



2007-2008

***Wrestling Coaches
Season Guide***

Welcome

Welcome to the 2007-2008 Oahu Interscholastic Association Wrestling Season. The OIA welcomes back all coaches and extends a special welcome to our new coaches.

Coaches Mentorship Program

Last year (2006-2007), coaches asked for a guide to assist them throughout the season from start to finish. The guide was to encompass suggestions, procedures, and forms that are used during the season. In conjunction with this guide, a Coaches Mentorship Program was established to team up new coaches with veteran coaches in another division which he or she can call upon during the season for help.

Pairing will be done at the OIA Advisory Meeting. The rules and policies listed here are general and standard at all school. However, some schools have a high level of expectations. Please consult your schools Athletic Director for detailed information.

Season Contact Information

Should you have any questions throughout the season you may feel may be best addressed by someone other than a coach, please contact the following individuals:

OIA Wrestling Coordinator	Joel Kawachi
Phone:	837-8066 (Office) 291-4769 (Cell)
Fax:	831-7920
Email:	Joel_Kawachi@notes.k12.hi.us

Hawaii Wrestling Officials	Stan Ono
Phone:	753-3968 (Cell)
Email:	stano8008@yahoo.com

1. Game Rules and Regulations

a) National Federation of High Schools (NFHS)

The National Federation of High Schools (NFHS) is the national governing body which establishes game rules and regulations. These rules and regulations can be found in the NFHS Wrestling Rule book. Changes and additions to rules and regulations will be updated by this governing body. Each school will receive a copy of the current NFHS rule book at the OIA Coaches Advisory meeting. At this meeting, a representative from the Official's association will cover rule changes and/or additions.

b) Hawaii High School Athletic Association (HHSAA)

The Hawaii High School Athletic (HHSAA) is the state governing body which oversees and establishes rules and regulations for the State Tournament as well as policies which the NFHS grants decision making to the state. There are two areas which the HHSAA rules and regulations are in most effect, the State Championships and the HHSAA Wrestling Weight Monitoring Program most commonly known at the "fat test." The rules and regulations for the State Championships and Wrestling Weight Monitoring Program is included in the forms/resources section of this guide. A Skin Lesions form is now required for wrestlers with skin diseases. This form overrides any doctor's notes; however, an on-site physician at the event may override the Skin Lesions form.

c) Oahu Interscholastic Association (OIA)

The Oahu Interscholastic Association (OIA) is the league governing body which adds rules and regulations to the game rules and regulations already established by the NFHS. The rules and regulations set forth by the OIA are not applicable in the state tournament. The OIA also creates policies and procedures regarding athlete eligibility. The OIA also establishes official start date and try out dates for the sport. The start date is the date officially a coach can start practices. Wrestling is a sport which is exempt from having a start date. A try out date is the earliest date a coach can conduct try outs. Penalties vary for each infraction. Please consult your school's athletic director for more information.

2007-2008 Tryout Date: **November 19, 2007**

An eligibility list is a document which is completed by the school's Athletic Director which notifies the league that the athletes listed have met all requirements to participate in athletics. Please note that when moving a Junior Varsity wrestler to the Varsity team, please inform your Athletic Director so he/she can submit a supplemental list for this. If a wrestler is not found on this list, he/she is ineligible to participate and any team points earned by the wrestler will be eliminated.

Eligibility Due Date: **December 28, 2007**

Preseason and postseason meetings are arranged every year as a forum to inform coaches of important information. The preseason meeting otherwise known as the “Advisory” meeting is held at the start of the season, a week before the tryout date. This meeting is mandatory and is important as a lot of information is shared. The postseason meeting, or most commonly known as the “Evaluation” meeting is held the Monday following the State Championships. This meeting is mandatory as well. This is a meeting where coaches bring proposals for rule changes in an effort to better the league and state. The times for these meetings always starts at 7:00pm with the location to be determined by the OIA Wrestling Coordinator.

2007-2008 Advisory Meeting: **Tuesday, November 13, 2007**
2007-2008 Evaluation Meeting: **Monday, March 3, 2008**

Policies and procedure governing OIA wrestling is known as the OIA Game Rules. These rules are created specifically to ensure finest details are followed in game management. These rules and policies cover far ranges from the host school duties to reporting of information. It is important that these rules are followed. The Game Rules are changed once a year. Coaches bring recommendations to the Evaluation meeting and discussed. If the body of coaches agree with the policy, it is referred to the OIA Council of Athletic Directors and Principals for final approval. Once approved, it becomes policy. The most recent OIA Game Rules may be found in this guide.

Student Eligibility

Section 1: Enrollment and Academic Eligibility

a) Enrollment Standards

Eligibility to participate in Association athletics is limited to high school students who meet all of the Association's eligibility requirements. At the latest, students shall be enrolled at the school within eighteen (18) calendar days after the opening of the school year for fall sports. Students shall be enrolled at the school thirty (30) calendar days prior to the first scheduled Association contest of a particular sport for all other sports. (Revised BOE 8/91) For the purposes of this section, enrollment shall mean, at the same school in which the student wishes to participate. This sub section does not apply to out of state transfers as it relates to the eighteen (18) days and thirty (30) days requirement. Students exempted from compulsory education (Department of Education Regulation 4140.2 Compulsory Attendance Exception) shall not be eligible for participation in Association activities.

b) Academic Standards

All students participating in Association activities shall meet the academic standards as prescribed in the Hawaii Board of Education "Revised Guidelines for Implementing the Academic Requirements for Participation in Co-Curricular Activities."

Section 2: Amateur Status

a) Amateur Rule

An amateur sports person is one who engages in sport solely for the pleasure and the physical, mental, and social benefits derived there from. A student must be an amateur to be eligible to represent his or her high school. An athlete shall forfeit his or her privilege to compete as an amateur in the particular sport and shall thereby become ineligible to participate in that sport for two (2) seasons by any of the following actions:

- (1) Having competed for money in any organized athletic activity.
- (2) Having competed under an assumed name in any organized athletic activity.
- (3) Having accepted an award in non-school athletic activities which he or she has converted into cash by sale or by pawning.
- (4) Having signed a professional athletic contract.

Section 3: Playing on a Team of Higher Institution

No student shall be eligible to represent his or her school in inter-scholastic competition who has ever competed on the team of an educational institution higher than that of a secondary school.

Section 4: Undergraduate Standing

No student shall compete in any high school interscholastic activity who is a graduate of a regular four year high school or who is a graduate of a secondary school that has the same requirements for graduation as a regular four year high school.

Section 5: Participation

a) Definition

Participation in Association athletics occurs when a student enters or plays in a regularly scheduled interscholastic activity (does not include preseason games).

b) Years Of Eligibility

Upon entry to ninth grade, students shall have only four (4) consecutive years of eligibility. The entry year shall begin a student's four (4) consecutive years of eligibility. A year of eligibility shall be counted as long as a student enters school anytime between July and June. Once entered into the ninth grade, the four consecutive years of eligibility will continue, regardless if there is a break in school attendance.

c) Junior Varsity Participation

Upon entry into the ninth grade, students shall be limited to two consecutive years of eligibility in junior varsity sports. Once junior varsity players have been moved to a varsity roster, these players will maintain varsity status for the duration of the season. If by the end of the season, a junior varsity player who had been on a varsity roster, has not participated in a regular or post season Association game (does not include pre-season games), he/she may at

the end of the season resume junior varsity status. Athletes may be moved between junior varsity and varsity rosters of the same sport only once per season.

d) Sports Season Rule

No student shall be eligible to participate in Association activities in more than four seasons in any one activity and not more than three seasons in any one activity after entering the tenth grade. Participation, for the purposes of this section, includes only regular season Association activities. Participation on varsity and junior varsity teams is to be considered as a season of competition, not two (2) separate seasons.

e) Concurrent Participation

A student, while participating as a member of a high school may participate in the same activity on a team not affiliated with the high school with the approval of the principal. A principal's decision may be appealed through the Association appeal process. (OIA Constitution Article VII, Section 2)

Section 7: Unsportsmanlike Conduct

The athletic director and principal shall be responsible for administering appropriate sanctions against any coach and student who initiates or engages in any unsportsmanlike conduct. For the purpose of this sub-section, unsportsmanlike conduct includes, but is not limited to, any physical gesture or action that is unbecoming of an athlete or coach; and verbal abuse such as swearing and name-calling to any official responsible for the contest, coach or any other student-athlete participating in the contest. In this specific section, sanction means a penalty, usually a disqualification that is imposed on an individual or school. No student-athlete, coach, other personnel, member school or fan/supporter shall be subject to sanctions without first being informed of the charge and being given an opportunity to explain his/her version of the situation. Moreover, no individual or school shall be sanctioned without due process as prescribed by the Association Constitution, Article VII, Committees, Section 1e., Protest, Interpretation, Review and Sanction, Section 2: Appeals, and Association By-Laws, Article II Lists, Protests, Penalties.

- a) A disqualified player or coach may not participate in any game or contest in that sport during the period of disqualification.
- b) If a player or coach is disqualified from the final game or contest of that sport season, the disqualification will carry over to the next year's regular season game or contest in that sport. In the case of the student-athlete, the same degree of penalty shall apply if said student-athlete retains eligibility in that sport.
- c) If a player or coach is disqualified a second time for the same sport he/she will be disqualified a minimum of two (2) games. A third disqualification during the same sport will result in suspension for the remainder of the sport season.\

d) Acts of violence or threats of violence include, but are not limited to, intentionally, knowingly, or recklessly causing bodily injury to another individual, and/or damaging the property of another individual, team, school, or designated site.

(1) Any student-athlete or coach disqualified before, during or after an OIA event for acts of violence, threats of violence or damage to property are subject to the following sanctions:

- disqualification from the next Association regular season or post season scheduled game or contest in that sport. In the event that a fourth year student athlete is disqualified from the final game or contest of that sport season, the disqualification will carry over to the next OIA regular season game that occurs in that same school year, if the student-athlete participates in another OIA sport.
- disqualification from participation in that athletic event for the remainder of the season (Includes pre and post-season OIA activities).
- disqualification for one calendar year from the date of the committee's decision.
- permanent disqualification from all association activities from the date of the committee's decision.

(2) In addition, member schools may be subject to one or more of the following sanctions for any act(s) of violence, threats of violence, damage to property by their students, or other personnel related to an Association activity at any site:

- reprimand and warning of the member school.
- disqualification of the member school from participation in that athletic event for the remainder of the season (includes pre and post-season OIA Activities).
- assumption by the member school, costs for additional security personnel for the remainder of the school's Association games in that sport
- forfeiture of home site privilege for the remainder of the school's Association games in that sport

(3) When a fan/supporter of a member school is the perpetrator of violent actions, it is the responsibility of the principal and athletic director to take appropriate action to prevent future incidents.

(4) Any act(s) of violence, threats of violence, or verbal abuse by fans/supporters related to an Association activity at any site may result in one or more of the following sanctions:

- banning the fan(s)/supporter(s) from specified sites of Association games for that sport.
- assumption by the member school, costs for additional security personnel for the remainder of the school's Association games in that sport.

Department of Education- BOE– “Academic Eligibility”

The student-athlete must have a 2.0 grade point average or higher and passing all required classes for graduation, in order to participate in co-curricular activities.

In addition, a student-athlete cannot have more than two F's in non-required classes or one F in a required class.

If a student fails to meet the standard, academic review may be requested, if his/her GPA is 1.6 or better and meets criterion 2. Applications must be filed through the Athletic Director.

Academic review refers to the status of ineligible student-athletes who need to be given grade checks for eligibility every two weeks.

Student must abide by the academic review contract. Failure to do so will result in an automatic disqualification and the student becomes ineligible, losing that probationary request. Student-athletes who are on Academic Review Status may practice with the team but may not participate in preseason or season contests.

To determine academic eligibility, the following guidelines will be used:

First Quarter: Use previous year's final grades or second semester grades. (Does not apply to incoming ninth graders, new out-of-state transfer students, and new transfer students from Hawaii private schools that are eligible to participate in athletics during their first quarter in the public school. This does not apply to public school students who are repeat ninth graders.)

Second Quarter: Use first quarter grades.

Third Quarter: Use first semester grades or second quarter grades if semester grades are not available.

Fourth Quarter: Use third quarter grades.

Eligibility is determined when the report cards are distributed to the general student population. The relevant GPA is computed based on all courses in which a student is enrolled, not just those required for graduation. Bimonthly grade checks will be conducted for those student-athletes on Academic Review. If the student-athlete is passing all required courses and has a minimum 2.0 GPA at the end of the grade check, he/she will be eligible until the following grade check. The process continues throughout the period of activity, until eligibility is determined by the next quarter's grades.

2. Pre Season Planning and Preparation

a) Meeting with your Athletic Director/Principal

A meeting with your school's Athletic Director and/or Principal is important. This meeting should be used as a method for you as a coach to inform them of your team's goals, team rules and policies, practice schedules, fundraising, uniforms, transportation, and much more.

b) Solicitation of Prospective Athletes

Most schools have a student bulletin which allows information to pass to the students in many facets. Each school has its own policy and procedure for this. Please consult your Athletic Director. Other ways to garner attention to your sport is to post signs around campus or through word of mouth by returning athletes.

c) Pre Tryout Check Lists for Athletes

The general requirements set forth by the State Department of Education for participation in Athletics are as follows:

- i) Completion of Physical
- ii) Completion of Assumption of Risk Form
- iii) Watching of the OIA Risk Management Video
- iv) Clearance of all financial obligations to the school (Chapter 57)
- v) Academic Status
- vi) School's Athletic Handbook Agreement

d) Physicals and Assumption of Risk Forms

Physical and Assumption of Risk forms may be picked up from your school's Athletic Director or Athletic Trainer(s). Parents are to read over each form, fill in necessary information, and sign as required. A physical should be completed by the student's Primary Care Physician or Doctor. Once the forms are completed, return the forms to your school's Athletic Director or Trainer(s). At no time should any athlete participate in Athletics without these forms. Physicals are good for one (1) calendar year. Assumptions of Risks are good for one (1) season depending on your school, if not one (1) year.

e) First Team Meeting

When calling your first team meeting, use this opportunity to inform the athletes of what your expectations are of them and that is required of them to participate. You may also challenge them to work out prior to the tryouts to better prepare themselves. Ask each of them to bring a friend to increase participation.

f) Parents Meeting

Parent meetings are always fun. Invite your school's Athletic Director, Athletic Trainer(s), and Principal to attend. At this meeting, inform your parents of their roles and what you expect out of them and their child. Go over your rules and policies and clarify any questions.

g) Weight Monitoring Program

The Hawaii High School Athletic Association (HHSAA) is the State's governing body which decides on rules and regulations which all schools must abide by. The HHSAA Weight Monitoring Program is a program which informs a wrestler and coach of the lowest weight class a wrestler can safely compete in based on the wrestler's weight, hydration, and body composition. Prior to taking the test, each wrestler must have a signed and completed permission form and must have watched the HHSAA Weight Monitoring program video with his/her parents. Wrestlers are encouraged to keep hydrated, eat healthy, and not take part in any

strenuous activates a few days prior to the test in order to get better readings. Based on the results of the test, a 1.5% weight loss decent plan is created to ensure a wrestler doesn't loose too much weight in a certain time frame.

h) Advisory Meeting

At the beginning of the season, the Oahu Interscholastic Association (OIA) requires each sport to hold and conduct an Advisory Meeting. This meet is mandatory for all head coaches to attend. The OIA's sport coordinator will inform all coaches of the meeting's date, time, and location. This meeting is very important as coaches will be informed of what there is to expect during the season, rules and policies set forth by the NFHS, HHSAA, and OIA will be explained and covered. This is an opportunity for you as a coach to get all the information you need to have a successful season. The 2007-2008 Wrestling Advisory meeting will be held on **Tuesday, November 13, 2007 at 7:00pm in room R-201 at Moanalua High School.**

3. Season

a) Tracking Academic Standings

During the season, in accordance with academic requirements set forth by the State for participation in extra curricular activities, coaches will be asked by their school's administration to assist with the tracking and monitoring of their athlete's academic standings. The information here will refer to the general 2.0 Guidelines. Some schools have a higher standard, but in essence, the 2.0 Guidelines is the foundation. Basically, each student athlete is required to maintain a 2.0 grade point average (GPA). A grade check is done on weekly or bi-weekly, depending on the school, to track and monitor each student. In the instance the athlete, he/she will be required to attend study hall. Please refer to the 2.0 Guideline summary.

b) Tracking Individual Season Records

It is important for coaches to record and track the individual season records for the team, and each wrestler. Please be sure to indicate which contests are pre-season, regular season, and post season. This information will be crucial for seeding purposes. Regular season cross-over contests do not count in regular season standings.

c) Maintaining Interests in Athletics

It is important for athletes to keep focused and interested in the sport throughout the season. Team building events and activities will help coached keep their athletes to be apart of the team. Such events and activities may include, team outings, team camps, team building activities and games, or playing another sport like basketball or baseball as a team.

d) Positive Coaching

Coaches should always conduct themselves in way that maintains a professional character. Coaches are more than coaches. Coaches are big brother and sisters,

mentors, counselors, parents, teachers, and list goes on and on. Yes, there may be time when you as a coach get frustrated and upset, but always remember who you are, who and what your represent, and that there is always consequences for actions. If you need assistance, please see your Athletic Director or talk to a fellow coach.

e) Responsibilities: Hosting Meets/Tournaments

When hosting regular season dual meet matches, the host school is responsible for the following:

- a) Making sure the equipment needed to run the meet is available and set up
 - 1) Mats are set up, cleaned, and ready for the meet. There should be no more than three (3) mats per site.
 - 2) Scales are set up prior to the start for wrestlers to check weight. Scales should be certified yearly and weight to the nearest tenth of an inch.
 - 3) Scorer's tables are set up at each mat with a game clock. Scorer's tables should also have a copy of the day's weigh-in sheets, pencils, score sheets, two (2) stop watches, and tool to inform the referee the period is over (i.e. - rolled and taped towel).

- b) Scores are reported to the media
 - Coaches are to report each dual meet match score to the media. The media may also ask for pins. Please refer to the media directory for contact information.

- c) Original score sheets and Weigh-in sheets are turned into the OIA Coordinator

It is also the responsibility of the host site to ensure that the original score sheets and weigh-in sheets is turned in to the OIA Coordinator by the coming Monday. Please consult with your Athletic Director if you have questions regarding this. It is also necessary to fax a copy to the OIA Coordinator.

A complete listing of responsibilities for tournaments along with a list of supplies and materials needed may be found in the OIA Wrestling game rules.

f) Seeding Meetings

Seeding meets are held the Thursday prior to divisional and league championships to ensure fairness and seeding and bracketing. Coaches are to submit their each wrestler's regular season and overall season records to the seeding chair prior to the start of the seeding meeting. To help keep the meetings short and to the point, coaches are asked to submit their entries prior to 12 noon the day of the seeding meeting to the seeding chair via email or fax. Coaches can change their entries up until the start of the meeting

Championship	Date	Site	Room	Time
Divisional	Feb. 6, 2008	Moanalua	R-201/2	7:00pm
JV	Feb. 14, 2008	Farrington	TBA	7:00pm

4. Post Season

a) **Evaluation Meeting**

The Monday following the State Championship Tournament, an Evaluation meeting is held for coaches to evaluate the season. Attendance is mandatory. The site, time, and location of the meeting are determined by the OIA Coordinator. Coaches are asked to bring recommendations for rule changes to this meeting. Coaches are asked to bring 25 copies of these rule changes to the meeting to be passed out to other coaches. The 2007-2008 Wrestling Evaluation meeting will be held on **Monday, March 3, 2008 at 7:00pm in room R-201 at Moanalua High School.**

b) **Post Season Meeting with Athletes**

Coaches should conduct a post season meeting with their athletes to congratulate them on their season. Coaches should also stress the importance to keep in shape, and academically eligible during the off season. Most school's athletic department holds banquets at the end of the season or year. Please see your school's Athletic Director about this.

c) **Meeting with Athletic Director/Principal**

Coaches are encouraged to meet with their Athletic Director and/or Principal at the end of the season. This meeting should be used to review the season and see if goals made prior to the season were achieved.

5. Forms/Resources

a) **OIA Wrestling Game Rules**

b) **OIA Eligibility Form – Junior Varsity and Varsity**

c) **Athlete's Physical and Assumption of Risk Forms**

d) **HHSAA Skin Lesions Form**

e) **Coaches Chain of Command**

f) **HHSAA Weight Monitoring Program**

g) **Season Schedule**

h) **OIA Weight Monitoring Program Test Information**

i) **Team Roster**

j) **Dual Meet Score Sheet**

k) **Tournament Bout Sheet**

l) **Weight In Sheets**

m) **Seeding Meeting – Entries Lists (Junior Varsity and Varsity Boys and Girls)**

n) **Notification of Athletes Taking Tests**

o) **State Seeding Bio Sheet (OIA)**

p) **Evaluation Meeting – Recommendation Form**

q) **Coaches Directory**

- r) NFHS Wrestling Officials Signal Chart
- s) NFHS Scorer's and Time Keepers Responsibilities

6. On-Line Resources

National Federation of High Schools:	www.nfhs.org
Hawaii High School Athletic Association:	www.sportsHigh.com
Oahu Interscholastic Association:	www.oiasports.com
National Wrestling Coaches Association:	www.nwcaonline.com
Wrestling Referee's Center:	www.wrestlingref.com

7. Athletic Directors Directory

EASTERN DIVISION				WESTERN DIVISION			
School	Athletic Director	Phone	Fax	School	Athletic Director	Phone	Fax
Castle	Richard Haru	233-5624	235-9124	Aiea	Blake Moritsugu	483-7328	483-7328
Farrington	Harold Tanaka	832-3578	832-3578	Campbell	Sam Delos Reyes	689-1289	689-1289
Kahuku	Joe Whitford	293-8950	293-8960	Kapolei	Darren Camello	692-8309	692-8255
Kailua	Mel Imai	266-7910	263-1444	Leilehua	James Toyota	622-6568	622-6599
Kaimuki	Fred Lee	733-4924	733-4933	Mililani	Glenn Nitta	627-7369	627-7369
Kaiser	Ricky Shimokawa	391-1231	394-1247	Nanakuli	Hugh Taufaaasau	688-5832	668-5853
Kalaheo	Lewis Fuddy	254-7914	254-7909	Pearl City	Reid Shigemasa	453-6519	454-8810
Kalani	Greg Van-Cantford	377-7744	377-2488	Radford	Kelly Sur	421-4200	421-4229
McKinley	Neal Takamori	594-0418	594-0502	Waialua	Sharon Yoshimura	637-8216	637-8209
Moanalua	Joel Kawachi	837-8066	831-7920	Waianae	Glenn Tokunaga	697-7021	697-7021
Roosevelt	John Chung	587-4600	587-4626	Waipahu	Stacie Nii	675-0225	675-0257

8. Media Directory – Oahu

Agency	Phone	Fax	Email
Honolulu Advertiser	525-8040	525-5491	sports@honoluluadvertiser.com
Honolulu Star Bulletin	592-4782	529-4787	sports@starbulletin.com

9. NFHS 2007-2008 Rule Changes

2007-08 Wrestling Rules Changes

2007-08 NFHS Wrestling Rules Changes

Major Changes

1-1-2 New: A random draw for championship final matches for an individual tournament, regular season and/or state high school championship series, may be used for competition.

3-1-1: The referee's uniform consists of a short-sleeve knit shirt, with alternating black-and-white 1-inch stripes, or gray with black pinstripes.

4-2-3: A clarification was made on communicable skin conditions or any other condition, in that the current written documentation from a physician needs to be on an approved form from either the NFHS or a state association.

4-2-5 New: Each contestant who has braces or has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector.

5-20-6 New: Prior to assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

5-31-1: The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped or not ready to wrestle. Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.

6-4-4: Any coach of the contestant or the contestant has the prerogative to default a match to the opponent at any time by informing the referee.

6-6-4a1, 6-6-5a1: Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area.

8-2-1a-h: The exact procedure to follow when administering the second injury time-out during a match was added for clarification.

Other Changes

2-1-1; 3-1-2; 3-1-4c; 3-1-11; 4-3-1; 4-5-8; 5-8; 5-18-2; 5-28-1c; 6-1-3; 6-7-1c4; 6-7-1d; 6-7-3; 7-1-5g; 7-1-5t; 7-1-5v; PENALTY CHART “ Coach Misconduct; PENALTY CHART “ Note 2; PENALTY CHART “ Summary of Technical Violations; 9-1-8; 9-2-3h; SCORING ABBREVIATIONS; ILLUSTRATIONS 56., 62., 86.

Points of Emphasis

1. Correction of Errors
2. Stalling

- 3. Sportsmanship
- 4. Communicable Skin Conditions

10. NFHS 2007-2008 Rules Interpretations

2007-08 Wrestling Rules Interpretations

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Robert F. Kanaby, Publisher, NFHS Publications 2007

Corrections to Rule Book: (Underlining shows additions; ~~strikethrough~~ shows deletions.); **Page 25, Rule 5-16-3 (Reversal):** . . . In awarding a reversal at the edge of the mat, control must be established while the supporting points of either wrestler. . . ; **Page 27, Rule 5-22-1 (Random Draw):** . . . Random draw is the random selection of one of the 14 weight classes to determine the order of weight classes for the dual meet. A random draw for championship final matches for an individual tournament, regular season and/or state high school championship series, may be used for competition. . . . ; **Page 57, Offensive Starting Position (New 5-20-6):** This rule change now allows the offensive wrestler another choice from the offensive starting position ~~after the period has started~~during the match. . . .

Corrections to Case Book and Manual: Page 4, Offensive Starting Position (New 5-20-6): This rule change now allows the offensive wrestler another choice from the offensive starting position ~~after the period has started~~during the match. . . . ; **Pages 22-23, 5.11.4 SITUATION C: . . . RULING: . . . COMMENT:** In this situation, Wrestler A has won the match, but if the flagrant misconduct took place after the match was terminated and was called on Wrestler A, A would~~is~~be disqualified and there would be no winner of the match.

Corrections to Preseason Guide: Page 1, Second Paragraph under "New Restart Option: Neutral Position:" . . . Rule 5-20-6 allows the offensive wrestler to request a neutral position ~~on the restart after a period has started~~during the match.; **Page 1, Caption under picture:** . . . When wrestling resumes either to start a period or after an out-of-bounds situation, offensive~~defensive~~ wrestlers will be able to choose a neutral position restart. . . ; **Page 4, Fourth column under "Head Coach Penalized for Improper Uniform/Equipment:"** . . . The head coach shall not be penalized when a wrestler reports to the scorer's table with~~without~~ headgear (PlayPic A) or shoelaces that are not properly secured (PlayPic B). . .

SITUATION 1: The visiting school shows up for a dual meet. The scale the home team initially provides does not have a current certification sticker (in accordance with guidelines established by the state association). The visiting coach offers to let the home school use his scale, which is certified, that he happened to bring along.

RULING: Correct procedure. While Rule 2-4-1 specifies, "the scale shall be provided by the home team," the home team is actually providing a scale it borrowed (from the visiting team) for the match. To use the scale without a current certification sticker violates Rule 2-4-2. (2-4-1; 2-4-2)

SITUATION 2: During a match in a tournament, the head coach from school A occupies one of the two chairs at the edge of the mat. The assistant coach occupies the other chair. A student videographer is seated next to these chairs. **RULING:** A maximum of two team personnel will be permitted on chairs at the edge of the mat. The videographer needs to be removed from the mat area. The referee needs to penalize school A if it has already been told of its violation of Rule 2-2-2. (2-2-2; 7-5-3)

SITUATION 3: During a tournament, the tournament director decides to wrestle the championship final matches beginning with the 103-pound weight class but skipping the 130-pound weight class and the 160-pound weight class and wrestling those two weight classes after the 285-pound weight class because both of those bouts feature wrestlers who are undefeated for the season. **RULING:** Incorrect procedure. A random draw may be conducted to determine the order of the championship final matches only, and the draw must take place at the conclusion of weigh-ins. However, the weight classes must be wrestled in order from the first weight class drawn, without skipping certain weight classes. (1-1-2)

SITUATION 4: During a regular-season quadrangular meet, two referees are wearing a short-sleeve knit shirt with alternating black-and-white 1-inch stripes, and the third official is wearing a short-sleeve gray knit shirt with black pinstripes. **RULING:** Illegal. All referees must be dressed alike. (3-1-1)

SITUATION 5: During a championship final match, the referee calls a caution on Wrestler A in the first period. In the second period, the referee calls a caution on Wrestler B but the official scorer inadvertently puts down a second caution on Wrestler A. During the first overtime period, the referee calls a caution on Wrestler A again. The official scorer calls the referee to the table to tell the referee that this is Wrestler A's third caution. The referee corrects the bout sheet and wrestling continues with Wrestler A having two cautions and Wrestler B having one caution. **RULING:** Correct procedure. (6-6-5a1)

SITUATION 6: Wrestler A, the offensive wrestler, is warned for stalling and the match is stopped for the warning. Before the restart, Wrestler A informs the referee that he/she wants to restart in the neutral position and wants to give Wrestler B an escape point and start in the neutral position. May Wrestler A do this in this situation? **RULING:** Yes. Even though they have not gone out of bounds, wrestling is resumed in this situation as if they had gone out of bounds. (5-20-6)

SITUATION 7: After a match has concluded but while the wrestlers are still on the mat, the referee sees an earring in the ear of one of the wrestlers who removes his headgear. How should this be handled? **RULING:** The match is over and, therefore, no

match points can be awarded. Both the wrestler and the head coach should be penalized for unsportsmanlike conduct and a total of two team points should be deducted. (3-1-4c; 5-31-1)

SITUATION 8: In the first period, Wrestler A earns a takedown. No other scoring occurs until a flurry at the end of the first period in which Wrestler B earns an escape and a takedown, then Wrestler A earns an escape. The official scorer does not see the referee award Wrestler B's escape, and because of the flurry, the official scorer believes the referee was unable to give the signal for a reversal and records a reversal instead of an escape and a takedown. The scoreboard operator (not the official scorer) sees Wrestler B's escape awarded and posts it and points for the ensuing takedown. At the end of the first period, the scoreboard has a 3-3 score posted, an escape and a takedown for each wrestler, but the official scorer has recorded 3 points (takedown and an escape) for Wrestler A and only 2 points (reversal) for Wrestler B. Because the scoreboard shows a score of 3-3, the error is not challenged by Wrestler B or his coach. The match is wrestled to conclusion with each wrestler earning an additional escape, making the official scorer's score 4-3 in favor of Wrestler A. At this point, Wrestler B and his coach, both still in the mat area, point out the recording error claiming the match should be tied 4-4, and should now go into overtime. **RULING:** According to 2007-08 NFHS rules change, this error can be corrected prior to the offended wrestler leaving the mat area. The match would proceed to overtime. It is good practice for a referee to clarify all points awarded at the end of a flurry, and particularly at the end of a period. It is also one of the duties of the official scorer to be in constant communication with the scoreboard operator to make sure they agree. In the event of errors by the timekeeper, official scorer or referee which require additional wrestling, Rules 6-6-4a1 and 6-6-5a1 both allow the correction of such errors prior to the offended wrestler leaving the mat area. (3-3-1; 6-6-4a1; 6-6-5a1)

SITUATION 9: A wrestler advances to the championship finals of a tournament that will be held the day after the semifinals. On the day of the finals, the wrestler, who was not injured nor became ill during the tournament, fails to make weight. Does the wrestler who failed to make weight earn second place? **RULING:** No. Rule 10-2-7 states that in order to place in a tournament, a wrestler must make weight each day of the tournament. The other finalist would be awarded a forfeit for the final match. There would be no second-place winner. The wrestler who failed to make weight would lose all place points earned for his team. The wrestler who failed to make weight would retain advancement points as well as points earned for falls, forfeits, defaults, technical falls, disqualifications, decisions and major decisions for his team. (10-2-7)

SITUATION 10: In a dual meet, Wrestler A, whose actual weight at the weigh-in was 129 pounds, properly reports to the scorer's table to compete in the 130-pound weight class. Wrestler B then properly reports to the scorer's table, at which time Wrestler A withdraws and thus Wrestler B is awarded a victory by disqualification in the 130-pound weight class. Wrestler A then again reports to the scorer's table as the competitor in the 135-pound weight class. **RULING:** Wrestler A is ineligible to compete in the 135-pound weight class even though his weigh-in weight qualifies him to compete at

that class. Once a wrestler properly reports to the scorer's table and is then withdrawn, he/she is disqualified (Rule 5-8) from competition in the dual meet because "No wrestler shall represent the school in more than one weight class" (Rule 1-2-2). Wrestler A has already represented his school at the 130-pound weight class and then was disqualified by his withdrawal. (1-2-2; 5-8)

SITUATION 11: Wrestler A takes a second injury time-out at the conclusion of the first period. Wrestler B is now given the choice at the start of both the second and third periods. During the second period, Wrestler B now takes a second injury time-out. Who has choice on the restart and does Wrestler B still get choice at the start of the third period? **RULING:** On the restart in the second period after Wrestler B has taken a second injury time-out, Wrestler A would now have choice of top, bottom or neutral position on the restart only. Also, Wrestler B would no longer have choice at the start of the third period because the second injury time-out has been used. Wrestler B could still have the option to start the third period if it was his/her choice because of the rotation determined by the pre-meet choice with the flip of the disk. **COMMENT:** If the second wrestler, during the course of the match, takes a second injury time-out, the choices in place for this wrestler should be disregarded. New choice(s) should be issued to the opponent based on the second injury time-out procedure. (1-2-6, 8-2-1)

SITUATION 12: A match is still tied at the conclusion of the one-minute sudden victory period in overtime. The referee penalizes Wrestler A for unsportsmanlike conduct: (a) prior to the start of the first 30-second tiebreaker; (b) in between the conclusion of the first 30-second tiebreaker and the start of the second 30-second tiebreaker; or (c) after the conclusion of the second 30-second tiebreaker, but prior to the start of the ultimate tiebreaker. **RULING:** In (a) or (c), award the appropriate penalty points to Wrestler B and the match is over. In (b), award the appropriate penalty points to Wrestler B and continue with the second 30-second tiebreaker. (5-31-2; 6-7-1; 8-1-3; penalty chart)

SITUATION 13: At the start of the second period, Wrestler A has choice and chooses the down position. Wrestler B then signals neutral position to the referee. The referee signals a neutral position and then awards one point to Wrestler A and starts the second period with both wrestlers in the neutral position. **RULING:** This is a correct procedure and ruling as Wrestler A had choice in the second period and chose down. Wrestler B then has three options: 1) assume the legal starting position from the mat; 2) optional starting position; 3) signal to the referee to start the second period from the neutral position and, in turn, Wrestler A is awarded an escape point prior to the referee starting the match in a neutral position for the second period. (5-20-6)

SITUATION 14: In the second, 30-second tiebreaker, a wrestler was given the wrong choice. How is this handled? **RULING:** This would be considered bad time with each segment of the overtime being considered just like a period in a regulation match. The bad time would need to be corrected prior to the start of the next overtime period. The second, 30-second tiebreaker would be re-wrestled after a one-minute rest. If the wrong wrestler in the first, 30-second tiebreaker was given the choice, his/her opponent would

be given the choice to start the second 30-second tiebreaker. (5-1-3; 6-6-2)

SITUATION 15: A takedown occurs on the edge of the mat and Wrestler A is out of bounds when that wrestler initiates the move and remains out of bounds at the conclusion of the move. Wrestler B lands close to the boundary line in the following situations: (a) with weight on both hands and feet; (b) on the knees; (c) on the side of the thigh; or (d) on the buttocks. **RULING:** The definition of inbounds should be reviewed in each situation since contestants are considered to be inbounds if the supporting parts of either wrestler are inside the boundary line. Since Wrestler A is clearly out of bounds in all of these situations, the decision on awarding a takedown or signaling out of bounds would be decided on where the supporting points were on Wrestler B with regards to the boundary line. In (a), the referee should make sure at least two supporting points of Wrestler B were inside the boundary line. That would mean both feet, one hand and one foot, both hands, etc., before awarding a takedown. If three of the supporting points were on the boundary line or outside of the boundary line, it is an out-of-bounds situation. In (b), for this to be a takedown, both knees of Wrestler B would have to be inside the boundary line. In (c), the thigh would need to land inside the boundary line to be a takedown. In (d), all of the buttock of Wrestler B would need to be inside the boundary line. (5-15; 5-16; 5-19)

Section XXII. Wrestling (06/2007)

I. Game Rules

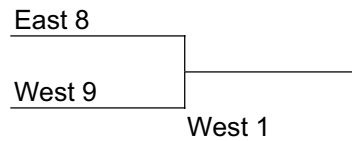
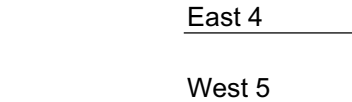
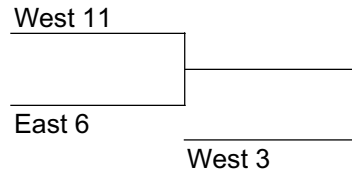
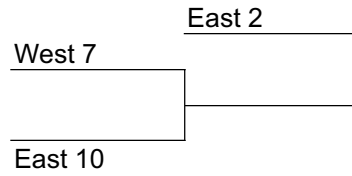
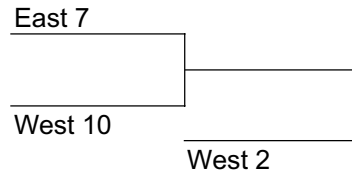
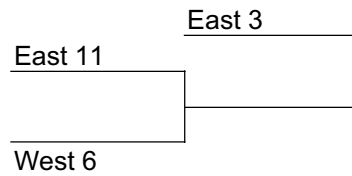
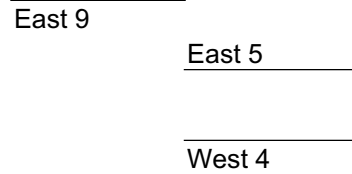
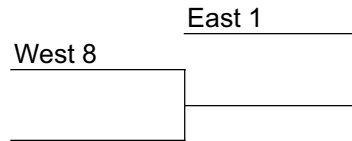
- A. The official rules will be found in the Federation rulebook unless modified by the league.
- B. The officials will be registered through the Executive Director.
- C. Weight Classifications:
Boys: 103; 112; 119; 125; 130; 135; 140; 145; 152; 160; 171; 189; 215; 275

Girls: 98; 103; 108; 114; 120; 125; 130; 140; 155; 175; 220
- D. Meet officials will conduct weigh-in of contestants.
 - 1) Weigh-in procedures will be followed according to the Federation rule book. Consideration for teams missing scheduled weigh-in times will be given to those with transportation problems only. Any rulings on any unforeseen events shall be made at the discretion of the protest committee, unless prior permission is granted from the OIA Executive Director. A courtesy call to the host school shall be made with the number provided on the schedule.
 - 2) Weigh-in for two day tournaments: Second day weigh-ins will be conducted at the designated time.
 - 3) Sites will have available, if needed, a visual clock for weigh-ins for both boys and girls.
 - 4) All contestants, including girls, must be stripped down to at least a suitable undergarment for weigh-ins.
 - 5) Weigh-in for Mini Tournaments:
 - a. Use the previous night's dual meet weigh-ins.
 - b. Weigh-in will also be conducted at the regular designated time.
- E. Certification:
 - 1) The certified weight shall be the wrestler's lowest weight on the weigh-in sheet.
 - 2) Weight must be certified by the referee or if the referee is not there, by a coach from an opposing school. All weigh-in sheets must be turned in to the Advisory Chairperson prior to the Divisional seeding meeting.
 - 3) All scales must be certified and carry a sticker to that effect.
- F. Seeding for the Divisional Tournament will be taken in the following order:
 - 1) All weigh-in verification forms and entries are to be sent, faxed, and or hand delivered to the Advisory Chairperson prior to the Divisional seeding meeting. If forms and entries are sent or faxed, it is recommended that it be done by 12 noon of the day of the seeding meeting. This will allow the meeting chair time for preparation and follow up.
 - 2) Seeding will be determined by the individual's record at the weight class he/she will be entering (including forfeits). Record will be determined by point system (2 – win, 1 – Tie, 0 – Loss).
 - 3) In case of ties, the individuals overall season dual meet record will be used (including forfeits).
 - 4) Special consideration: After discussion, coaches not involved will vote to determine the seeding of the wrestler.
 - 5) Head to head competition and common opponent(s) will be used if both wrestlers have similar records.
- G. Wrestling placement for tournaments:
 - 1) For the Varsity and JV Divisional Tournaments, all wrestlers will be ranked and seeded based on the seeding criteria. The seeding committee will be made up of all coaches and or the Advisory Chairperson.
 - 2) All changes must be submitted prior to the seeding meeting and seeding of wrestlers for the OIA Varsity and JV Tournaments. Wrestlers who were scratched and or did not make weight from the Divisional Tournament must also be re-submitted.

- 3) For the OIA Varsity and JV Tournaments, all wrestlers from each weight class will be seeded according to the results of the Divisional Tournaments. This list of wrestlers should be typewritten and should include the person's first and last names and school affiliation. The results should be given to the Advisory Chairperson by Wednesday after the divisional tournament. Special consideration should be given to exceptional wrestlers who did not participate in the divisional tournaments. Places 7-11 in the Divisional Tournaments will be ranked using the bad mark system for determining OIA state qualifiers.
 - 4) OIA Tournament Reseeding of Weight Class Bracket: When a wrestler is scratched or fails to make weight, reseed the entire weight class.
 - 5) Any wrestler scratched for any reason after the start of the first match will be considered a forfeit. No reseeding of bracket.
 - H. A seeding meeting will be held one (1) day before the Division and OIA Tournaments.
 - I. Wrestlers will not be penalized for shaking hands with officials or coaches.
 - J. Dual match procedures will be set according to the rulebook.
 - K. Participation starts when the wrestler steps on the mat for competition.
 - L. The word "session" is clarified in the HHSAA Handbook
 - M. If a hair/head cover is used, it must fasten under the chin.
2. League Format
- A. For dual meet purposes, students of HCDB (Hawaii Center for the Deaf and Blind) may participate with Kalani High School and students of Anuenue may participate with Roosevelt High School. For the Eastern and Western Division, JV and Varsity Tournaments, students of HCDB and Anuenue will represent their own school.
 - B. The Tournament Director shall be from the host school. This person shall be responsible for organizing and running the tournament and shall be present for all sessions. The Tournament Directors for the Divisional Tournaments shall be responsible for ranking all wrestlers in each weight class according to results of the tournament and the criteria in the official rules of the OIA Handbook. This list will be used for seeding and entries in the OIA Championship Tournaments.

C. OIA Championships

- 1) The Varsity and JV Championship will be determined by the most points accumulated through the individual championship tournament.
- 2) The brackets for use in the OIA Championship will be as follows:



- 3) Score 7th and 8th place in OIA Varsity Tournament. No medals will be awarded for 7th and 8th place.

- 4) In the event a protest arises at an OIA Championship tournament (Dual Meet, Divisional, Junior Varsity, or Varsity) a protest committee shall be made up of the OIA Wrestling Coordinator (if available), the host site Athletic Director or designee, two coaches, and the supervising official or designee. All decisions shall be final. OIA Rules will prevail when pertaining to other protests such as eligibility.
 - 5) In the event there is no representation from one division in a weight class, true seeding will take place in that weight class.
- D. OIA Divisional Championship
- 1) The Divisional Championships will be held on Friday and/or Saturday.
 - 2) The Varsity and JV Champions will be determined by the most points accumulated through the individual championship tournament.
- E. Dual Matches
- 1) Dual matches within the division will count toward seeding for the divisional tournaments. The team with the best record within its division will be declared the divisional dual champion. Two points will be assigned for a win, one for a tie and zero for losses.
 - 2) Coaches will be responsible for submitting a tentative line-up prior to their matches. Changes to the line-up can be made up to the required reporting time. If no line-up is submitted, coaches will be responsible to send the correct wrestler for the correct weight class.
 - 3) The revised Dual Meet Score Sheet shall be used. The revised sheet will provide a space for each coach to sign in acknowledgement of the final team score.
 - 4) The top two finishers in each divisional will then meet in a single elimination play-off for the OIA Dual Meet title.
 - 5) The host school will be responsible for obtaining at least two mats for the meet as well as clocks and other necessary equipment.
 - 6) Exhibition matches may be run only if the total number of matches between schools does not exceed forty-eight (48). The total number of matches (both regular and exhibition) between any two schools shall not exceed (48).
 - 7) The designated home school shall be responsible for the official scorebook and the host school shall be responsible for reporting of results to the Advisory Chairperson and the newspapers.
 - 8) All copies of weigh-in sheets and dual meet results are to be sent/faxed/ and/or hand delivered immediately after the conclusion of the day's dual meets. Schools are to keep their own original copies.
- F. Mini Tournaments
- 1) Unlimited entries. Results may be used in seeding only for head to head matches in case of ties for special consideration. These tournaments may be inter-divisional with a special effort to group schools who do not face each other in duals.
 - 2) The host schools shall be responsible for obtaining an adequate number of mats as well as clocks and other necessary equipment. Eight man brackets and/or round robin pairings may be used at the discretion of the host school. Wall charts and ribbons shall be optional at the discretion of the host school.
 - 3) The Athletic Director of the host school or his/her designee shall be the Tournament Director.
 - 4) Suggested Schedule:
 Weigh-in: 8:00 a.m.
 Start: 10:30 a.m.
 - 5) Teams going to ILH hosted Minis may use ILH eligibility rules for participation.
- G. Individual scoring for the OIA Individual Tournament will be the same as the rulebook.
- H. Scoring: Each team will be allowed one wrestler in each of the weight classifications. Points will be scored according to the rulebook.
- I. Referees will conduct all weigh-ins of wrestlers at all OIA and Divisional Championships.

3. Equipment
 - A. Equipment needed for the OIA Tournaments:

4-6 Wrestling Mats	Flash Number Cards
Side Mats	4-6 Horns or Towels for Throwing on Mat
4-6 Tables	Spare Whistles
5 Chairs per Table	2 Sets of Anklets per Scoring Table
Boundary Around Wrestling Area	4 - 6 Match Clocks
300 Match Cards	4 – 6 Stopwatches
Tournament Brackets for each Weight Class	
 - B. Schools will bring mats on request. Consideration to schools having two or more mats. Host school can delegate tournament responsibilities to other participating schools.
4. Awards: Refer to section 1
5. Budget: Refer to section on Sports Budget.
6. Schedule
 - A. Mini-Matches may be inter-divisional
 - B. Deviations in times may be done with approval of the Advisor in charge and the Executive Director.
 - C. The OIA Varsity and JV Championships will be held at different sites with more that three (3) days between tournaments. Both tournaments may be one or two day tournament depending on the number of entries and approval of the Executive Director and Advisory Chairperson.
7. Injury/bleeding time
 - A. The host/home school at a wrestling site shall be responsible for a stopwatch at each scoring table.
 - B. A timekeeper shall be on the wrestling mat during injury/bleeding time outs to assist the wrestling official, athletic trainer, and coaches. The timekeeper's only responsibility during that time shall be to keep track of the injury/bleeding time and to verbally announce such time at intervals of: 1 minute, 1:15, etc., and at the expiration of the injury/bleeding time out.
8. Female Menstruation Time
 - A. In the event a female wrestler menstruates during competition, she shall be allowed a maximum of five (5) minutes to change without penalty.
 - B. If in the event the female wrestler needs more than five (5) minutes changing time, the additional time used will be deducted from the allowed five (5) minutes blood time.
9. Miscellaneous
 - A. Statistics

Host schools will be responsible for calling in scores and results to the press. Schools will call and send in the results of their individual wrestlers to the Advisory Chairperson for seeding purpose and further press releases. (This is especially important for triangular matches). The Advisory Chairperson shall collect and keep on record all championship tournament results.
 - B. The first eight qualifiers in each weight division will qualify for the HHSAA State wrestling tournament. State qualifiers for positions 9, 10, etc. will be determined by use of a "bad point system."
 - C. A coaches', statisticians and officials' rules clinic will be held prior to the season.
 - D. The Advisory Chairperson shall compile and submit a list of all state tournament qualifiers at the state seeding meeting. Note the league, last name, first name, school, and weight class.

- E. All participants must comply with the HHSAA weight control program. This includes weekly submission of team weigh in sheets to the sport coordinator and use of the NCWA OPC Calculator for developing weight loss plans and weigh in sheets.
- F. All-Star selection: All First and Second Team All-Star selections shall be based on a wrestler's performance at the Divisional level. Coaches may ask for special consideration when determining All-Stars.
- G. Ejection of coaches and wrestlers for 2-day events: Coaches or wrestlers ejected on the eve of a 2-day tournament must sit out of competition on the first day only (of the upcoming tournament). Coaches or wrestlers may return to competition on the second day. For all other penalties, please refer to the OIA Handbook, Admin. Section.
- H. Wrestlers must use the HHSAA approved form for documenting skin lesions. Form must be presented to personnel, in charge of skin checks, prior to competing. All participants will follow the NHFS Rule Book: "ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate." "ART. 4 . . . If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

DEPARTMENT OF EDUCATION

OFFICIAL ELIGIBILITY LIST

Send one copy each to the Executive Secretary and to the member schools of your League. Follow your League's rules governing date of submittal.

The following students are eligible under the rules of the League to represent in _____ during the season of **2007-08**.

Cutoff Date: 8/1/2006

Sport _____

Year _____

Birth Date: 9/1/1990

Junior Varsity Eligibility Form

#	NAME OF CONTESTANT (Surname, given name, initial) Arrange list alphabetically.	DATE OF BIRTH (Mo./Day/Yr.)	DATE of Entry to 9th Grade (Mo./Day/Yr.)	Grad Year	Year on Team				G.E.		School Attended Last Year
					1	2	3	4	Y	N	
1											
2											
3											
4											
5											
6											
7											
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9											
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All Information Verified By School Records

Signature of Principal

Signature of Athletic Director

Date

Signature of Coach

DEPARTMENT OF EDUCATION

OFFICIAL ELIGIBILITY LIST

Send one copy each to the Executive Secretary and to the member schools of your League. Follow your League's rules governing date of submittal.

The following students are eligible under the rules of the League to represent _____
 in _____ during the season of **2007-08**. Cutoff Date: 8/1/2004
 Sport Birth Date: 9/1/1988

Varsity Eligibility

#	NAME OF CONTESTANT (Surname, given name, initial) Arrange list alphabetically.	DATE OF BIRTH (Mo./Day/Yr.)	DATE of Entry to 9th Grade (Mo./Day/Yr.)	Grad Year	Year on Team				G.E.		School Attended Last Year
					1	2	3	4	Y	N	
1											
2											
3											
4											
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All Information Verified By School Records

Signature of Principal

Date

Signature of Athletic Director

Signature of Coach

**Hawaii State Department of Education
PHYSICAL EXAMINATION FOR ATHLETES**

Student's Name _____ M/F _____ Date of Birth ____/____/____ Grade _____
 (Print) Last First MI Month Day Year
 Address _____ Home Phone _____ Student Resides With _____
 Street No. City State Zip Code

Fall Sport _____ Winter Sport _____ Spring Sport _____

Father's/Guardian's Name _____ Bus. Phone _____ Cell or Pager _____

Mother's/Guardian's Name _____ Bus. Phone _____ Cell or Pager _____

Emergency Contact _____ Bus. Phone _____ Cell or Pager _____
 Name & Relationship

Health and/or Insurance Carrier _____ Policy # _____

To be completed by Physician only

Height _____ feet & inches Weight _____ lbs Blood Pressure ____/____ Pulse _____ bpm
 Vision: R 20/____ L 20/____ Corrected: Yes No Pupils: Equal ____ Unequal ____
 Asthma _____ (Medication Used) Diabetes _____ (Medication Used) Allergies _____ (Medication Used)

MEDICAL	NORMAL	COMMENTS	INITIALS
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart/Murmurs			
Pulses			
Lungs			
Abdomen			
Skin			
Genitalia			
MUSCULOSKELETAL			
Neck			
Back/Spine			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Calf/ankle			
Foot/toes			
Other			

Clearance:

- A. Cleared for all sports _____
 B. Cleared after completing evaluation/rehabilitation for _____
 C. Not cleared for: Collision Contact Non contact Strenuous Moderately Strenuous Non-strenuous

Due to _____

Physician's Recommendation _____

Name of Physician _____ Date of Physical Exam _____

Address _____ Telephone _____

Signature of Physician _____ Fax Number _____

(Over)

Parent/Guardian and Student to fill out before Physical Examination

Explain "Yes" answers below. Circle question you don't know the answer to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like diabetes or asthma)?	<input type="checkbox"/>	<input type="checkbox"/>	25. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over the counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	26. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	27. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	31. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have: (circle all that apply) High blood pressure A heart murmur High Cholesterol A heart infection	<input type="checkbox"/>	<input type="checkbox"/>	32. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	36. When exercising in the heat, do you have severe muscle cramps, or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan Syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	37. Has a doctor told you that you, or does someone in your family have sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	38. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	39. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like sprain, muscle or ligament tear, or tendonitis, that caused you to miss a practice or game? If yes, list affected area: _____	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, list affected area: _____	<input type="checkbox"/>	<input type="checkbox"/>	41. Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you have a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, list affect area: _____	<input type="checkbox"/>	<input type="checkbox"/>	42. Would you like to lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
			43. Would you like to gain weight?	<input type="checkbox"/>	<input type="checkbox"/>
			44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY	<input type="checkbox"/>	<input type="checkbox"/>
23. Has a doctor ever told you that you have asthma or wheezing?	<input type="checkbox"/>	<input type="checkbox"/>	47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
EXPLAIN "YES" answers here: (Add additional pages if necessary)			48. How many periods have you had in the last 12 months?	_____	_____

I hereby verify to the best of my knowledge that the answers which have been provided to the above questions are correct.

Signature of Student _____ Signature of Parent/Guardian _____ Date _____

The student and parent/guardian consent and authorize school officials through an Athletic Health Care Trainer (AHCT), qualified coach/staff, or physician as determined by the school, to provide any first aid and/or emergency care as well as follow-up first aid or medical treatment that may be reasonably necessary for the student as determined by a school official in the course of athletic practice, competition or travel.

The student and parent/guardian further consent and authorize the school's AHCT to provide appropriate therapeutic modalities in order to return student to athletic competition, such care to be conducted under the direction of a physician.

The student and parent/guardian hereby consent to the release of medical information by physician to school to obtain information regarding the medical history, records of injury or surgery, serious illness, and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in the management or rehabilitation of an injury/illness. This information is confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release remains valid until revoked by the adult student or parent/guardian in writing.

Signature of Student _____ Signature of Parent/Guardian _____ Date _____

**Student Participation and Parent/Guardian
Consent, Release, and Assumption of Risk Form**

This consent, release, and assumption of risk agreement is made and entered into by and between _____, Minor Student
born _____, Birthdate _____, and _____, Parent/Guardian _____, Minor Student
as parent/guardian of _____, Minor Student
and the Department of Education, an agency of the State of Hawaii, this _____ day of _____, 20____.

OR

This consent, release, and assumption of risk agreement is made and entered into by and between _____, Adult Student
(i.e. Adult student is 18 years old or older at the time of this agreement), born _____, Birthdate _____, and the Department of Education,
an agency of the State of Hawaii, this _____ day of _____, 20____.

WITNESSETH

Whereas _____, Student _____ is a minor or an adult student (hereafter referred to as "student) attending _____, School _____.

Whereas, student is a member of the school's _____, Sport(s) _____ interscholastic athletic team;

Whereas we, the student & parent/guardian, understand that competition in interscholastic athletics activities is entirely voluntary on our part. We fully understand that we must comply with the rules and regulations of the Department, League, and the Hawaii High School Athletic Association (HHSAA).

Whereas, student has been evaluated by the athletic staff of the school as well as by student's physician or therapist and has been informed of the risks associated with his/her participation in interscholastic athletic competition;

Whereas, student and parent/guardian have been apprised that no protective equipment can prevent head, neck, brain, or other bodily injury that may result from athletic competition;

Whereas, student and parent/guardian acknowledge that equipment such as football helmets must not be used to butt, spear or ram opposing players and to do so is a violation of the rules of the game and can result in serious injury to self and others; and

Whereas, student and parent/guardian, after having been informed of the risks to student, affirm that student has had full disclosure of the risks involved explained to student by the Department of Education, understand the risks, and agree to assume those risks as their own and make this decision as their own free will and not by coercion or influence from anyone.

NOW, THEREFORE, based upon the above understanding, student, for himself/herself, his/her heirs, executors, administrators and assigns, and _____, Parent/Guardian of Minor Student _____ as parent/guardian of student, hereby acknowledge that they have been apprised of the risks inherent in student's, participation in interscholastic athletic competition, which could result in serious bodily injury and even death, and hereby consent to the participation of student in such athletic activity and competition, agree to assume these risks a their own and hereby release the Department of Education, State of Hawaii, its officials and agents of any and all claims and liabilities whatsoever from or by reason of any athletic injury to student, while participating as a member of the _____, Sport _____ interscholastic athletic team in sports activities that are sanctioned by the HHSAA, including travel.

Whereas student and parent/guardian understand that the Department of Education strongly recommends that the student have medical/health insurance coverage prior to participating in interscholastic sports activities and further understand that all insurance cost & medical costs related to any injury are the sole responsibility of the parent/guardian. The Department of Education will not assume and is not responsible for any of these costs.

The student and parent/guardian further consent to allow the student to travel as a team member in local, inter-island and out-of-state athletic events. The student and parent/guardian further authorize the school officials through a certified athletic health care trainer (AHCT), qualified coach/staff, or a physician as may be determined by school officials, to provide any emergency care and/or follow-up medical treatment that may be deemed by school officials to be necessary for the student in the course of such athletic practice, competition or travel.

The student and parent/guardian further consent and authorize the school's AHCT to provide appropriate therapeutic modalities in order to return student to athletic competition, such care to be conducted under the direction of a physician.

The student and parent/guardian hereby consent to the release of medical information by physician to the school for purposes of allowing the school to obtain information regarding the medical history, records of injury or surgery, serious illness, and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in management or rehabilitation of an injury/illness. This information is normally confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release shall remain valid until revoked by the adult student or parent/guardian in writing.

The student and parent/guardian expressly agree that this assumption of risk and release agreement is intended to be as broad and inclusive in favor of the State of Hawaii as permitted by the laws of the State of Hawaii and that if any provision herein is held to be invalid, it is agreed that the remaining provisions shall, notwithstanding, continue in full force and effect.

The parties understand and agree that this agreement is made with full knowledge of the facts and legal implications of entering into such an agreement and they further agree that this agreement contains the entire agreement between the parties, hereto, and that the terms of this agreement are contractual and not mere recitals.

The laws of the State of Hawaii shall control this agreement.

IN WITNESS WHEREOF, the parties hereby execute this agreement, effective the date first indicated in this agreement.

Signature of Student

Signature of Parent/Guardian

Signature of Adult Student

EMEGENCY INFORMATION:

Student's Name _____ Home Telephone _____

Father's/Guardian's Name _____ Bus. Phone _____ Cell or Pager # _____ Employer _____

Mother's/Guardian's Name _____ Bus. Phone _____ Cell or Pager # _____ Employer _____

Medical Condition (allergies, prescription medicine, etc.) school should know about my child _____

Health and/or Insurance Carrier _____ Policy # _____

When the listed student becomes ill or incurs an injury during a school-sponsored activity and I am unable to be contacted, the school authorities have my permission to contact and release the student to the custody of any of the following persons:

Name	Relationship	Home Telephone	Business Telephone
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Family Physician _____ Phone _____

Preferred hospital/clinic _____

To ensure prompt attention to your child, PLEASE NOTIFY SCHOOL ATHLETIC DEPT. OF ANY CHANGE IN PHONE NUMBERS OR ADDRESS.

Signature of Parent/Guardian or Adult Student _____ Date _____

ALL INFORMATION ON THIS CARD MUST BE COMPLETED FOR PARTICIPATION ELIGIBILITY.



PHYSICIAN RELEASE FOR ATHLETE TO PARTICIPATE WITH SKIN LESION(S)

Student's Name: _____

Release of Medical Information (To be filled out by Parent/Guardian)

The above named student and parent(s)/guardian(s) hereby consent to the release of medical information by Dr(s) _____ to _____ high school to obtain information regarding the (Physician's Name) (Name of School) medical history, records of the below injury or surgery, serious illness and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in the management or rehabilitation of the student's injury/illness. This information is confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release remains valid until revoked by the adult student or parent/guardian in writing.

Signature of Parent/Guardian or Adult Student: _____ Date: _____

(Below to be filled out by physician)

Diagnosis: _____ Date of Exam: _____

Location of Lesion(s): _____

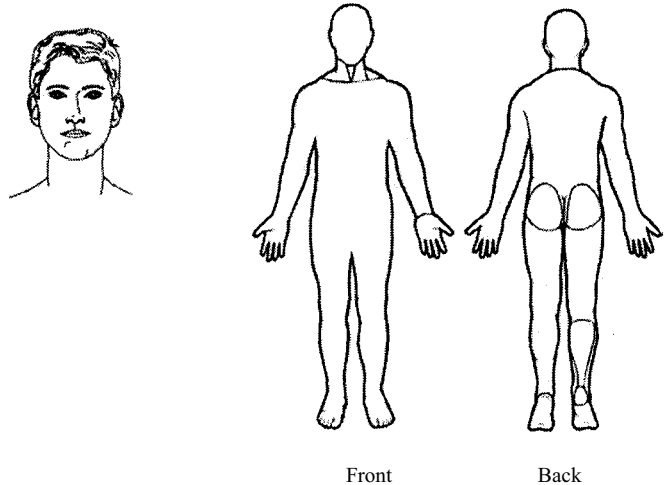
(Mark Location of Lesion(s) on diagram below)

Medication(s) used to treat lesion(s):

Date Treatment Started: _____

This Form Expires on: _____
(Date)

Earliest date may return to participation: _____



Physician's Name: _____
(M.D. or D.O.)

Office Address: _____ Office Phone: _____

Physician's Signature: _____ Date: _____

Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3 and 4-2-4 which states:

"ART. 3 ... If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. "

"ART. 4 ... If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition. "

2007-2008 OIA WRESTLING COACHES CHAIN OF COMMAND

INSRCTIONS:

1. Please **PRINT CLEARLY** the necessary information. There should at least be a second in command.
2. Have your school's Athletic Director sign the bottom section.
3. Return this form to Joel Kawachi via fax to 831-7920 or hand carry.
4. If any of the information changes during the season, please notify Joel Kawachi as soon as possible.

The information provided below will be used in the event a HEAD COACH is penalized and needs to exit the GYM. The person(s) listed in order will resume responsibilities of the team(s).

DEADLINE: FRIDAY, DECEMBER 28, 2007

School: _____

Division: _____

East or West

JUNIOR VARSITY BOYS	
Head Coach	
Assistant 1	
Assistant 2	

VARSITY BOYS	
Head Coach	
Assistant 1	
Assistant 2	

JUNIOR VARSITY GIRLS	
Head Coach	
Assistant 1	
Assistant 2	

VARSITY GIRLS	
Head Coach	
Assistant 1	
Assistant 2	

Athletic Director's Approval:

School Athletic Directors Signature

Date

Head Coaches Approval:

Boys Varsity Head Coach

Date

Girls Varsity Head Coach

Date

HAWAII WRESTLING WEIGHT MONITORING PROGRAM

RULES AND REFERENCE GUIDE

Hawaii Interscholastic Athletic Directors Association

and

Hawaii High School Athletic Association

Amended October 9, 2007

Prepared by

Hawaii Athletic Trainers' Association
and HHSAA Wrestling Committee

HAWAII WRESTLING WEIGHT MONITORING RULES

- I. PROGRAM FUNCTION: The program is designed to assist wrestlers in avoiding potentially harmful, rapid weight reduction practices utilized by wrestlers to achieve participation in a specific weight class. The rules are to comply with the NFHS Wrestling Rule 1 Competition, Section 3 Weight-Control Program.
- II. WRESTLING WEIGHT CONTROL PROGRAM
 - A. Once the testing cycle has begun, no changes in the Weight Monitoring Program rules or procedures will be permitted until the state championships are completed.
 - B. No wrestler may compete, pre-season or in-season, until he/she has successfully completed the required hydration test and body fat assessment
 - C. Wrestling weight monitoring program definitions
 - a. **Base Weight** – The actual body weight of a wrestler at his/her first successful weight monitoring session.
 - b. **Lowest Allowable Weight** – The lowest weight a wrestler is eligible to reach during the season based on the body fat test.
 - c. **Low Weight Class** – The lowest weight class a wrestler is eligible for based on the body fat test and the wrestler’s individual Weight Descent Plan.
 - d. **Eligible Low-Weight Class** – The weight class, and the next higher weight class, for which a wrestler is eligible to wrestle that week based on the wrestler’s individual weight descent plan that week.
 - e. **Certified Low-Weight Class** – The low weight class for which a wrestler has weighed in at the scratch weight or below scratch weight, and is eligible based on his/her body fat test and his/her individual weight descent plan.
 - f. **Body Fat Test** – The measurement of the body fat percentage of the overall body mass. Each wrestler will be measured for his/her body fat percentage according to established protocols utilizing skinfold calipers.
 - g. **Weight Descent Plan** – An individual wrestler’s season long plan for weight loss. The amount of weight loss per week is an average of 1.5% of wrestler’s base weight. The weight descent plan only establishes two weight classes for which the wrestler may compete in during any particular week.
 - h. **Weigh In Report Form** – The form downloaded from the National Wrestling Coaches Association Optimal Performance Calculator that must be brought to each weigh-in.
 - i. **Team Form** - The form downloaded from the National Wrestling Coaches Association Optimal Performance Calculator that depicts the weigh-in history and weigh-in projections of each wrestler on a given team.
 - j. **Hydration Test** – The measurement of a wrestler’s hydration level by testing the specific gravity of the wrestler’s urine.

D. Establishing **Lowest Allowable Weight**

- a. **Body Fat Testing:** Each league will provide a minimum of two opportunities for hydration and body fat testing. Individual leagues shall determine their test dates due to the peculiarities of each league. Each wrestler will have a maximum of three testing opportunities. Skinfold assessment may begin on the Monday following the last regular season football game. All tests must be completed prior to January 15th, unless a wrestler falls into one of the exemptions listed below.
- b. Results of measurements should be distributed to the coaches on the day of the test and sent to the HHSAA Office within seven (7) days of the test date.
- c. Results of the measurement should be available on the NWCA website within 24 hours of the body fat testing.
- d. Unusual situations must be arranged with the HHSAA in writing before deadline or due dates.
- e. No wrestler may compete until the wrestler's **lowest allowable weight** is determined.
- f. The **lowest allowable weight** for a male wrestler can not be a weight in which his body fat is less than 7%, unless a wrestler falls into one of the exemptions listed below. The **lowest allowable weight** for a female wrestler can not be a weight in which her body fat is less than 12%, unless a wrestler falls into one of the exemptions listed below.
- g. During the body-fat testing, wrestlers will be allowed a 1 pound error variance when determining the low-weight class (e.g. if a male wrestler's body-fat test indicates a low-weight of 113.0 pounds, he will be able to meet the low-weight class of 112 pounds).
- h. Wrestlers below Minimum Body Fat Percentage
 1. Any male wrestler whose body fat percentage at the time of measurement is below 7% must obtain before competing, in writing, a licensed physician's (MD or DO) clearance (Appendix J) stating that the athlete is naturally at this sub-7% body fat level.
 2. Any female wrestler whose body fat percentage at the time of measurement is below 12% must obtain before competing, in writing, a licensed physician's (MD or DO) clearance (Appendix J) stating that the athlete is naturally at this sub-12% body fat level.
 3. A physician's clearance is for one season and expires April 1 of each year. The wrestler must use the HHSAA physician clearance form (Appendix J) when submitting this information.
 4. A Parental permission form may not be used to affect the determination of **lowest allowable weight**.

E. Testing Protocols

- a. All wrestlers must pass the **Hydration Test** prior to being allowed to proceed to the **Body Fat** test. In order to pass the hydration test a wrestler

specific gravity assessment of his or her urine must **NOT** be greater than 1.025 grams per milliliter.

- b. Upon passing the **hydration test** the wrestlers will be weighed to the nearest tenth of a pound.
- c. After weighing-in wrestlers will be proceed to the **body fat test**. The body fat test will be conducted by certified athletic trainers educated in the use of skin fold calipers. Each wrestler will be analyzed three times by three different assessors. Males will be analyzed at the triceps, the subscapula and the abdominals. Females will be analyzed at the triceps, the abdominals, the suprailiac, and the thigh.

F. Establishing **Certified Low-Weight Class**

- a. Certified low-weight classes are determined by:
 - 1. The league weight monitoring sessions (hydration and body fat testing sessions) to establish the **lowest allowable weight**;
 - 2. The **weight descent plan**; and
 - 3. The wrestler weighing in at scratch weight on or below a given weight class. The **certified low-weight class** may be above the **lowest allowable weight**.
- b. No wrestler may compete below his or her **certified low-weight class**.
- c. All wrestlers must establish his or her **certified low-weight class** by the first day of their league championship tournament.
- d. There shall be no two-pound growth allowance.

G. Functions of the **Weight Descent Plan**

- a. The **weight descent** plan only establishes the two weight classes for which the wrestler may compete in during any particular week.
- b. The **weight descent plan** does not preclude a wrestler from competing if he/she loses more than 1.5% of the wrestler's body weight in a given week, providing, the wrestler does not lose weight beyond that of the **eligible low-weight class**. He/she can compete at that **eligible low-weight class** and the next higher weight class.
- c. If a wrestler loses weight beyond the **eligible low-weight** classes, he/she can only wrestle at the next highest weight class (e.g. according to a wrestler's **weight descent plan**, the two eligible weight classes are 125 and 130 pounds. The wrestler weighs in at or below 119.0 pounds, and higher than 112.1, he would be eligible for only the 125 pound weight class).
- d. If a wrestler weighs in above the highest eligible weight class according to his/her descent plan, that wrestler's weight descent plan will be recalculated by the OPC.
- e. No wrestler may compete below his or her eligible low-weight class, which may change from week to week based on the **weight descent plan**.

H. **Weigh In Report Form Rules**

- a. Each coach is required to have his/her team's **Weigh In Report Form** (Appendix N) at each match for the opponent's coach to inspect. Failure to comply will result in the head coach being ineligible to coach that day.
 - b. Failure to turn in **Weigh In Report Form** (Appendix N) to league coordinator will result in the head coach being ineligible to coach at the next week's matches.
 - c. The **Team Form** (Appendix M) will be managed by the league coordinators.
- I. Out of State Transfers
- a. Wrestlers who transfer to Hawaii from out of state during the season and have certified at their previous state will use the previous state's certification.
 - b. Wrestlers who transfer to Hawaii from out of state during the season without a low-weight class certification and arrive prior to January 1 must certify by January 15 (Reminder, no wrestler may compete, pre-season or in-season, until he/she has completed the required hydration and body fat assessment).
 - c. Wrestlers who transfer to Hawaii from out of state during the season without a low-weight class certification after January 1 must certify at least one week prior to the league championship tournament (Reminder, no wrestler may compete, pre-season or in-season, until he/she has completed the required hydration and body fat assessment). Leagues may set up special weight monitoring sessions for late transfer students. Late transfer students shall have only one opportunity to establish their certified low-weight class after January 15.
- J. Retesting Procedures
- a. Any wrestler may retest his/her initial measurement at the next league specified test date.
 - b. If the wrestler's weight at the time of retesting is below his/her weight descent plan for that week, he/she will not be allowed to retest and must follow his/her previous weight descent plan. If the wrestler's weight at the time of retesting is equal to or greater than his/her weight descent plan for that week, he/she will be allowed to retest.
 - c. The Bod Pod shall not be used as a measurement tool for determining percent body fat for HHSAA wrestling (June, 2005).
- K. Weight Monitoring Data Plan
- a. The HHSAA will utilize the National Wrestling Coaches Association, Optimal Performance Calculator (OPC) as the mechanism to calculate the weight descent plan for each wrestler and as the data reporting and retrieval tool for all member schools.
 - b. The OPC can be assessed from www.nwcaonline.com. Move cursor to "Weight Management" at the top of the screen and click on "Optimal

Performance Calculator”. Click “Login”. Enter Login ID and password for coach, or student-athlete.

- c. Wrestlers will be able to design and individualize nutritional programs using the OPC as well as obtain their weight loss plan for the season.
- d. Coaches will be able to print both their **Team Form** and **Weigh-in Report Form** from the OPC website.

L. Nutrition Education Program

- a. Training the coach
 - 1. A Coach’s Education video and fact sheet is available at the NWCA OPC website.
- b. Educating the athletes and parents
 - 1. Annually, wrestlers and parents will be provided nutrition education.
 - 2. The importance of maintaining a weight control program will be a major component of the education program.

HHSAA WRESTLING WEIGHT MONITORING PROGRAM GUIDE

I. LEAGUE RESPONSIBILITIES FOR THE MEASUREMENT PROCESS

- A. It is the leagues responsibility to coordinate dates and personnel for skinfold assessment.
- B. The league executive director or appointee will designate the site director.
- C. The league will provide the materials to conduct the urine specific gravity test.
 - (1) Refractometer
 - (2) Collection cups
 - (3) Plastic stir straws
 - (4) Distilled water
 - (5) Latex gloves
 - (6) Gauze
- D. The league will provide the materials to conduct the skinfold assessment.
 - (1) Lange or Harpenden Skinfold Calipers
- E. The league must have available at the time of the measurement:
 - (1) A certified scale (certified after the start of school in the fall and before October 31)
 - (2) Skinfold data forms
 - (3) Two league referees or designated personnel (coach, teacher, etc.) who will:
 - (a) Assist with obtaining the weight of each wrestler.
 - (b) Assist with the recording of data.

II. MATERIAL COSTS (Approximate Cost)

- A. Refractometer \$350
- B. Skinfold Calipers
 - (1) Lange Skinfold Calipers \$217.95
 - (2) Harpenden Skinfold Calipers \$220.00

III. PROGRAM IMPLEMENTATION PROCEDURES

- A. Body Composition Testing Goals and Procedures:
 - (1) Site Director - (Unbiased party)
 - (a) Responsible for obtaining and organizing all materials needed for testing.
 - (b) Obtaining, organizing and assigning all testers for the testing.
 - (c) Resolve any problems which arise during the test.
 - (2) Materials required for testing protocols (Quantity may vary depending on site requirements)
 - (a) Registration forms (HHSAA Data form)
 - (b) Refractometer
 - (c) Plastic stir straws
 - (d) Latex gloves
 - (e) Distilled water
 - (f) Cups - plastic 3 oz

- (g) Skinfold Calipers
- (h) Clipboards
- (i) Pens
- (j) Scales - Digital

B. Testing Protocols

- (1) Registration Station
 - (a) List of all athletes to be tested is requested two weeks in advance.
 - (b) Registration forms should be prepared prior to test date.
 - (c) Athletes will be allowed to register on the day of the test.
 - (d) Computer data should be prepared prior to the test date.
- (2) Station #1 - Specific Gravity - Estimated time to complete test - 5 Minutes
(There is no time limit to complete the test if athlete is having difficulty producing specimen) - Bath Room or Locker Room
 - (a) One to two ATCs
 - (b) Follow OSHA Standards
 - (c) Student-athlete gives data form to ATC
 - (d) ATC gives the athlete a cup.
 - (f) Student collects urine sample and empties bladder.
 - (g) Sample is placed on the refractometer using the plastic stir straw.
 - (h) ATC reads refractometer. Specific gravity must be equal to or below 1.025 g/ml.
 - (j) Student must empty and discard plastic cup.
 - (k) If a pass is recorded, the data form is given to student-athlete and proceeds to Station #2.
 - (l) All data must be entered in black or blue ink. All mistakes must be double initialed.
 - (m) If a fail is recorded, the data form is retained by the ATC and the student-athlete is sent to Station #4
- (2) Station #2 - Weight Station - Estimated time to complete test - 3 minutes
 - (a) Two league officials, coaches, ATC - A male and female required as determined by league.
 - (b) Student-athlete gives data form to ATC or coach
 - (c) Nude or undergarment weight is taken and recorded on individual's data form.
 - (d) All data must be entered in black or blue ink. All mistakes must be double initialed.
 - (e) Student-athlete goes to Station #3.
- (3) Station #3 - Skinfold measurements -Estimated time to complete test - 10 minutes See Appendix D for exact protocol
 - (a) A minimum of 3 ATCs - Optimal is 12 trained ATCs.
 - (b) One recorder for each ATC- may be students or coaches.
 - (c) One ATC to mark skinfold sites on each wrestler.
 - (d) ATC (A) will take 3 rotating skinfold readings at 3 sites. Recorder enters data on form.

- (e) ATC (B) will take 3 rotating skinfold readings at 3 sites. Recorder enters data on form.
 - (f) ATC (C) will take 3 rotating skinfold readings at 3 sites. Recorder enters data on form.
 - (g) All data must be entered in black or blue ink. All mistakes must be double initialed.
 - (h) Data form collected at this station and sent to Data Analysis
 - (i) Student-athlete moves to Station #4.
- (4) Station #4 -Holding Area
Student-athlete reports to the holding area when testing is completed to await departure.
- (5) Data Analysis - Computer Room
- (a) Minimum of One computer and printer - 1 computer literate person in charge.
 - (b) Data forms collected from Station #3.
 - (c) Preliminary information is prerecorded in the computer.
 - (d) Data inputed into computer.
 - (e) Results saved and reports (team and individual) printed out the same day if possible.
 - (f) Data will be uploaded to NWCA, OPC website.
 - (g) Hardcopies given to HHSAA, League, Coach and School's ATC.
 - (h) Printout of results for entire team is given to HHSAA, League, Coach and School's ATC, including failed results.
 - (i) Print outs of all results will be distributed to all schools.
- (6) If the student-athlete fails the specific gravity test, instructions for retest will be included with report and the student-athlete will be instructed to review the handbook. Specific date for retest must be established by each league.
- (7) If the student-athlete or coach wishes to appeal the results, they must follow the procedures as noted in the handbook.

IV. TRAINING THE SKINFOLD ASSESSOR

A. Training the Assessor

- (1) Persons eligible to be trained as HHSAA approved assessors include Physicians (MD or DO), certified athletic trainer, registered nurses, licensed practical nurses, physical therapist, physician's assistant, nutritionist, health educator or an exercise physiologist.
- (2) To be eligible to become an HHSAA approved skinfold assessor, an individual must have demonstrated training and experience in skinfold measurement.
- (3) The assessor will participate in an initial training session and annual update education. The assessor will provide his/her own measuring device which meets the standard required by the HHSAA wrestling minimum weight program.

- (4) The assessor training will consist of both classroom education and practical training.
- (5) Training sessions will be conducted in conjunction with the Hawaii Athletic Trainer's Association and the University Of Hawaii Department Of Kinesiology under guidelines provided by HHSAA.

B. Recertification

- (1) Recertification will require a minimum of one hour training.
- (2) Recertification training will be conducted in several locations throughout the state annually.
- (3) Trainers and assessor trainers will conduct all recertification training programs.

C. Data Collection

- (1) The HHSAA will provide the forms for each school.
- (2) The assessor will conduct all body fat measurements.
- (3) The league will provide the supplies to conduct the specific gravity test.
- (4) The site director will be responsible for submitting the measurement results to the HHSAA within one working day after the testing date.

APPENDIX A

A. HYDRATION REQUIREMENT

Specific gravity assessment of the urine will determine whether a candidate may participate in the skinfold measurement process on any date. If the wrestler has a specific gravity above the predetermined level, they may NOT be assessed for body composition. A specific gravity level greater than 1.025 g/ml will result in failure.

Monitoring this process is a part of the Assessor's responsibility. Make certain that each wrestler is tested individually to prevent urine exchange (this is an area where the right to privacy must be respected). The wrestler must fill the cup with urine. A drop of urine will be placed on the refractometer to determine the specific gravity for the specimen. If the wrestler passes the specific gravity test he may continue for the body composition assessment. If the wrestler fails the specific gravity test he cannot be assessed for 48 hours and must meet the hydration requirement before the skinfold assessment takes place.

B. 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.
2. Body Fat (BF)= essential and non-essential fat storage that is predicted to be in the body. To some, this is an over simplification. 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 the possibility for error. Population specificity, maturation, and sub-component validity have all been cited 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. This will require that those of us assessing body composition through various field techniques must continue to update our knowledge and remain current relative to adjustments in assessment procedures.

C. 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. Bioelectric Impedance analysis (BIA). A fairly modern technique, still in the developmental stage. It utilizes electrode attachment to the extremities and a small (safe) electrical current to determine the conductivity of lean tissue verses fat tissue. It is programmed to calculate lean

body mass and percent body fat. The instrument costs about \$3000 to \$6000, is subject to hydration level of each subject.

2. Skeletal Anthropometric Widths(SAW). This method was developed by Tipton et.al. 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.
3. Near Infra-Red technology (NIR): This is a method that was developed to determine the legal fat content of packaged meats for human consumption. It utilizes the theory of the passage of light waves through lean muscle tissue verses fat tissue. The cost of the units ranges 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.
4. 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 verses 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.
5. Hydrostatic Weighing (HSW). This is an ancient method (Archimedes' principle) adapted to the body composition assessment problem in recent times. It involves the submersion of an individual to determine the subject's under water 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 know 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. Currently this method is not available in Hawaii at this time.
6. 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 number of sites to determine the thickness of the skin. Skinfold thicknesses are used in a regression equation equations have been derived for specific populations. The cost of accurate calipers range from \$175 to \$ 250.
7. BOD POD: - an air-displacement plethysmograph for measuring human body composition, utilizes the inverse relationship between pressure and volume (Boyle's law) to measure body volumne directly. The BOD POD utilizes computerized sensors to determine the amount of air displaced by the person's body within a confined area (the BOD POD). The whole-body measurement principle is the same as underwater weighing and the overall body density can be used to determine the percentage of fat and lean tissue. Developed in conjunction with the US National Institutes of Health, the test can be completed in less than 5 minutes.

D. METHOD COMPARISON

The Program calls for the assessment of all the wrestlers in the State of Hawaii within a two week period prior to the beginning of the season. Given the methods reviewed above to accomplish this task the appropriate choice is skinfold assessment. There has been more work done to establish population specific methods, procedures, and calculations with the skinfold method than with any other method. The cost of the methods is a factor to consider in the selection of a program. Standardization of procedures is a major factor in the control of validity and reliability. This can be best accomplished to insure accurate reproducible and fair results in an economically controlled environment through the skinfold assessment procedures.

As hydrostatic weighing is currently unavailable in Hawaii, the BOD POD is a reliable and valid alternative to hydrostatic weighing which is recommended to be used for the appeal process. (The BOD POD is no longer an accepted measurement device as there is limited access. June, 2005)

APPENDIX B

SKINFOLD ASSESSMENT TERMINOLOGY

The use of skinfold assessment in the process of determination of body composition requires some standardization of terminology used in this field. The following is an attempt to accomplish this standardization:

1. Total Body Weight (TBW)=weight of the body on a certified, calibrated scale.
2. Body Density(BD)=the mass of the body per unit of volume. (The fat free component is assumed to have a density of 1.100 gm/cm³. The mass of fat is considered to be about .90 gm/cm³.)
3. Percent Body Fat(%BF)=the proportion of total body weight that is fat weight and expressed as a percentage. $\%BF = (TBW-LBM) / (TBW) \times 100$
4. Lean Body Mass(LBM)=the weight of the lean tissue of the body such as muscle, bone, and blood. The weight of the body without the fat weight. $LBM = TBW-FW$
5. Fat Weigh(FW)=the weight of the fat tissue of the body. Includes both essential and stored fat tissue. $FW = TBW \times \%BF$
6. Lowest Allowable Weight (LAW)=the lowest weight at which a wrestler may compete, determined to be 7 % body fat for males and 12% (12% 2005) for females in the Hawaii Wrestling Monitoring Program
7. Ideal Body Weight=a body weight selected for a specific individual or group based on both empirical and scientific evidence that provides an optimum level of performance.

8. Minimum Weight = a body weight selected for a specific individual or group based on a specific percent body fat. A minimal, but not necessarily ideal or optimum, body weight.
9. Regression equations=equations which express the relationship (based on correlation) between the criterion measure (GOLD STANDARD) and the prediction measure. In skinfold assessment these are determined for specific combinations of sites, and specific populations.
10. Population Specificity=the attempt to make prediction calculation (equations) on representative subjects from specific groups of individuals, the results of which are intended to be applied to a similar, larger population. In skinfold assessment for body composition the important specific factors are sex, age, national origin, maturation and hydration.
11. Biological Variability =variation which will contribute to error due to such factors as hydration and deposition sites.
12. Technical Variability =variability which will contribute to error due to such factors as lack of standardization of procedures among assessors.
13. Reliability = reproducibility, the consistency and dependability of a measure, >.9 with experienced assessors. Increases with fewer sites and monitored practice.
14. Validity = degree to which an assessor obtains an accurate measure. How well the group being assessed matches the group from which the regression equation was obtained. Dependent upon: age, activity level, population specific, body composition status.

APPENDIX C

SKIN FOLD SITE SELECTION AND IDENTIFICATION

The sites and regression equation selected for the Program are those described by Lohman specifically for use with young wrestlers. The techniques for site identification are adopted from "Anthropometric Standardization Reference Manual", Lohman, Roche, and Martorell, Human Kinetics Books, Box 5076, Champaign, IL 61820, (800-DIAL-HKP).

1. subject should be in standing anatomical position with the skin for potential skinfold sites exposed.
2. all measurements are taken on the dominant side of the body
3. identify the sites for Males = TRICEPS, SUB SCAPULAR, ABDOMEN
4. identify the sites for Females = TRICEPS, ABDOMEN, SUPRAILIAC, THIGH

ABDOMINAL=measured vertically, the site is located 3 centimeters lateral to the midpoint of the umbilicus and 1 cm inferior to the umbilicus. The subject must stand erect with weight on both feet, relax the abdominal wall musculature and breathe normally during the assessment procedure.

SUBSCAPULAR=measured on a diagonal axis, (left shoulder to right hip) one centimeter below the inferior angle of the scapula. The site is angled infero-laterally about 45 degrees in the natural cleavage line of the skin. It may be necessary to have the subject place their arm behind the back to make the anatomical features more prominent. The arm is returned to the relaxed anatomical position for the measurement procedure.

SUPRAILIAC=a diagonal fold above the crest of the ilium at the spot where an imaginary line would come down from the mid-axillary line. The person being measured should stand erect with feet together. The arms should hang by the sides, but can be moved slightly to improve access to the site. A diagonal fold should be grasped just to the rear of the midaxillary line, following the natural cleavage lines of the skin. The skinfold caliper jaws should be applied about one-half inch from the fingers.

THIGH=a vertical fold on the front of the thigh, midway between the hip (inguinal crease) and the nearest border of the patella or knee cap. The person being tested should first flex his hip to make it easier to locate the inguinal crease. Be sure to pick a spot on the hip crease that is exactly above the midpoint of the front of the thigh. The closest border of the knee cap should be located while the knee is extended. When measuring the thigh skinfold, the body weight should be shifted to the other foot, while the leg on the side of the measurement is relaxed with the knee slightly flexed and the foot flat on the floor.

TRICEPS=measured vertically in the midline of the posterior aspect of the upper arm, over the triceps muscle, midway between the lateral acromion process of the scapula and the inferior margin of the olecranon process of the ulna. Elbow is flexed to identify the landmarks but extended and relaxed to elevate the skinfold.

STANDARDIZED ASSESSMENT PROCEDURE

In an attempt to insure valid and reliable assessment of skinfold widths the following general measurement techniques should be employed. These techniques are general in that they are applied to all skinfold site assessments. The subjects skin should be dry. Measurements should not be taken immediately after a workout or when the subject is overheated. This may be an ever present problem because some of the wrestlers may be attempting to take part in rapid weight reduction through exercise just prior to the assessment-this should not be allowed. In addition the process requires that each wrestler pass a urine specific gravity test to determine adequate hydration level for the skinfold assessment procedure.

There is no substitute for practice and experience as an assessor. Quality in-service participation, in-depth knowledge about the all aspects of the body composition assessment, careful site identification, and practice will assist in the accuracy and value of this Program.

1. palpate the site to familiarize both you and the subject with the area to be measured
2. elevate the double fold of skin and the subcutaneous fat with the thumb and index finger of the left hand 1 cm above or adjacent to the measurement site
3. become familiar with the width of the thumb and index finger as well as the perpendicular approach to site assessment prior to the elevation of each specific skinfold site.
4. the fold should be lifted in such a manner as to have two parallel sides.
5. the long axis should be parallel to the natural cleavage lines of the skin.
6. measure with caliper in right hand with scale in a position to avoid error due to parallax.
7. measure midway between the body surface and the bulbous crest of the skinfold.
8. caliper jaws are placed to measure the thickness of the skinfold perpendicular to its long axis.
9. caliper pad measurement surface should be in contact with the skinfold for 2 to 4 seconds.
10. record to the nearest .5 mm and obtain (through rotation of sites) three measures with no more than a .5 mm difference.

APPENDIX D

BODY COMPOSITION FORMULAS

MALES

LOHMAN EQUATION-CALCULATION OF BODY DENSITY

$$BD = [1.0973 - (\sum SF \times .000815)] + [(\sum SF)^2 \times .00000084]$$

sum of SF = Triceps SF + Subscapular SF + Abdominal SF

BROZEK EQUATION-CALCULATION OF % BODY FAT FROM BODY DENSITY

$$\% BF = (4.57/BD) - (4.142)$$

CALCULATION OF MINIMUM WEIGHT AT 7% BODY FAT

$$LAW = ([1 - \% BF] \times TBW) / .93$$

FEMALES

JACKSON-POLLOCK EQUATION FOR CALCULATION OF BODY DENSITY

$$D = 1.0961 - 0.000695 (\sum 4 SF) + 0.0000011(\sum 4 SK)^2 - 0.0000714 (\text{age, years})$$

sum of SF = Triceps, Abdomen, Suprailiac, Thigh

BROZEK EQUATION-CALCULATION OF % BODY FAT FROM BODY DENSITY

$$\% BF = (4.57/BD) - (4.142)$$

CALCULATION OF MINIMUM WEIGHT AT 12% (12% 2005) BODY FAT

$$LAW = ([1 - \% BF] \times TBW) / .86 (.88, 2005)$$

APPENDIX E

TESTING GUIDELINES FOR WRESTLERS

It is important that wrestlers having their body composition tested follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition testing on any given day. In order to control as many of those factors as possible each wrestler to be tested should be provided with the following information.

1. Do not eat 4-5 hours before the test.
2. Avoid strenuous exercise for 10-12 hours before the test.
3. Avoid caffeinated beverages for 10-12 hours before the test.
4. Avoid any beverages or medications that may contain alcohol for 24 hours before the test.
5. Avoid the use of any diuretic drugs (fluid pills).
6. Consume water, juices, and non-caffeinated beverages as normal the 24 hours prior to the test.
7. **DO NOT COME TO THE TEST DEHYDRATED.**
8. Wear a t-shirt and shorts to the test.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE TESTING IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

WEIGHTS MUST BE ACCURATELY OBTAINED IMMEDIATELY PRIOR TO THE TESTS BEING PERFORMED

APPENDIX F

Equipment requirements for Wrestling body fat testing (Estimated)

The equipment requirements for body fat testing must be determined on the estimated number of athletes participating in wrestling in each league. The following is an estimate only and is probably on the conservative side. Exact data from each league secretary will provide a more complete picture, but for preliminary planning purposes, we can use the following numbers

Estimated distribution of athletes

Big Island Interscholastic Federation (BIF)	200
Maui Interscholastic League (MIL)	200
Oahu Interscholastic Association (OIA)	700
Interscholastic League of Honolulu (ILH)	250

The HHSAA will need to provide the appropriate forms for collection of data. This will not only mean development of the forms, but printing and distribution to all sites.

A majority of the equipment required to conduct the testing can be provided by the league or schools at minimal or no cost. The Site Manager will be responsible for arranging with the host school for a majority of the equipment needed to conduct the test, but will need cooperation from other schools in order to have all of the required equipment. Quantity will depend on the number of athletes scheduled for the testing protocol.

Scales (Digital preferred)
Clip Boards
Pens
Paper Towels
Paper cups
Tables
Chairs

Computers - Lap top preferred
Printer
Internet connection

Equipment to be Purchased for testing (Estimate)

	Cost @
Skin Fold Calipers	\$ 217.95
Refractometer	\$ 350.00
Production of Nutrition Video 5 copies	\$ 1000
Form Production & Duplication	\$ 400

APPENDIX G

Optimal Performance Calculator Instructions for Coaches in Hawaii

How to log into the program

1. Go to the NWCA home page at www.nwcaonline.com
2. On NWCA home page, go to top menu bar under ***Weight Certification*** click on the ***Optimal Performance Calculator***.
3. You will now be directed to the Optimal Performance Calculator Program (www.nwcaonline.com/nwcaonline/default.aspx).
4. Once at the OPC home page click on the ***login*** tab on the menu bar.
5. On the login page, the coach will enter his/her NWCA user ID and password. (The password is the coach's assigned login id for the initial login; the coach will be prompted to change his/her password to a permanent password)
6. You will now be logged into the program at the scholastic homepage of the Optimal Performance Calculator Program (www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx)

How to enter the test assessment data: (please know that you will not be able to save the assessments online)

The calculations on your test assessment form will mirror the calculations on your official state assessment form

1. Once the coach is at the scholastic homepage of the OPC, the coach will put his cursor over the ***Coaches*** tab. A drop down menu will appear and the Assessor/Coach will select ***Test Assessment***.
2. After clicking ***Test Assessment*** a blank assessment form will appear. If you are entering test assessment data for a female please click on the "add female wrestler link". This will take you to a special test assessment form for females.
3. Begin entering the data onto your initial assessment screen. Be sure to use the "TAB BUTTON" on your keyboard to navigate through the form. Failure to do so will result in the inability for the calculator to function correctly.
4. **Please note:** If you are using Bio-Impedance, Underwater weighing or Bod Pod to assess body fat, do not enter information into the skin fold area. You will manually enter the Body Fat percentage into the field provided at Step 3.
5. When you have successfully calculate the Minimum Wrestling Weight on the Initial Assessment form, please scroll to the bottom of the page and click on Print Test. You will be able to print the assessment form, but will not be able to save it.
6. **Make sure your margins are set to: .5 on top and bottom and .25 for the right and left side.**
7. To repeat the process for an additional wrestler, please use the same form and enter new test assessment data.

How to view and print the alpha master roster

1. On the scholastic OPC homepage menu bar, click on the ***Alpha Master Report*** under the ***Coaches 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 compete at that weight class)
3. Click on the print button at the bottom of the page to print the form. Please check with your state rules to see if this form should be brought to all matches and weigh-ins.

How to view wrestler's assessments

1. On the scholastic OPC homepage menu bar, click on ***wrestlers on file*** under the coaches tab on the menu bar.
2. After logging in, a list of wrestlers who have completed assessment will appear (this page is titled "wrestlers on file").
3. On the "wrestlers on file" page, click on the ***select link*** under the assessment column for the wrestler you would like to view the assessment data form

4. After clicking on the select button for the desired wrestler, that individual wrestler's initial assessment will populate the page.
5. To print the assessment form, scroll to the bottom and click on the print button.
6. To view another wrestler's assessment, you can scroll to the bottom of the current wrestler's assessment form and click on ***Retrieve Wrestler***. This will bring up the "wrestlers on file" page. You can click on the ***Back*** button on your computer tool bar to take you back to the "wrestlers on file" page.

How to view individual weight loss plan

1. On the Scholastic OPC homepage, click on ***Individual Weight Loss Plan*** on the drop down menu underneath the ***Coaches heading*** on the main tool bar.
2. You will now be on a page that lists all of the wrestlers on file.
3. Select the wrestler from the list for the weight loss plan you want to view
4. The wrestler's weight loss plan will now populate. The end date is the date selected by your state office.
5. Print from the file option from the tool bar.
6. Please note: You may also view a wrestler's weight loss plan from the "wrestler's on file" page.

How to retrieve login and password information for student-athletes so they can view their individual assessment data as well as access the integrated nutrition program (please note, the wrestlers can design their own customized diet that honors their weight loss/gain plan by using these codes).

1. In the Scholastic OPC homepage, click on ***Wrestlers on File*** on the drop down menu underneath the ***Coaches*** heading on the main tool bar.
2. You will now be on the 'wrestlers on file' page.
3. The program will automatically assign each wrestler a unique ***Login ID*** and ***Password for each wrestler***.
4. At the top of the page, click on the "export wrestlers name and password to excel." This will export the page to an excel document which you can download and print to your computer.
5. The coach should give each individual wrestler their unique ***Login ID*** and ***Password***. The wrestler and his/her parents have access to their individual assessment data and the nutrition program.

Once the coach/assessor is finished working on the Optimal Performance Calculator Program, he/she should make sure to logoff on the menu bar on the Scholastic OPC homepage.

Please remember to log off once you are finished on the OPC.

Contact to us

For more information, please visit the NWCA Optimal Performance Website at www.nwcaonline.com. For problems or questions please contact the NWCA office at 717-653-8009 or email at ptocci@nwca.cc.

APPENDIX H

Instructions for OPC for High School Students

How the student-athlete accesses the Optimal Performance Calculator Program

1. Go to the NWCA home page at www.nwcaonline.com
2. On NWCA home page, go to top menu bar under ***Weight Management*** click on the ***Optimal Performance Calculator***.
3. You will now be directed to the Optimal Performance Calculator Program (www.nwcaonline.com/nwcaonline/default.aspx).
4. Once at the OPC home page click on the ***login*** tab on the menu bar.
5. On the login page, the student will enter his/her NWCA user ID and password. (The student login information should be provided by the coach, assessor or teacher)
6. You will now be logged into the program at the Student homepage of the Optimal Performance Calculator Program

How the student-athlete views the nutrition program

1. Once the student is at the scholastic homepage of the OPC, the student will put his/her cursor over the **Student** tab. A drop down menu will appear and the student will select **Nutrition Program**
2. The “Nutrition Program” will appear and student will begin to enter a profile.
3. Student will be asked to select if they want a low fat or moderate fat diet plan. The student should click on the link titled “click for description” to understand the difference between low fat and moderate fat.
4. The student will then be asked if they want a weight loss, weight gain or weight maintenance plan. The student should click on the link titled “click for description” to understand the difference between the three selections.
5. The student will enter his/her age
6. The student will enter his/her email
7. The student will then select their activity level. A description of each activity level is on the page.
8. After completing step 3, the student should click on the continue button at the bottom of the page
9. The student will then be taken to a page that will show the daily caloric diet and the food exchanges for the nutrition plan.
10. After viewing the information, the student should click on the continue button
11. In step 7, the student will enter the name of the meal plan they are creating in the form field. After naming their plan, the student will click on the button “click to add new meal plan”
12. The student will now go to step 8, and click on the “select to edit” icon next to the name of the meal plan they would like to create
13. The student will now begin to enter food choices
14. Click on the category for each food exchange you plan to eat.
15. In the form boxes, enter the number of selections you would like for each food exchange. After making a selection, click on the save selections button for each exchange. You must save your selections before going to another category.
16. Continue this process in all food exchanges until all food exchanges are fulfilled
17. After all selections are completed, click on return to meal plan link at the top of the page.
18. Go to the meal plan you have just completed and click on the view/print icon next to the meal plan name

APPENDIX I

Hawaii High School Athletic Association



• P.O. BOX 62029 • HONOLULU, HAWAII 96816 •
PHONE: (808) 587-4495 • FAX: (808) 587-4496
• www.sportsHIgh.com •

HHSAA WRESTLING WEIGHT MONITORING PROGRAM

Parent and Student-Athlete Consent Form to Allow Specific Gravity Testing

About the test:

In order to determine a safe/healthy weight at which a wrestler can wrestle, the wrestler’s specific gravity (hydration level) must be tested. To determine a wrestler’s specific gravity, a urine sample from the wrestler must be tested. Only the wrestler’s specific gravity will be measured from the urine sample and, upon the test’s completion, the wrestler’s urine sample will be promptly disposed. A certified tester (usually the wrestler’s high school athletic trainer) will perform this specific gravity test, which takes less than five minutes to complete.

PARENT/GUARDIAN CONSENT

I hereby give my consent for _____ (child’s name) to participate in the Hawaii High School Athletic Association’s (HHSAA) Wrestling Weight Monitoring Program (“Program”), including undergoing a urinalysis test to measure his/her specific gravity. I understand that the measurements will only be used to determine his/her safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agent, and assigns for anything arising out of the HHSAA’s Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

Parent/Guardian Signature

Date

STUDENT-ATHLETE CONSENT

I, _____ (student-athlete’s name), agree to participate in the Hawaii High School Athletic Association (HHSAA) Wrestling Weight Monitoring Program (“Program”), including undergoing a urinalysis test to measure my specific gravity. I understand that the measurements will only be used to determine my safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agents, and assigns for anything arising out of the HHSAA’s Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

Student-Athlete Signature

Date

APPENDIX J

Hawaii High School Athletic Association



• P.O. BOX 62029 • HONOLULU, HAWAII 96839 •
PHONE: (808) 587-4495 • FAX: (808) 587-4496
• www.sportsHigh.com •

HHSAA WRESTLING WEIGHT MONITORING PROGRAM
PHYSICIAN'S STATEMENT

Name of Wrestler: _____ Gender: Male Female

High School: _____ Measurement Date: _____

Actual Weight: _____ lbs. Body Fat Percentage: _____ %

Dear Physician:

In order to prevent high school wrestlers from being in a state of dehydration and/or starvation at the time they are officially weighed prior to the start of their competitive season, each wrestler is given a specific gravity test and a body fat assessment. The Hawaii High School Athletic Association's Wrestling Weight Monitoring Program recommends the minimum body fat percentage at 7% for a healthy high school male and 12% for a healthy high school female. A state of dehydration and/or starvation may occur when a wrestler's weight drops below these recommendations. The above-named high school wrestler was measured at a body fat percentage below the allowable 7% (males)/12% (females).

TO BE COMPLETED BY THE PHYSICIAN

In my judgment, the above named wrestler is neither dehydrated nor in a state of starvation at this time. Rather, his/her body fat is naturally at the above-listed percentage. Therefore, it is my judgment that the above-named wrestler may compete safely at the above listed weight for the entire wrestling season.

Accordingly, I hereby accept full responsibility and assume any and all liability for any injury sustained by the above-named wrestler as a result of my signing this Physician's Statement, and agree to indemnify, release, discharge, and otherwise hold harmless the HHSAA, its member leagues, its member schools, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agents, and assigns from any and all claims or actions arising from my signing this Physician's Statement.

Physician's Signature

Date

Physician's Name (please print)

Phone Number

APPENDIX K
PHYSICIAN RELEASE FOR ATHLETE TO PARTICIPATE WITH SKIN LESION(S)

Student's Name: _____

Release of Medical Information (To be filled out by Parent/Guardian)

The above named student and parent(s)/guardian(s) hereby consent to the release of medical information by Dr(s) _____ to _____ high school to obtain information regarding
(Physician's Name) (Name of School)

the medical history, records of the below injury or surgery, serious illness and rehabilitation results of the student from his/her physician(s). We understand that the purpose of this request for medical information is to assist the school in the management or rehabilitation of the student's injury/illness. This information is confidential and except as provided in this release will not be otherwise released by the parties in charge of the information. This release remains valid until revoked by the adult student or parent/guardian in writing.

Signature of Parent/Guardian or Adult Student: _____ Date: _____

(Below to be filled out by physician)

Diagnosis: _____ Date of Exam: _____

Location of Lesion(s): _____

(Mark Location of Lesion(s) on diagram below)

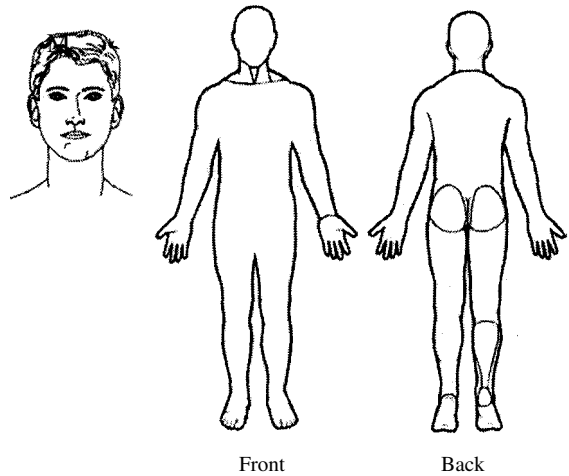
Medication(s) used to treat lesion(s):

Date Treatment Started: _____

This Form Expires on: _____
(Date)

Earliest date may return to participation: _____

Physician's Name: _____
(M.D. or D.O.)



Office Address: _____ Office Phone: _____

Physician's Signature: _____ Date: _____

Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 423 and 424 which states:

"ART. 3 ... If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. "

"ART. 4.. If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition. "

APPENDIX L

Hawaii Weight Management Program WEIGHT LOSS PLAN

This form designates the wrestler's eligible weight classes for each week and the first date for participation at the assigned minimum wrestling weight class. There is no evidence, scientific or otherwise, that the minimal wrestling weight is the optimal weight for wrestling performance.

Wrestler, School: DEmo-Two fifty-two - Hawaii Test School

Alpha Body Weight (initial assessment): BW= 153.8

Maximum Weight loss per week 2.307

Date		PROJECTED	Eligible Weight Class	Actual/Projected
<u>11/26/2007</u>	Initial Assessment	-		
<u>11/26/2007</u>	Week 1	<u>153.80</u>	160, 171	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>12/3/2007</u>	Week 2	<u>151.49</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>12/10/2007</u>	Week 3	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>12/17/2007</u>	Week 4	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>12/24/2007</u>	Week 5	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>12/31/2007</u>	Week 6	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>1/7/2008</u>	Week 7	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>1/21/2008</u>	Week 9	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>1/28/2008</u>	Week 10	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>2/4/2008</u>	Week 11	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>2/11/2008</u>	Week 12	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>2/18/2008</u>	Week 13	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____
<u>2/25/2008</u>	Week 14	<u>149.43</u>	152, 160	Date: _____ Weight: _____ Date: _____ Weight: _____

APPENDIX M

Hawaii State Interscholastic Athletic Association

MINIMUM WEIGHT CERTIFICATION - team form

Hawaii Test School

2007/2008 Season

Please type and REVIEW - INCOMPLETE FORMS WILL BE RETURNED. The following athletes will compete on our wrestling team:

Team / Name	% Body Fat	Alpha Date	Min Wt Class	12/7/2007	Actual Wt.	12/14/2007	Actual Wt.	12/21/2007	Actual Wt.	12/28/2007	Actual Wt.	1/4/2008	Actual Wt.	1/11/2008	Actual Wt.	1/18/2008	Actual Wt.	1/25/2008	Actual Wt.	2/1/2008	Actual Wt.	2/8/2008	Actual Wt.	2/15/2008	Actual Wt.	2/22/2008	Actual Wt.	3/1/2008	Actual Wt.		
Matt Onoobree (Hawaii Test School)	13.88581	11/1/2007	103	102.78	0	105.62		105.62		104.02	0	102.78	0	102.78	0	102.78		102.78		102.78		102.78		102.78		102.78		102.78		102.78	
Boo Onetaweia (Hawaii Test School)	12	11/1/2007	112	111.66	0	111.66		111.66		111.66	0	111.66	0	111.66	0	111.66		111.66		111.66		111.66		111.66		111.66		111.66		111.66	
Pat Oneniheten (Hawaii Test School)	18.07746	11/12/2007	119	126.73		124.72		122.89		120.86	0	118.63	0	118.04	0	118.04		118.04		118.04		118.04		118.04		118.04		118.04		118.04	
Jason Onetawentyfive (Hawaii Test School)	8	11/2/2007	125	124.80		124.80		124.80		124.80	0	124.80	0	124.80	0	124.80		124.80		124.80		124.80		124.80		124.80		124.80		124.80	
Nico Onethirty (Hawaii Test School)	12.98105	11/1/2007	130	129.12		129.12		129.12		129.12	0	129.12	0	129.12	0	129.12		129.12		129.12		129.12		129.12		129.12		129.12		129.12	
Jay Onethirtyfive (Hawaii Test School)	11.46826	11/1/2007	135	131.37		131.37		131.37		131.37	0	131.37	0	131.37	0	131.37		131.37		131.37		131.37		131.37		131.37		131.37		131.37	
Larry Onethirty (Hawaii Test School)	11.16499	11/1/2007	140	137.55		137.55		137.55		137.55	0	137.55	0	137.55	0	137.55		137.55		137.55		137.55		137.55		137.55		137.55		137.55	
Marco Onethirtyfive (Hawaii Test School)	13.28288	11/1/2007	145	142.66		142.66		142.66		142.66	0	142.66	0	142.66	0	142.66		142.66		142.66		142.66		142.66		142.66		142.66		142.66	
Angelo Onethirtytwo (Hawaii Test School)	16.88816	11/1/2007	152	152.40		149.95		147.50		147.46	0	147.46	0	147.46	0	147.46		147.46		147.46		147.46		147.46		147.46		147.46		147.46	
Vincenzo Onethirty (Hawaii Test School)	14.48774	11/1/2007	160	157.68		157.23		157.23		157.23	0	157.23	0	157.23	0	157.23		157.23		157.23		157.23		157.23		157.23		157.23		157.23	
Stefano Onetwentytwo (Hawaii Test School)	12.07409	11/1/2007	171	171.12		171.12		171.12		171.12	0	171.12	0	171.12	0	171.12		171.12		171.12		171.12		171.12		171.12		171.12		171.12	
Jay Onethirtythree (Hawaii Test School)	11.46826	11/1/2007	189	186.58		186.58		186.58		186.58	0	186.58	0	186.58	0	186.58		186.58		186.58		186.58		186.58		186.58		186.58		186.58	
Casey Tawoffson (Hawaii Test School)	16.67195	11/1/2007	215	212.36		208.93		205.50		202.07	0	201.13	0	201.13	0	201.13		201.13		201.13		201.13		201.13		201.13		201.13		201.13	
Jeff Tawoffson (Hawaii Test School)	20.44862	11/1/2007	285	239.84		235.92		232.00		228.08	0	224.16	0	222.40	0	222.40		222.40		222.40		222.40		222.40		222.40		222.40		222.40	
Amy Female (Hawaii Test School)	20.79196	11/1/2007	103	104.36		102.68		101.71		101.71	102	101.71	0	101.71	0	101.71		101.71		101.71		101.71		101.71		101.71		101.71		101.71	
Tammy Subfemal (Hawaii Test School)	11.072	11/1/2007	112	111.00		111.00		111.00		111.00	0	111.00	0	111.00	0	111.00		111.00		111.00		111.00		111.00		111.00		111.00		111.00	
Michael Moyer (Hawaii Test School)	12.67897	11/1/2007	140	138.96		138.96		138.96		138.96	0	138.96	0	138.96	0	138.96		138.96		138.96		138.96		138.96		138.96		138.96		138.96	
Joe Hawaii (Hawaii Test School)	12.37665	3/31/2007	189	174.68		174.68		174.68		174.68	0	174.68	0	174.68	0	174.68		174.68		174.68		174.68		174.68		174.68		174.68		174.68	
Rocky Surfa (Hawaii Test School)	15.36873	11/26/2007	119	125.00		123.19		121.30		119.41		117.52	0	116.50		116.50		116.50		116.50		116.50		116.50		116.50		116.50		116.50	
Nathan Demo (Hawaii Test School)	9.34056	11/26/2007	135	134.90		134.72		134.72		134.72	0	134.72	0	134.72	0	134.72		134.72		134.72		134.72		134.72		134.72		134.72		134.72	
Roger rabbit (Hawaii Test School)	12.37665	12/3/2007	135	141.96		139.79		137.62		135.45		134.92	0	134.92	0	134.92		134.92		134.92		134.92		134.92		134.92		134.92		134.92	
Aika Sample (Hawaii Test School)	13.28288	11/26/2007	130	132.41		130.30		128.35		126.44		126.44	0	126.44	0	126.44		126.44		126.44		126.44		126.44		126.44		126.44		126.44	
Hawaii one-twenty-five (Hawaii Test School)	14.48774	11/28/2007	119	125.03	123	125.37		123.47		121.58	119.6	119.69	0	117.80		117.69		117.69		117.69		117.69		117.69		117.69		117.69		117.69	
Demo-one-thirty-four (Hawaii Test School)	11.6198	11/26/2007	130	131.01	125	129.99		127.53		127.53		127.53		127.53		127.53		127.53		127.53		127.53		127.53		127.53		127.53		127.53	
DEMO-Two fifty-two (Hawaii Test School)	9.6452	11/26/2007	152	150.17	146	149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43		149.43	
demo-three two 15 (Hawaii Test School)	30.5879	11/26/2007	215	248.95	205	245.10		241.25		237.40		233.55		229.70		225.85		222.00		218.15		214.30		210.45		206.60		202.75		198.90	
demo-4 forty (Hawaii Test School)	15.08666	11/26/2007	130	136.70	127	134.80		132.90		130.40		128.30		127.82		127.82		127.82		127.82		127.82		127.82		127.82		127.82		127.82	
Mareo Tocci (Hawaii Test School)	14.5	11/1/2007	103	104.16		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70		103.70	
Female 4 (Hawaii Test School)	8	11/30/2007	98	95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00		95.00	

APPEDIX N

2007-08 Weigh In Report

10/10/2007

School: Hawaii Test school

Opponent:

Weigh In Date: 12/01/2007

Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official WeighIn Date	Last Official Weighin
112	Amy Female	112, 119	105.80	_____		0.00
112	Matt Oneothree	112, 119	103.80	_____		0.00
112	Bob Onetwelve	112, 119	111.66	_____		0.00
112	Tammy Subfemal	112, 119	111.00	_____		0.00
112	Marco Tocci	112, 119	105.60	_____		0.00
125	Jason Onetwentyfive	125, 130	124.80	_____		0.00
130	Pat Onenineteen	130, 135	128.49	_____		0.00
130	Nico Onethirty	130, 135	129.12	_____		0.00
130	Hawaii one-twenty-five	130, 135	126.65	_____		0.00
130	Rocky Surfa	130, 135	126.70	_____		0.00
135	Jay Onethirtyfive	135, 140	131.37	_____		0.00
135	Alika Sample	135, 140	134.15	_____		0.00
135	Demo-one thirty-four	135, 140	132.75	_____		0.00
140	Nathan Demo	140, 145	136.70	_____		0.00
140	demo-4 forty	140, 145	138.50	_____		0.00
140	Michael Moyer	140, 145	138.96	_____		0.00
140	Larry Oneforty	140, 145	137.55	_____		0.00
145	Marco Onefortyfive	145, 152	143.10	_____		0.00
145	Roger rabbit	145, 152	143.82	_____		0.00
160	DEmo-Two fifty-two	160, 171	152.15	_____		0.00
160	Angelo Oneffitytwo	160, 171	154.50	_____		0.00
160	Vincenzo Onesixty	160, 171	159.90	_____		0.00
189	Joe Hawaii	189, 215	174.68	_____		0.00
189	Jay Oneeightynine	189, 215	186.58	_____		0.00
189	Stefano Oneseventyone	189, 215	171.12	_____		0.00
285	demo-three two-15	HWT	252.25	_____		0.00
285	Jeff Twosightyfive	HWT	242.20	_____		0.00

Coach Name (Printed): _____ Coach Signature: _____ Head Official (Printed): _____	Oposing Coach or Tournament Director Name (Printed): _____ Oposing Coach or Tournament Director Signature: _____ Head Official Signature: _____
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OIA Wrestling Schedule 2007-08

Nov. 5, 2007 (Mon.): Weight Monitoring Training @ Moanalua High School Student Center 7pm

Nov. 13, 2007 (Tue.): Advisory Meeting @ Moanalua High School Room R 201 7pm

Nov. 19, 2007 (Mon.): Try-out date

Dec. 28, 2007 (Fri.): Eligibility List due

Weight Monitoring Testing Dates: (M) Nov 26 East & West (M) Dec 3 East & West (M) Dec 17 East & West

Revised 3-7-07 v.1

Revised 3-22-07 v.2

Revised 6-12-07 v.3

Revised 6-16-07 v.4

Revised 9-10-07 v.5

Revised 10-10-07 v.6

*schedule subject to change

	<u>EAST SITES</u>			<u>WEST SITES</u>		
Jan. 4 Fri	KAHUKU	KALANI	ROOSEVELT	CAMPBELL	AIEA	WAIPAHU
Weigh-in: 4:00 pm	Castle-Farrington	Kaimuki-Kalaheo	Kailua-Moanalua	Campbell-Kapolei	Aiea-Pearl City	Mililani-Waianae
Start: 5:30 pm	Castle-Kahuku	Kaimuki-Kalani	Kailua-Roosevelt	Campbell-Nanakuli	Aiea-Waialua	Mililani-Waipahu
	Kahuku-Mckinley	Kaiser-Kalani	Moanalua-Roosevelt	Kapolei-Nanakuli	Leilehua-Waialua	Radford-Waipahu
	Farrington-Mckinley	Kaiser-Kalaheo			Leilehua-Pearl City	Radford-Waianae
Jan. 5 Sat	CROSS OVER MATCH'S					
Weigh-in: 8:00 am	@ KAHUKU:	Kahuku-Campbell	Kaimuki-Waialua	Kahuku-Waialua	Kaimuki-Campbell	
Start: 10:00 am		Radford-Kalaheo	Leilehua-Moanalua	Leilehua-Kalaheo	Radford-Moanalua	
	@ AIEA:	Roosevelt-Aiea	Castle-Nanakuli	Roosevelt-Nanakuli	Castle-Aiea	
		Pearl City-Kaiser	Mililani-Kailua	Pearl City-Kailua	Mililani-Kaiser	
	@ WAIPAHU:	Farrington-Kapolei	Mckinley-Waipahu	Kapolei-Kalani	Farrington-Waianae	Mckinley-Kapolei
		Kalani-Waianae	Waipahu-Farrington	Waianae-Mckinley	Kalani-Waipahu	
Jan. 11 Fri	MCKINLEY	MOANALUA	KALANI	WAIALUA	LEILEHUA	WAIANAE
Weigh-in: 4:00 pm	Castle-Kaiser	Farrington-Kaimuki	Kalaheo-Kalani	Pearl City-Radford	Aiea-Nanakuli	Campbell-Mililani
Start: 5:30 pm	Castle-Roosevelt	Farrington-Moanalua	Kalaheo-Kailua	Pearl City-Waialua	Aiea-Waipahu	Campbell-Waianae
	Mckinley-Roosevelt	Kahuku-Moanalua	Kalani-Kailua	Radford-Waialua	Leilehua-Waipahu	Kapolei-Waianae
	Mckinley-Kaiser	Kahuku-Kaimuki			Leilehua-Nanakuli	Kapolei-Mililani
Jan. 12 Sat	Mini Tournament	LAST DAY TO CERTIFY				
Weigh-in: 8:00 am	@ WEST SITE:	<u>Leilehua</u> , Roosevelt, Moanalua, Farrington, Castle, Kaimuki, Kailua, Aiea, Waianae, Waipahu, Waialua				
Start: 10:00 am	@ ILH SITE:	Pearl City, Campbell, Kapolei, Mililani, Radford, Nanakuli, Kahuku, Kaiser, Kalani, Mckinley, Kalaheo				
	@ EAST SITE:	All Girls @ Mckinley				
Jan. 18 Fri	KAHUKU	CASTLE	KAISER	KAPOLEI	RADFORD	WAIPAHU
Weigh-in: 4:00 pm	Farrington-Kalaheo	Castle-Kalani	Kaimuki-Kaiser	Aiea-Campbell	Mililani-Pearl City	Waialua-Waianae
Start: 5:30 pm	Farrington-Roosevelt	Castle-Moanalua	Kaimuki-Kailua	Aiea-Kapolei	Mililani-Radford	Waialua-Waipahu
	Kahuku-Roosevelt	Mckinley-Moanalua	Kaiser-Kailua	Kapolei-Leilehua	Nanakuli-Radford	Waianae-Waipahu
	Kahuku-Kalaheo	Mckinley-Kalani		Campbell-Leilehua	Nanakuli-Peral City	
Jan. 19 Sat.	Mini Tournament					
Weigh-in: 8:00 am	@ EAST SITE:	<u>Kaiser</u> , Kahuku, Roosevelt, Castle, Kaimuki, Waianae, Waialua, Campbell, Radford, Kapolei, Aiea				
Start: 10:00 am	@ WEST SITE:	<u>Waipahu</u> , Pearl City, Mililani, Nanakuli, Leilehua, Kailua, Moanalua, Kalani, Farrington, Mckinley, Kalaheo				
	@ EAST SITE:	All Girls @ Kahuku				
Jan. 25 Fri.	FARRINGTON	MOANALUA	CASTLE	MILILANI	PEARL CITY	RADFORD
Weigh-in: 4:00 pm	Farrington-Kalani	Kaiser-Moanalua	Castle-Mckinley	Aiea-Leilehua	Nanakuli-Waianae	Campbell-Radford
Start: 5:30 pm	Farrington-Kailua	Kalaheo-Moanalua	Castle-Kaimuki	Aiea-Mililani	Pearl City-Waianae	Campbell-Waialua
	Kahuku-Kailua	Kalaheo-Roosevelt	Mckinley-Kaimuki	Leilehua-Mililani	Pearl City-Waipahu	Kapolei-Waialua
	Kahuku-Kalani	Kaiser-Roosevelt			Nanakuli-Waipahu	Kapolei-Radford
Jan. 26 Sat (SAT)	FARRINGTON	MOANALUA	CASTLE	MILILANI	PEARL CITY	RADFORD
Weigh-in: 12:30 pr	Farrington-Kahuku	Kaimuki-Moanalua	Castle-Kalaheo	Mililani-Nanakuli	Campbell-Pearl City	Aiea-Radford
Start: 2:00 pm	Farrington-Kaiser	Kaimuki-Roosevelt	Castle-Kailua	Mililani-Waialua	Campbell-Waipahu	Aiea-Waianae
	Kaiser-Kahuku	Kalani-Roosevelt	Mckinley-Kailua	Nanakuli-Waialua	Kapolei-Waipahu	Leilehua-Waianae
		Kalani-Moanalua	Mckinley-Kalaheo		Kapolei-Pearl City	Leilehua-Radford

Feb. 1 Fri	Dual Meet Championships	(Varsity Boys, Varsity Girls, JV Boys)				
Weigh-in: 4:00 pm	@ MOANALUA:	E1 - W2, W1 - E2				
Start: 5:30 pm		Winner E1 - W2 - Winner W1 - E2				
Feb. 2 Sat	Mini Tournament					
Weigh-in: 8:00 am	@ PEARL CITY:	All Boys				
Start: 10:00 am	@ MOANALUA:	All Girls				
Feb. 6 Wed	OIA Divisional Championships	Seeding Meeting 7:00 pm @ Moanalua Room R-201				
Feb. 8 Friday	@ RADFORD:	Fri., Weigh-ins: 3:30 pm			Start 5:00 pm	
Feb. 9 Sat (ACT)	@ RADFORD:	Sat., Weigh-in 12:00 pm			Start: 2:00 pm	
	@ FARRINGTON:	Sat., Weigh-in 12:00 pm			Start: 2:00 pm	
Feb 14 Thurs	OIA Junior Varsity Championship @ FARRINGTON	Seeding Meeting 7:00 pm @ Farrington				
Feb 15 - 16 Fri - Sat		Fri., Weigh-ins: 3:30 pm			Start 5:00 pm	
		Sat., Weigh-ins: 10:00 am			Start: 12:00 noon	
Feb. 21 Thurs	OIA Varsity Championship @ LEILEHUA	Seeding Meeting 7:00 pm @ Leilehua				
Feb. 22 - 23 Fri - Sat		Fri., Weigh-in: 12:00 noon			Start 2:00 pm	
		Sat., Weigh-ins: 9:00 am			Start: 11:00 am	
Feb 29, Mar. 1 Fri - Sat		HHSAA tournament @ NBC				
Mar. 3 Mon	Evaluation Meeting 6:30pm @ Moanalua Room R-201					

Oahu Interscholastic Association
2007-2008 WRESTLING WEIGHT MONITORING PROGRAM

1. Test Dates and Times

Test #1 Western Division: Monday, November 26, 2007 at Kapolei High
2:30 pm – Kapolei, Campbell
3:00 pm – Radford, Waipahu, Pearl City
4:00 pm – Aiea, Mililani, Waialua
4:30 pm – Leilehua, Nanakuli, Waianae

Eastern Division: Monday, November 26, 2007 at Castle High
2:30 pm – Moanalua, Kailua, Kalaheo
3:00 pm – Castle, Farrington, Roosevelt, Kaimuki
4:00 pm – Kahuku, Kaiser, Kalani, McKinley
Buses must enter from the back parking lot at Namoku Street.

Test #2 All Schools: Monday, December 3, 2007 at Moanalua High
3:00 pm – Moanalua, Radford, Aiea, Farrington, McKinley
3:30 pm – Castle, Kalaheo, Pearl City, Roosevelt, Kaimuki
4:00 pm – Campbell, Kailua, Kaiser, Kalani, Kapolei, Waipahu
5:00 pm – Mililani, Leilehua, Waialua, Nanakuli, Waianae, Kahuku

Test #3 All Schools: Monday, December 17, 2007 at Mililani High
3:00 pm – All Schools. Tests will be administered on a first come, first served basis. **LAST CHECK-IN WILL BE TAKEN AT 4:30 PM.**

If schools are late to tests due to transportation problems, please contact Alex Lo (West) at 368-4657, or Reid Takano (East) at 392-6901, immediately. When arriving, coaches should check in at the registration table and await further instructions. School's arriving earlier than their scheduled times will wait until it's their turn. School's arriving late will be scheduled in at a later time.

2. Pre-Test Lists

Pre-Test lists are due to Brandy Burke the **TUESDAY at 1:00 pm prior to each test** via email or fax except for the first test. . No exceptions will be made. Lists should contain the Wrestlers Legal Name, Gender, Age, and Grade. Lists are sent via email, are asked to be entered into an Excel Workbook and the school's name entered as the file name. Any questions, please contact Brandy.

Due Dates: Test #1 – Nov. 20, Test #2 – Nov. 27, Test #3 – Dec. 11.

3. Test Rules, Policies, and Procedures

Coaches are responsible for the supervision and actions of their wrestlers. Only test proctors, site administration, and athletes taking the test will be allowed in the testing area. NO coaches are allowed. Violators will be reported to school administration for appropriate actions to be taken. If at anytime you have any questions, please ask the person at the registration table. Do not assume anything. Please make sure all forms are signed and wrestlers watch the Weight Monitoring program video as required by the HHSAA and OIA prior to arrival. Copies were distributed to all schools. Please see your ADs. Extra copies are available for purchase, cost is \$10.00.

4. Test Results

Test results will be made available to coaches at the conclusion of the data entry of their entire squad. Coaches may send a designee to pick up results. Results can be picked up at the registration table. Otherwise, results will be given to each school's athletic trainer. Coaches wishing to receive their results via email or fax are asked to make arrangements with Brandy prior to the test.

5. Discrepancies with Results

If discrepancies are found with test results, verbal and written notice will be given immediately to the school's coach, athletic director, and athletic trainer. Notification will be given by the OIA Wrestling Coordinator or designee.

6. Contact

If you have any questions regarding any of the above information, please contact:

BRANDY BURKE
Email: brandysbox@gmail.com

Phone: (808) 306-8681
Fax: (808) 293-9139

fill in info here
fill in info here

MAT NUMBER

WEIGHT CLASS LBS

BOUT #

ROUND

RESULT : DEC FALL MD TF DEF DQ FFT
(Circle One)

(Circle Wrestlers Band Color)	PERIOD #1 (Min)	PERIOD #2 (2 Min)	PERIOD #3 (2 Min)	TOTAL
RED GREEN				
RED GREEN				

(Circle Winner & X Out Loser)

(Circle Wrestlers Band Color)	OVERTIME					BLEEDING / INJURY TIME	
	#1	#2	#3	TIEBREAKER	TOTAL	#1	#2
RED GREEN							
RED GREEN							

WINNING WRESTLER _____

BOUT END TIME _____

COACH _____

REFEREE _____

fill in info here
fill in info here

MAT NUMBER

WEIGHT CLASS LBS

BOUT #

ROUND

RESULT : DEC FALL MD TF DEF DQ FFT
(Circle One)

(Circle Wrestlers Band Color)	PERIOD #1 (Min)	PERIOD #2 (2 Min)	PERIOD #3 (2 Min)	TOTAL
RED GREEN				
RED GREEN				

(Circle Winner & X Out Loser)

(Circle Wrestlers Band Color)	OVERTIME					BLEEDING / INJURY TIME	
	#1	#2	#3	TIEBREAKER	TOTAL	#1	#2
RED GREEN							
RED GREEN							

WINNING WRESTLER _____

BOUT END TIME _____

COACH _____

REFEREE _____

APPEDIX N

2007-08 Weigh In Report

10/10/2007

School: Hawaii Test school

Opponent:

Weigh In Date: 12/01/2007

Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official WeighIn Date	Last Official Weighin
112	Amy Female	112, 119	105.80	_____		0.00
112	Matt Oneothree	112, 119	103.80	_____		0.00
112	Bob Onetwelve	112, 119	111.66	_____		0.00
112	Tammy Subfemal	112, 119	111.00	_____		0.00
112	Marco Tocci	112, 119	105.60	_____		0.00
125	Jason Onetwentyfive	125, 130	124.80	_____		0.00
130	Pat Onenineteen	130, 135	128.49	_____		0.00
130	Nico Onethirty	130, 135	129.12	_____		0.00
130	Hawaii one-twenty-five	130, 135	126.65	_____		0.00
130	Rocky Surfa	130, 135	126.70	_____		0.00
135	Jay Onethirtyfive	135, 140	131.37	_____		0.00
135	Alika Sample	135, 140	134.15	_____		0.00
135	Demo-one thirty-four	135, 140	132.75	_____		0.00
140	Nathan Demo	140, 145	136.70	_____		0.00
140	demo-4 forty	140, 145	138.50	_____		0.00
140	Michael Moyer	140, 145	138.96	_____		0.00
140	Larry Oneforty	140, 145	137.55	_____		0.00
145	Marco Onefortyfive	145, 152	143.10	_____		0.00
145	Roger rabbit	145, 152	143.82	_____		0.00
160	DEmo-Two fifty-two	160, 171	152.15	_____		0.00
160	Angelo Oneffitytwo	160, 171	154.50	_____		0.00
160	Vincenzo Onesixty	160, 171	159.90	_____		0.00
189	Joe Hawaii	189, 215	174.68	_____		0.00
189	Jay Oneeightynine	189, 215	186.58	_____		0.00
189	Stefano Oneseventyone	189, 215	171.12	_____		0.00
285	demo-three two-15	HWT	252.25	_____		0.00
285	Jeff Twosightyfive	HWT	242.20	_____		0.00

Coach Name (Printed): _____ Coach Signature: _____ Head Official (Printed): _____	Oposing Coach or Tournament Director Name (Printed): _____ Oposing Coach or Tournament Director Signature: _____ Head Official Signature: _____
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SCH	OIA DIVISIONAL #### WRESTLING CHAMPIONSHIPS		Overall League Record		League Weight Class Record	
	SCHOOL - Varsity Girls		Won	Lost	Won	Lost
Wt. Class	Rank	Contestant	Won	Lost	Won	Lost
98	1					
98	Alt					
103	1					
103	Alt					
108	1					
108	Alt					
114	1					
114	Alt					
120	1					
120	Alt					
125	1					
125	Alt					
130	1					
130	Alt					
140	1					
140	Alt					
155	1					
155	Alt					
175	1					
175	Alt					
220	1					
220	Alt					



OAHUNTERSCHOLASTIC ASSOCIATION

SELB

•HHI•

PIHIA

To: Joel Kawachi, OIA Wrestling Coordinator

From: _____
Name of Coach and School

Date: _____
Date Notification is Being Sent – 3 days prior to Event

Subject: Notification of Athletes Taking Tests

Mr. Kawachi,

Please be informed that the student athletes listed below will be taking

the _____ test on _____.
Test Type (SAT or ACT) Date of the Test

This notice is given to allow for late weigh-in at _____ in
Site of the Meet/Tournament

the event that they are late due to testing. Thank you!

Wrestler's Name	Weight Class	Division
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Oahu Interscholastic Association
Wrestler's Bio Form for State Seeding
 Coaches, please complete the form and return it to the OIA Coordinator

Wrestler's Name: _____

Weight Class: _____

Grade Level: _____

School: _____

Please list each this wrestler's accomplishments in the spaces provided below.

Grade	Weight Class	OIA Place Finish	HHSAA Place Finish	Officials Place Finish	Other Pre Season Place Finish	Key Wins and Method
9 th						
10 th						
11 th						
12 th						
Indicate accomplishments for 9 th and 10 th grade <u>ONLY</u> if wrestler competed at the Varsity Level.						



Oahu Interscholastic Association
Wrestler's Bio Form for State Seeding
 Coaches, please complete the form and return it to the OIA Coordinator

Wrestler's Name: _____

Weight Class: _____

Grade Level: _____

School: _____

Please list each this wrestler's accomplishments in the spaces provided below.

Grade	Weight Class	OIA Place Finish	HHSAA Place Finish	Officials Place Finish	Other Pre Season Place Finish	Key Wins and Method
9 th						
10 th						
11 th						
12 th						
Indicate accomplishments for 9 th and 10 th grade <u>ONLY</u> if wrestler competed at the Varsity Level.						

2020 HONOLULU CLASSIC ASSOCIATION COACHES ROSTER

OFFICIALS ONLY

School	Name	Home Phone	Work Phone	Cell Phone	Email Address
Aiea	Craig Emura	486-793		39-953	
Aiea	Rick Williams	623-829		70-92	rickandkathyw@sn.com
Campbell	Harlan Arakawa	456-3537	6891200	277-8724	Harlan_Arakawa@tes.k12.hi.us
Campbell	Mark Buelow	672-0588		49-5315	mbuelow@hoo.com
Castle	Daniel Johnson	247-5885		39-5289	db@acifichealthinc.co m
Farrington	Roy Machado		848-19	265-2147	chadomachado@waii.rr.co m
Farrington	Sam Silva	536-593	29-0027	29-0027	ssilva0027wac@hoo.com
Farrington	Darren Reyes	456-893	230-978	230-978	klorhi3@hoo.com
Kahuku	Reggie Torres	29-872	29-890	384-5228	regdahayn@hoo.com
Kailua	Charles Kaulukukui	3496383	3496383	3496383	ckaulukukui@hoo.com
Kaimuki	Mike Archibald	265-291	95-935	265-291	marcarchibald@waii.ed u
Kaiser	Mike Kim	381-5843	381-5843	381-5843	mikim34@tmail.co m
Kalaheo	Alex Sutherland	262-8354	261-89	258-8289	kalahoe_wrestlingteam@hoo.co m
Kalani	Bently Pai			216-942	bpai@eadfast-hawaii.org
Kapolei	Sean Salter	623-5177	62-8200	255-409	Sean_Salter@tes.k12.hi.us
Leilehua	Ryan Cabinian			520-5745	
McKinley	Chris Johnson		59-903	478-931	hpxc@i.comchrishnson@acificxray.com
Mililani	John Robinson	60-8732	69-4321	381-3048	robinsonj01@waii.rr.com
Mililani	Sam Lee	836-1616	627-7747		SamLee@tes.k12.hi.us
Moanalua	Eddy Gudoy		837-8461	4290841	EddyGudoy@tes.k12.hi.us
Nanakuli	Michael Brown	306-0522		306-0522	MichaelBrown@tes.k12.hi.us
Nanakuli	Bryan Sanders			688-302	bdshawaii@tmail.co m
Pearl City	Cedric Ygi	271-4434	271-4434	271-4434	yogic001@waii.rr.com
Radford	Nick Liulamaga		421-4200	232-782	NickLiulamaga@tes.k12.hi.us
Roosevelt	Derrick Aspera	783-4708	783-4708	783-4708	dkaspera@hoo.com
Waialua	Travis Hawkins	201-446-2106	637-8200	201-446-2104	TravisHawkins@tes.k12.hi.us
Waianae	Bremy Johns	265-3156		265-3156	johns118@tmail.com
Waipahu	Kristopher Kern	456-4630	92-7176	220-7201	kern452@tmail.com
Waipahu	Westley Moniz	671-7169	842-5309	4796039	wmoniz@riorlines.com
OIA Coordinator	Del Kawachi		837-8066	29-4769	delKawachi@tes.k12.hi.us
Officials	Stan Ono			753-308	stano8008@hoo.com
Officials	Bryan Akeo			630-1073	bakeo@sh.health.state.hi.us

PENALTY CHART

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds Technical Violations Stalling Unnecessary Roughness Unsportsmanlike Conduct by Contestants During a Match Not Reporting to Scorer's Table Properly Equipped	7-1	No	} 1 Pt.	1 Pt.	2 Pts.	Disqualify
	7-3	No				
	7-6	Yes				
	7-4-1	No				
	7-4-2	No				
	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
	6-6-6					
	7-5-4					
	8-1-5					
	7-4-2	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-5-3					
	8-1-4					
Flagrant Misconduct - Contestants	7-4-3	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned.			
	8-1-6					

	Rule	Warning	First Penalty
Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-7 8-1-1		Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.

Summary of Technical Violations

Going out of Wrestling Area (Fleeing) (7-3-1)

Grasping Clothing, Etc. (7-3-2)

Interlocking Hands (7-3-3)

Leaving Wrestling Area Without

Permission (7-3-4)

Figure 4 Head From Neutral (7-3-5)

Reporting to the Scorer's Table Not

Properly Equipped or Not Ready to

Wrestle (7-3-6)

Note 1 — Disqualification due to technical violation, illegal hold, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

Note 2 — Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.

Revised 2007



OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1 Starting the Match	2 Stopping the Match	3 Time Out	4 Start Injury Clock	5 Start Blood Clock
6 Stop Blood/Injury Clock	7 Neutral Position	8 Indicates No Control	9 Out-of-Bounds	10 Indicates Wrestler in Control Left/Right Hand
11 Defer Choice	12 Potentially Dangerous Left/Right Hand	13 Stalemate	14 Caution - False Start or Incorrect Starting Procedure	15 Stalling Left/Right Hand
16 Interlocking Hands or Grasping Clothing	17 Reversal	18 Technical Violation	19 Illegal Hold or Unnecessary Roughness	20 Near-Fall
21 Awarding Points Left/Right Hand	22 Unsportsmanlike Conduct Left/Right Hand	23 Flagrant Misconduct Left/Right Hand	24 Coach Misconduct Left/Right Hand	

Revised 2005



WRESTLING

SCORERS AND TIMERS INSTRUCTIONS

THE OFFICIAL SCORER shall be seated at the scorer's table and is responsible for: (a) recording points scored by each contestant when signaled by the referee; (b) circling the first point(s) scored in the regulation match; (c) recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime; (d) constantly checking with the visiting team's scorer; (e) immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match; (f) recording the completion time of matches; and (g) presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

THE ASSISTANT SCORERS are responsible for recording points

earned by each individual wrestler during the course of the match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

THE MATCH TIMEKEEPER is responsible for: (a) keeping the overall time of the match; (b) recording the accumulated time-outs for injury and blood time; (c) monitoring recovery time; (d) notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error; (e) assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and (f) when a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

SCORING ABBREVIATIONS

- | | | |
|--|--|--|
| <p>T₂ - Takedown
 R₂ - Reversal
 E₁ - Escape
 N₂ - Near fall
 N₃ - Near fall (5 seconds)
 N₄ - Near fall (as a result of injury or bleeding)
 Sw - Stalling Warning
 S - Stalling
 TV - Technical Violation
 P - Illegal Hold or
 - Unnecessary Roughness
 RO - Ride-out
 C - Caution
 C₁ - Points Earned
 - After 2nd Caution</p> | <p>CMw - Coach Misconduct Warning
 CM - Coach Misconduct
 W - Warning
 FS - False Start
 UCM - Unsportsmanlike Conduct
 - Match Point
 UCT - Unsportsmanlike Conduct
 - Team Point
 FMC - Flagrant Misconduct
 F - 1:38 Fall
 TF - 4:25 Technical Fall
 For - Forfeit
 Def - Default
 DQ - Disqualified
 Dec - Decision</p> | <p>MD - Major Decision
 ▲ - Selects Up
 ▼ - Selects Down
 = - Selects Neutral
 OT - Overtime
 SV - Sudden Victory
 TB - Tiebreaker
 UTB - Ultimate Tiebreaker
 IT - Injury Time
 IT - (=▲ ▼) choice
 after 2nd injury
 Time-out
 BT - Bleeding Time</p> |
|--|--|--|

Scorekeepers shall circle the first point(s) scored in the regulation match.

Revised 2007