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Wrestling Weight Management Program

APPEAL FORM

AIR DISPLACEMENT BODY COMPOSITION REPORT FORM

- A wrestler may choose, at his/her own cost, to appeal the Tanita scale body composition test (BIA Assessment). **See regulations on back.**
- The appeal may only utilize air displacement measurements (BODPOD) to determine body fat percentage.
- Results obtained at this step are automatically accepted. The athlete, family, school, or coach may not appeal further and the results replace any results from previous BIA assessments.
- **STEP 1—Pre-approval from CCS**

The CIF/Central Coast Section Office must be notified that the wrestler has chosen to appeal the Tanita scale body composition test and be approved prior to the test. Please complete the following and submit it to CCS Assistant Commissioner Duane Morgan at 408 224-2994 x16 or Fax 408 224-0476

A. Wrestler appealing: _____ Grade: 9 10 11 12

School: _____

B. Date of last BIA Assessment by a CCS Assessor: _____

C. Date of scheduled air displacement measurement: _____
(cannot be more than 14 days after last BIA assessment)

D. Name and Location (City) of AIR DISPLACEMENT WEIGHING FACILITY:

_____ Name _____ City

E. We understand that the results of the air displacement weighing will replace all previous Tanita (BIA) results, cannot be appealed, cannot be modified by any other action, and will remain the final measurement for this wrestler for this school year's wrestling season.

Parent Signature: _____ Date ____/____/____

Print Name: _____ Relationship _____

APPROVED _____ NOT APPROVED: _____

Duane Morgan: _____ Date _____

This form will be faxed back to you with approval or not—This must be approved before your measurement is taken!

STEP 2: Results of the air displacement weighing measurement

Height _____ Weight _____ Age _____ % Body fat: _____

_____ Signature of Person Conducting Test _____ Title

_____ Print Name _____ Phone Number

- After measurement is complete, fax signed, completed form to Duane Morgan at:
 - **408 224-0476**
- The wrestler is **not eligible to compete** until this information has been received, inputted into the NWCA web page, appears on the school's Alpha Master Report; AND, the coach has printed has the athlete on the NWCA Pre-Match Weigh In Form.

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 test, done at the cost of the student. (BodPod). Wrestlers do have to complete a BIA assessment and/or re-assessment if they wish to do a Bod Pod 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) No special permission or approval for such re-assessment from anyone other than the school administration is required..
 - c) 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.
 - d) 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.
 - e) Reassessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
 - f) 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.
 - g) The IPF, with the tape printout, should then be forwarded to the CCS Office.
 - h) The fee for this reassessment is the responsibility of the athlete and/or school.
 - i) Failure to adhere to these regulations should result in a denial.
 - j) All this must be done in compliance with CIF Bylaw 3104.G. (See Appendix)
 - k) The IPF for the student

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 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 and the coach to run off a NWCA Pre-Match Weigh In Form prior to the competition.