>Day</u>	123	125/130	118.5
<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>						
Date: <u>xxx</u> <u>Day</u>	123	125/130	118.5						

- The wrestler weighs in at the competition at 118.5 lbs for his **Actual Weight**.
- The wrestler has weighed in **one weight class below their lowest allowable weight class** and below his minimum weight for that day per his IPF. (lowest allowable weight class for this week was 125's, lowest weight 123.)
- This wrestler cannot wrestle at 119's as he is below his minimum weight and minimum weight class for that day. He can only wrestle one weight class above his actual weight (per NFHS Rule 4-4-2, so he may **ONLY** compete in the 125 lb weight class at this competition. He may **NOT** wrestle at 119's or 130's.

- If the wrestler weighs in **two or more weight classes below their lowest allowable weight class** per their Individual Weight Loss Plan, they are **ineligible** to wrestle in any weight class at that competition.

#### EXAMPLE:

➤	A wrestlers <b>IWLP</b> for that day shows a <u>minimum weight</u> for that wrestler of 123 and, therefore the <u>minimum weight class</u> for that day of 125 lbs.								
	<table border="1"> <thead> <tr> <th><u>IWLP</u></th> <th><u>Projected wgt</u></th> <th><u>Elig Wght Class</u></th> <th><u>Actual weight</u></th> </tr> </thead> <tbody> <tr> <td>Date: <u>xxx</u> <u>Day</u></td> <td>123</td> <td>125/130</td> <td>111</td> </tr> </tbody> </table>	<u>IWLP</u>	<u>Projected wgt</u>	<u>Elig Wght Class</u>	<u>Actual weight</u>	Date: <u>xxx</u> <u>Day</u>	123	125/130	111
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Date: <u>xxx</u> <u>Day</u>	123	125/130	111						

- The wrestler weighs in at the competition at 111 lbs for his **Actual Weight**.
- The wrestler has weighed in **two weight classes below his/her lowest allowable weight class** and below his minimum weight for that day per his IPF. (lowest allowable weight class for this week was 125's, lowest weight 123.)
- This wrestler cannot wrestle at 112's, 119's, 125's or 130's as his weight is two weight classes below his minimum weight class for that day. He cannot wrestle

at ANY weight class in this competition. He has lost too much weight too quickly. He may NOT wrestle in this competition in any type of competition. He is ineligible. (e.g. no exhibition, scrimmage, etc. etc. competition is allowed for ineligible athletes)

3. **If the wrestler weighs in at a weight class higher** than their allowable weight classes per their Individual Weight Loss Plan, they may wrestle in compliance with NFHS Rule 4-4-2; (a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor)

**EXAMPLE 1:**

➤	A wrestler's <b>IWLP</b> for that day shows a <u>minimum weight</u> for that wrestler of 123 and, therefore the <u>minimum weight class</u> for that day of 125 lbs.			
	<b><u>IWLP</u></b>	<b><u>Projected wgt</u></b>	<b><u>Elig Wght Class</u></b>	<b><u>Actual weight</u></b>
	Date: <u>xxx</u> <u>Day</u>	123	125/130	135

- The wrestler weighs in at the competition at 135 lbs for his **Actual Weight**.
- The wrestler has weighed in **at a weight class higher than their allowable weight class** for that day per his IPF. (allowable weight classes were 125/130)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 135's or 140's at this competition.

**EXAMPLE 2:**

➤	A wrestler's <b>IWLP</b> for that day shows a <u>minimum weight</u> for that wrestler of 123 and, therefore the <u>minimum weight class</u> for that day of 125 lbs.			
	<b><u>IWLP</u></b>	<b><u>Projected wgt</u></b>	<b><u>Elig Wght Class</u></b>	<b><u>Actual weight</u></b>
	Date: <u>xxx</u> <u>Day</u>	123	125/130	129.5

- The wrestler weighs in at the competition at 129.5 lbs for his **Actual Weight**.
- The wrestler has weighed in **at the higher weight class allowed that day on the IWLP**. (allowable weight classes were 125/130)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 130's or 135's at this competition.

**B. The official on site will verify any disputes.**

- Protests must be filed in writing, with the Athletic Director and/or Principal's signature, within 24 hours of the problem with the CCS Assistant Commissioner Duane Morgan. (FAX: 408-224-0476)

3. **NWCA Pre-Match Weigh In Form** Each coach is required to bring his/her team's Pre-Match Weigh In Form with the entire list of wrestlers who have been successfully assessed to all competitions throughout the season, including the CIF State Wrestling Championships.

- **PENALTY:**
- If at any competition the Coach does NOT have his most current Pre-Match Weigh In Form for the school, the entire team is ineligible to compete.
- The team will be charged with a forfeit for that competition.
- At the point it is determined that the Pre-Match Weigh In Form is not in hand, all competition involving the members of that school team shall immediately be stopped. No exhibition or other competition involving wrestlers from that school shall be conducted.
- If it is discovered that such competitions knowingly continued beyond discovery of the missing Pre-Match Weigh In Form, additional, more serious sanctions will be applied to the wrestling program of that school and to those against whom they wrestled.
- Wrestlers who do not appear on the Pre-Match Weigh In Form for the school, even if they have their own Individual Profile Form with them are not eligible to wrestle at such competition.

**4. Growth Allowance**

Growth allowance will be two pounds per weight class after January 15th. An athlete may use this growth allowance to certify at a lower weight class-thus never making the scratch weight.

## 5. Appeal Process (CIF Bylaw 3104.G)

If an athlete is unhappy with the results of their assessment, they have two avenues of appeal.

- A. All wrestlers are allowed to appeal his or her body composition measurements by reassessment. See Step #1 below OR
- B. All wrestler are allowed to appeal his or her body composition measurements by use of an Air Displacement Body Composition (BodPod) test, done at the cost of the student. Wrestlers must complete the initial BIA assessment if they wish to only do a BodPod measurement at their own expense. (See Step 2)

### Step #1 Repeat Initial Assessment

- If a wrestler expresses a wish to appeal their determination at the initial assessment, provide them with a copy of **Appeal Options** information included in the appendix. Assessors should proceed with entering all wrestlers who have completed an assessment into the NWCA web page, regardless of whether or not they have stated the intent to appeal.
- If a wrestler does appeal, the following are the steps.
  - a) The athlete should repeat the initial assessment no sooner than 24 hours after the initial assessment but no more than 14 calendar days of the original assessment.
  - b) The 14-day appeal period should start on the day following the initial assessment date. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, day 8-14, a wrestler may weigh no less than 1.5% of the Alpha weight recorded on the assessment date.
  - c)
  - d) No special permission or approval for such re-assessment from anyone other than the school administration is required..
  - e) The school may schedule the reassessment with the same CCS Assessor or the school (not the wrestler) may contact the CCS Assistant Commissioner -Duane Morgan to make arrangements for another CCS Assessor to do the reassessment.
  - f) The wrestler shall complete another Individual Profile Form and the school shall provide a copy of the Alpha Master Report for this wrestler to the Assessor at the time of Re-assessment.
  - g) Reassessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
  - h) After re-assessment, the Assessor will follow the inputting directions; access the wrestler's previous assessment measurements by use of the ID # of the wrestler on the school's Alpha Master list and change the information on that wrestler.
  - i) The IPF, with the tape printout, should then be forwarded to the CCS Office.
  - j) The fee for this reassessment is the responsibility of the athlete and/or school.
  - k) Failure to adhere to these regulations should result in a denial.
  - l) All this must be done in compliance with CIF Bylaw 3104.G. (See Appendix)

### Step #2 Air Displacement Body Composition Measurement

- If dissatisfaction with the results still remains, or if the wrestler wants to skip Step #1 in appeal of his/her initial assessment, the wrestler may choose air displacement measurement (BodPod) to assess body fat percentage from a list of approved facilities (see appendix), by following the following steps:
  - Air displacement may be performed within 14 days of initial assessment at any time prior to the wrestler's first competition,
  - The 14-day appeal period should start on the day following the initial assessment date. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, day 8-14, a wrestler may weigh no less than 1.5% of the Alpha weight recorded on the assessment date.
  - It will be the responsibility of the school to contact a BodPod facility that is on the approved list to schedule the test. It is the school or wrestler's responsibility to pay the fee directly to the facility for this measurement.
  - When the facility is selected and the date of the measurement scheduled, the school should immediately file a completed "Air Displacement Body Composition Report Form" with the CCS Wrestling Assistant Commissioner Duane Morgan, prior to BodPod assessment. (FAX: 408-224-0476) The school **MUST receive**

**approval** from the CCS Assistant Commissioner Duane Morgan that the facility is on the approved list and that the student is within the 14 day timeline **PRIOR** to the BodPod measurement being performed.

- Results following the test must be reported to the CCS Assistant Commissioner Duane Morgan a minimum of 72 hours before the wrestler wishes to compete. A wrestler may not wrestle until the CCS Assistant Commissioner has updated the team's Alpha Master List.

#### 6. **Physician Clearance for Student Under Minimum % Body Fat**

- Any wrestler whose body fat percentage at the time of assessment (Alpha Date) is below 7% for boys or 12% for girls, must obtain in writing a licensed physician's (M.D. or D.O.) clearance stating that the athlete can compete at this sub-7% body fat for boys or sub-12% body fat for girls.
- They should use the Physician's Clearance Form (See appendix).
- Until such form is completed by a physician and received by the CCS Assistant Commissioner Duane Morgan(FAX:408 224-0476) and the student's assessment measurements can be entered into the NWCA web site so that the Alpha Master Sheet includes this wrestler's information AND the coach can present an accurate Pre-Match Weigh In Form to the weigh in official at any competition, the wrestler remains ineligible to compete.

## WRESTLING WEIGHT MANAGEMENT PROGRAM

### CIF ASSESSOR MANUAL

## APPENDIX

- SCHOOL CHECKLIST
- TERMS-DEFINITIONS
- CIF BYLAWS 3103-3104
- CCS INDIVIDUAL PROFILE FORM
- SCHOOL SCHEDULING FORM
- HYDRATION INFORMATION
- Parental Permission Form (English and Spanish—SAMPLES)
- BODPOD APPEAL FORM
- PHYSICIANS CLEARANCE FORM (less than-7% male; -12% female)
- NWCA Wrestling Weight Certification Alpha Master Report—(SAMPLE)
- NWCA Wrestling Weight Certification Weight Loss Plan—(SAMPLE)
- NWCA Wrestling Weight Certification—Wrestler's Access Report—(SAMPLE)
- NWCA Pre-Match Weigh In Form-(SAMPLE)
- NWCA Wrestling Weight Certification—SAMPLES of:
  - Student Log in
  - Wrestler Nutritional Plan
  - Sample Menu Plans
- CCS ASSESSORS CONTACT INFORMATION