

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 I) 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 I) 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.