



2019-2020

**WRESTLING
WEIGHT MANAGEMENT
PROGRAM**

HANDBOOK

Georgia High School Association
P.O. Box 271
151 South Bethel Street
Thomaston, Georgia 30286
706-647-7473



GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

This booklet contains the protocols to be used to assess all wrestlers in your program. Participation in the weight management program is mandatory and results are binding. All wrestling coaches, athletic administrators and/or principals should take time to review the adopted regulations and supporting forms. Failure of schools to comply with the guidelines of this program may result in sanctions and/or fines.

Note: The Georgia High School Association does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the lowest weight at which the athlete will be allowed to compete.

Georgia wrestlers will follow a weight control program which is based on the National Federation of State High School Associations (NFHS) **Rule 1-5**. This program includes:

- a) Establishment of a minimum weight class through hydration testing & body fat assessment
- b) A monitored weekly weight loss plan

Table of Contents

3	Optimal Performance Calculator (OPC) / Trackwrestling Membership
4	Optimal Performance Calculator/Weight Management Membership Application
5	Points of Emphasis
5	Weight Management Procedures for Coaches
6	Weight Assessment Expectations
6	Weight Assessment Testing Procedures
7	Initial Testing Period
7	Late Testing Period
7	Medical Clearance
8	Weight Appeal Process
8	Weight Loss Per Week
8	Weight Recalculation
8	Consecutive Days of Competition
9	Growth Allowance
9	Coaches Requirements
9	Posting Information to the OPC
9	Pre-Match Weigh-In Protocol
9	Match Protocol
11	Form 1 (Individual Profile Form)
12	Form 2 (Skinfold Assessment Form)
13	Form 3 (Sample Weigh In Report)
14	Form 4 (Physician Clearance)
16	Form 5 (Weight Class Appeal-any wrestler)
18	Hydration Tip Sheet

National Wrestling Coaches Association (NWCA) and Trackwrestling

The GHSA is in partnership with the National Wrestling Coaches Association (NWCA) and Trackwrestling and will utilize the Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. Schools will be assigned access codes by the NWCA/Trackwrestling in order to complete the reports and to view all athlete & school information.

All GHSA schools with wrestling programs MUST register for the OPC by utilizing the Optimal Performance Calculator/Weight Management Membership Application (included in this handbook or on the wrestling page of the GHSA website).

Optimal Performance Calculator/Trackwrestling Membership Information

- Your school must sign up for the Optimal Performance Calculator (OPC) and the Weight Management Membership each year. The membership application may be found on page 4.
- The cost for OPC access is \$30.00 for the school year plus **\$10 per school for a girls' team** (there is an option to purchase the statistics program for an additional fee).
- If paying by credit card, please copy and paste the online Scholastic Registration Link (this method provides immediate access): <https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp> into your browser and follow the steps provided.
- If paying by check, make checks payable to the National Wrestling Coaches Association (NWCA) and mail the check and the form to the address on the application. **Do not send payment to the GHSA!** Access info for the OPC will be mailed to you.
- If registering as an individual, be sure you indicate the GHSA school where you coach. Your school and /or personal membership will be credited to the school in compliance with the rules.
- **If you have questions, you may call the NWCA at 717-653-8009.**

Optimal Performance Calculator/Weight Management Membership Application

If you wish to receive access codes immediately, please use the following online Registration Link and use a credit card: <https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>

If paying by check, money order or purchase order, please complete the following:

Circle one: AL FL GA NC ND NH NP (National Prep) PA SC

School Name: _____

Athletic Director Name: _____

School Address: _____

City: _____ State: _____ Zip: _____

School Phone: _____

AD Email: _____

Head Coach Name: _____

Email Address to be used to Receive OPC Access Codes:

Please note: Access codes will not be provided to a coach over the phone.

Please circle the item(s) below that you will be purchasing...

- **OPC Access:** \$30 per school (includes a free NWCA Membership)
\$10 per school for a girls' team
- **Optional: Trackwrestling Statistics Program:** \$50 per school

Payment Method: Check: Check # _____
Purchase Order: PO # _____
Other _____

Mail to: NWCA 330 Hostetter Road, PO Box 254, Manheim, PA 17545

Payment Questions Email: Amy DiCato adicato@nwca.cc

NWCA Phone Number: 717-653-8009

POINTS OF EMPHASIS

- 1. There have been changes made to forms; please use current year forms only.**
- 2. Initial Assessment period: October 12 through December 14.**
- 3. Weight descent plan ending date: February 1, 2020.**
- 4. Weight Management Online Seminar: October 18 through November 8.**

WEIGHT MANAGEMENT PROCEDURES FOR COACHES

- 1. GHSA online seminars** (Weight Management AND Rules Clinic): October 18 through November 8.
- 2. All wrestling coaches** must successfully complete the online Weight Management Training seminar. Each school accepts the responsibility of using the OPC correctly and the school is subject to penalties and/or fines if the school does not follow the established guidelines.
- 3. GHSA schools with wrestling programs MUST register for the OPC by utilizing the Optimal Performance Calculator/Weight Management Membership Application** (included in this handbook or on the wrestling page of the GHSA website).
- 4. Instructions for proper use of the NWCA/Trackwrestling OPC** are available on the GHSA wrestling home page or in the Optimal Performance Calculator Coach Instructions.
- 5. Coaches must go to Trackwrestling and import their team roster from the previous year and add the names of newcomers before having athletes tested.**
- 6. Schools and all assessment sites must have all scales used for weigh-ins certified annually. The GA Dept. of Agriculture; Fuels & Measures; 404-656-3605 will certify scales free.** The dates will be scheduled by the GA Department of Agriculture, so as many as possible may get their scale certified at the same time, minimizing the amount of travel by Dept. of Agriculture personnel.
- 7. All GHSA wrestlers who will wrestle varsity or sub varsity will be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. NO WRESTLER MAY COMPETE** until they have successfully participated in an initial assessment and their name and data are included in the OPC. All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.
- 8. Schools will be assigned to “Regional Assessment Sites” where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GHSA office. Violation of this or any other component of the Weight Management Program may result in penalties and/or fines for the school and/or the assessment site.**
- 9. Schools must schedule their assessment date(s) and time(s) through the assessment coordinator. Schedules are determined and controlled by the assessment site and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time. The GHSA office will be notified of any variance from this procedure.**
- 10. *Any athlete appearing for assessment without a coach/school representative or without being properly scheduled will be turned away.***
- 11. A minimum of two (2) adults /coaches are to accompany a team. These persons are present to supervise the athletes and to assist the assessment site personnel with management tasks, if requested to do so.**
- 12. School personnel shall not be involved in any actual testing activities.**
- 13. The Initial Testing Fee is \$10 per athlete and must be paid to the assessment site at the time of testing.**
- 14. The Late Testing Fee is \$20 per athlete and must be paid to the assessment site at the time of testing.**
- 15. Initial assessment data will be entered by assessment site personnel. Schools will receive a calculation of the predicted 7% for males / 12% for females body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan for each athlete. The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is REQUIRED for all high school wrestlers.**

WEIGHT ASSESSMENT EXPECTATIONS

1. Proper conduct and deportment of athletes is expected at all times. Assessors have the authority given by the GHSA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the testing process.
2. Athletes attempting to violate or circumvent the assessment process (in any manner) will be denied testing that day. All data collected on this particular athlete will be voided. The athlete may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees. **Once an athlete completes their assessment, no-retests are allowed.**
3. Testing sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from schools and school staff. Violations could result in penalties and/or fines.

WEIGHT ASSESSMENT TESTING PROCEDURES

1. **Assessors will not enter assessment data until the coach has imported the previous year's roster. Coaches must go to Trackwrestling and import their team roster from the previous year and add the names of newcomers before having athletes tested.**
2. Prior to arrival at the testing site, complete (please print clearly) the top section of the Individual Profile Form (**Form 1**) **and a sign in sheet.**
3. Athletes **must** be dressed in shorts and a t-shirt to participate in the assessment.
 - a. **Sweat clothes or school clothes are not appropriate but any assessment in these clothes will be final.**
 - b. It is improper for athletes to disrobe further than t-shirts and shorts.

STEP 1: HYDRATION

- It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date (see **Attachment 1** for hydration tips).
- A urine specific gravity test will be conducted using a digital fiber optic refractometer. This is a pass/fail assessment and the sample must register a reading of less than or equal to 1.025 g/ml.
- If the athlete presents the assessor with a sample that is cool to the touch, the temperature will be measured. Urine samples must be between 91-99 degrees Fahrenheit to be considered valid. (Most pre-employment tests require the urine to be 96-99 degrees).
- **Those athletes failing the hydration test will not be allowed further evaluations that day and must wait at least 48 hours before they can be re-tested.** If an athlete fails the hydration test, the \$10 fee is owed and an additional \$10 will be charged for each and every re-test.
- **NO DATA WILL BE ENTERED INTO THE WEIGHT MANAGEMENT DATABASE UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.**

STEP 2: MEASUREMENT OF HEIGHT

- Done in bare feet and **rounded down** to the nearest ½ inch.

STEP 3: BODY COMPOSITION

- This assessment must be conducted by the test site. The GHSA will not accept any body fat evaluation presented by other personnel. Body fat assessments will be conducted using bioelectric impedance (BIA) measurements using the "STANDARD" mode on the Tanita TBF-300WA body composition analyzer, or by skinfold measurement.
- In an attempt to insure reliability of the bio-electric impedance assessment:
 - It is recommended that athletes follow the guidelines in **Attachment 1**.
 - Females should not be tested during their menstrual cycle. Testing should be delayed for at least 3 days afterward.

Notes:

1. If the Tanita scale gives an "Error" message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage.

- a. Only Lange calipers shall be used to measure skin fold thickness (Lohman sites: abdominal, triceps and subscapular)
 - b. Form 2 will be completed by the assessor and data will be sent to the GHSA for entry into the OPC.
2. Upon successful completion of all tests, the assessor will enter results into the NWCA/Trackwrestling OPC which will calculate the wrestler's minimum allowable weight and establish a daily weight descent plan including the allowed weight class for competitions. Per NFHS **Rule 1-5-2**, wrestlers may lose a maximum of 1.5% of body weight per week.
3. After the initial entry of wrestlers, the coach may generate an "Alpha Master Roster" and the "Weight Loss Plan" for each wrestler on the team. These items will be used throughout the season for verification of compliance with Weight Management Program guidelines.

INITIAL TESTING PERIOD

1. Assessments may begin on Saturday, October 12, 2019. Sites may test on any date they wish through December 14th. Sites performing Saturday-only assessments should offer at least four (4) of the ten Saturday's during the assessment period. Assessment sites are generally willing/able to accommodate special needs. Check with your assigned assessor (well in advance) for options.
2. The initial assessment period will end on Saturday, December 14, 2019.
3. Coaches may have ineligible athletes assessed but these athletes are not allowed to practice. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.
4. GHSA schools may begin wrestling practice on Monday, October 21, 2019. The earliest competition date is Friday, November 8, 2019. Coaches must make every effort to get the bulk of team assessments completed by the first day of competition.
5. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school "Alpha Master Roster" generated by the OPC.

LATE TESTING PERIOD

1. After the start of the second semester, sites may "re-open" for a short period of time – January 2 to January 11, 2020. Saturday, January 11, 2020 is the deadline to establish a certified minimum wrestling weight.
2. All wrestlers joining the team late must have their minimum wrestling weight established before being allowed to compete.
3. Assessment sites may allow schools to test during the late period at the assessment site facility or the assessor may go to the school. This is at the discretion of the assessment site, not the school.
4. Some sites close after the initial testing period. If this happens, schools must contact the GHSA for assignment to a different testing site. The new assessor will have confirmation from the GHSA, not the school, when a change has been made.
5. All assessments administered in the late period are subject to the following changes:
 - A late testing period fee of \$20 per athlete will be assessed.
 - If the assessor travels to the school, round trip mileage will be paid at a rate of \$0.53 per mile plus arrangements for the payment of an additional fee of up to \$100 (convenience fee) must be agreed upon in advance.

MEDICAL CLEARANCE – (please use current year's form only)

1. All athletes assessed **at or below 7% (male) or 12% (female)** must obtain medical clearance before they can compete.
2. The physician clearance (**from an MD or DO**) is only valid for one season; it expires on March 1st of each year and allows the athlete to compete at a weight no lower than the weight class determined at the time of the assessment.
3. There is no GHSA fee for medical clearance.
4. **Form 4** must be signed by Physician/Physician Assistant or Registered Nurse Practitioner and a parent; **Form 4** does not have to be notarized.
5. Completed forms may be sent to the GHSA via email, fax or standard mail.

WEIGHT APPEAL PROCESS (Any athlete) – (please use current year’s form only)

1. The school may appeal the assessment of any athlete if approved by a licensed physician (MD or DO).
2. The maximum appeal is for one (1) weight class lower than determined by the initial assessment.
3. The **Physician Appeal (Form 5)** must be signed by a Physician and at least one parent. **The signature of the parent must be notarized.**
4. **The original Form 5** (no copies accepted) and a \$50.00 appeal fee must be mailed to the GHSA. The appeal fee must be paid with a **money order, school check or booster club check (no personal checks or cash accepted)** made payable to the Georgia High School Association.
5. If a wrestler competes before an appeal is made or during the time an appeal is pending, the appeal is voided and the athlete must accept the results of the initial assessment.
6. Only one appeal per wrestler per season is allowed.

WEIGHT LOSS PER WEEK

1. Starting on the date of the initial assessment, a season-long weight loss plan with a maximum 1.5% loss per week will be established.
2. This weight loss plan will determine the weight class for which a wrestler is eligible on a given date.
3. If a wrestler weighs in below his projected weight, the weight loss plan will not recalculate and will not allow the wrestler to descend to his minimum weight class any sooner than pre-determined by the initial assessment. Losing weight faster than projected is not an advantage.
4. **Wrestlers’ weight descent plans will end on Saturday February 1, 2020.**

Note: A wrestler who participates/competes at a weight class below the eligible weight class defined by the weight loss plan or before the proper amount of time has passed to achieve the weight class will be disqualified and all bouts will be forfeited. The school is also subject to fines and/or penalties.

WEIGHT RECALCULATION

If a wrestler weighs in above their Projected Weight for a competition, the OPC will use that actual weight and **RECALCULATE** the individual Weight Loss plan.

Example: Wrestler A has an established minimum weight class of 113 pounds according to his assessment and he is descending down toward this weight. Wrestler A’s projected weight for November 3rd is 118.0 but he weighs in at 119.0 and wrestles in the 120 pound class that day. The coach will record his actual weigh-in weight for November 3rd as 119.0 on the Weigh-in form. This is above the Projected Weight on the Individual Weight Loss Plan so wrestler A’s **Individual Weight Loss Plan will recalculate** on November 3rd starting from 119.0 (his actual weigh-in weight) to allow him more time to descend to his Minimum Weight Class within the 1.5% guideline.

CONSECUTIVE DAYS OF COMPETITION

The OPC will automatically adjust so that the consecutive day allowance is taken off the wrestlers’ actual weight at weigh-in. The system will not change the original descent plan unless the wrestler weighs in greater than the weight allowance given.

Examples: Wrestler A has a weight loss plan for December 1 which reads 157.5 (eligible for 160) and he is given a one pound consecutive day allowance.

1. Wrestler A weighs in at 158.5; the system will start his descent plan from 157.5 the following day
2. Wrestler A weighs in at 159.2; the system will re-calculate from 158.2 the following day
3. Wrestler A weighs in at 158.0; the system will only take off 0.5 lb. and he will start at 157.5 the following day (you cannot speed up the original weight descent plan)

Schools which compete on the day prior to a post-season tournament **shall not** receive a consecutive day weight allowance at the post-season tournament.

GROWTH ALLOWANCE

1. The growth allowance **may not be used to achieve a lower certified minimum wrestling weight** for an athlete.
2. The Georgia High School Association Weight Management Program grants a two (2) pound growth allowance on **December 25th**. An additional one (1) pound growth allowance will be granted on **January 31, 2020**.
3. All other weight management/certification policies remain in effect and are detailed in the “GHSA Constitution and By-Laws” at www.ghsa.net

COACHES’ REQUIREMENTS

POSTING INFORMATION TO THE OPC

1. Instructions for using the Optimal Performance Calculator (OPC) may be found by clicking on the “?” in the blue toolbar of the Trackwrestling website. If you cannot find the topic you are searching for under “FAQ’s”, submit a ticket under the “Contact Us” tab or call Trackwrestling at the number listed. Refer to the Instructions for proper use of the NWCA/Trackwrestling OPC which are available on the GHSA wrestling home page or in the Optimal Performance Calculator Coach Instructions.
2. School and wrestler information required to be posted on Trackwrestling:
 - a. Team roster: coaches may add or delete wrestlers as needed.
 - b. Team competition schedule: **Schools have until December 31, 2019 to enter their competition schedule; no entries can be made after this date without the written approval of the GHSA.** Each weigh-in form is tied to an event on the team schedule.
 - c. All weigh-ins (if a wrestler steps on the scale, the actual weight must be recorded on the form by the official and entered into the OPC by the coach).

Note: The “Alpha Master Report” provides specific information for each wrestler: the alpha date weight, % body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class (if on descent plan). The “Weigh-In Report” provides information day by day for the minimum weight and the weight class allowed.

PRE-MATCH WEIGH-IN PROTOCOL

1. Once the team schedule has been completed, a “Weigh-In Report” form (**Form 3**) may be created by following the instructions in the appendix or under the FAQ section on Trackwrestling.
2. The “Weigh-in Report” cannot be printed more than 3 days prior to the event. This report shows the eligible weight classes of each wrestler (if they are on target for that date) and it also contains an area where the wrestlers’ actual weight is to be written.
3. **The OPC will not allow an individual’s name to be added to a Weigh-In Form, nor can you print the form until all his/her previous weigh-ins are entered and committed.**

MATCH PROTOCOL

1. Coaches are required to provide copies of the “Weigh-In Report” (**Form 3**) to the head official or the authorized person responsible for conducting weigh-ins. This form shall list all wrestlers who are scheduled to compete. After weigh-ins and skin checks are completed, the host coach will make copies of the signed **Weigh-in Report and provide one to each head coach in attendance.** The head official will keep the originals.
2. **If an athlete steps on the scale, his/her actual weight must be posted on the Trackwrestling site.**
3. Only the initial weigh-in for multi-day events has to be entered into the database.
4. Weigh-in forms are to be entered in consecutive date order and must be posted within 48 hours of an event or before the next scheduled competition (whichever comes first).

5. Schools will be locked out and may not be able to place athletes on future rosters until previous weigh-ins are entered and committed.

Example: A school has competitions scheduled for December 3rd and December 5th. The “Pre-Match Weigh-in” form must be created, printed and taken to the competition on December 3rd. Post-match, the wrestler’s actual weigh-in weights from December 3rd must be entered and committed before the weigh-in form for the December 5th match can be created.

6. Once weights are entered and committed, only the GHSA can make/authorize changes.
7. For tournaments, the documents must be submitted to the tournament director prior to the start of weigh-in.
8. Schools violating “Match Protocols” are to be reported to the GHSA (706-647-7473 x 34). Penalties and/or fines may be assessed for these violations.

GEORGIA HIGH SCHOOL ASSOCIATION
151 South Bethel Street
Thomaston, GA 30286
706 647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM
INDIVIDUAL PROFILE FORM

Complete top section prior to arrival at assessment site ----- PLEASE PRINT

Wrestler's Name	_____	Grade	8	9	10	11	12
	First MI Last						
Gender	_____ Male	_____ Female	Date of Birth	_____	Age	_____	
School	_____						
Assessment Site	_____			Assessment Date	_____		

STEP 1 Assessment of Hydration
(specific gravity: less than or equal to 1.025)

Assessor Initials _____

STEP 2 Assessment of Height (round down to the nearest 1/2")

Assessor Initials _____

STEP 3 Body Fat (BIA) Assessment (Standard mode)

Record scratch weight to nearest 1/10 of a pound

Calculated % Body Fat (from Tanita print out)

Assessor Initials _____

_____	_____
Pass	Fail
_____ ft	_____ in

_____	lbs
_____	%

STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM

GHS Assessor Signature _____

Date _____

GEORGIA HIGH SCHOOL ASSOCIATION
151 South Bethel Street
Thomaston, GA 30286
706-647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM
SKIN FOLD ASSESSMENT DATA

This form is to be used only if the BIA assessment on the Tanita scale is unsuccessful.

Wrestler Name _____ Grade 8 9 10 11 12
First MI Last

Gender Male Female Date of Birth _____ Age _____

School _____

Assessment Site _____

Assessment Date _____

Assessor
Initials

Step 1 – Assess hydration level of athlete _____
 (Note: Specific gravity: less than or equal to 1.025) **PASS** **FAIL**

Step 2 – Assess height (in feet and inches) of athlete _____
 (Note: round down to nearest 1/2")

Step 3 – Alpha Body Weight (to nearest 1/10 pound) _____

Step 4 – Skin Fold Assessment (Note: Measurement to the nearest half millimeter)

	Test 1	Test 2	Test 3	Average	Assessor Initials
Triceps (T)	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Subscapular (S)	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Abdominal (A)	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

GHSA Assessor Signature: _____ **Date** ____/____/____

****Trackwrestling staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed****

Email or Fax this form to: Don Corr, Don.Corr@ghsa.net / 706-647-2638

**Georgia High School Association
Weigh-In Report**

Date **xx/xx/xxxx**

School Name		Opponent:		Weigh In Date:		
Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight		Last Official Weigh In
113	AAA	113, 120	108.2	_____	01/01/xxxx	0.00
120	BBB	120, 126	118.0	_____	01/01/xxxx	0.00
126	CCC	126, 132	124.6	_____	01/01/xxxx	0.00
132	DDD	132, 138	131.0	_____	01/01/xxxx	0.00
138	EEE	138, 145	135.8	_____	01/01/xxxx	0.00
145	FFF	145, 152	143.6	_____	01/01/xxxx	0.00
152						
...						
...						
...						
...						
...						
285	NNN	285	280.5	_____	01/01/xxxx	0.00

Coach Name **(printed)**: _____

Opposing Coach or TD Name **(printed)**: _____

Coach Signature: _____

Opposing Coach or TD Signature: _____

Head Official Name **(printed)**: _____

Head Official Signature: _____

**This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.

(Actual form must be generated from www.trackwrestling.com)



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P.O. Box 271
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Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM
PHYSICIAN CLEARANCE**

WRESTLER AT/BELOW 7% for males or 12% for females BODY FAT

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis. The standard error for this method is +/- 2% for lower weights and +/- 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 12% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 12% (females) and the athlete is requesting that he/she be allowed to wrestle. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GHSA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendations on the next page.

Thank you,

The Georgia High School Association

****GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the clearance process.

GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT PROGRAM

PHYSICIAN CLEARANCE

WRESTLER AT/BELOW 7% for males or 12% for females BODY FAT

Any male wrestler whose body fat percentage at the time of their initial assessment is at or below 7% must obtain written clearance from a licensed physician (MD or DO) stating that the athlete is naturally at this low body fat level. In the case of a female wrestler, written physician clearance must be obtained for athletes who are at or below 12% body fat. This physician clearance is for one season duration and expires on March 1st of each school year.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____	GRADE 8 9 10 11 12
SCHOOL _____	REGION/AREA _____
INITIAL ASSESSMENT DATA (from OPC):	
Date of initial assessment ____/____/____	
Weight _____	
% Body Fat _____	
Minimum Weight Class _____	
PARENT SIGNATURE: _____	DATE: _____

EXAMINING PHYSICIAN	
Date seen in office ____/____/____	Today's Weight _____ lbs.
The wrestler named above, is at or below the minimum body fat allowed by GHSA Weight Management Program guidelines. This athlete has been granted clearance to wrestle at / above the minimum weight class determined at the initial assessment. No weight loss.	
Minimum Weight Class _____	
PHYSICIAN/PA/RNP SIGNATURE _____	DATE _____
ADDRESS: _____	
CITY: _____	ZIP: _____

NOTE: This form is the only document accepted by the GHSA for Physician Clearance.
No fees are required for this option.

Email, fax or mail this form to the GHSA: Don.Corr@ghsa.net / 706 647-2638 (fax) or
151 South Bethel Street, Thomaston, GA 30286



**Georgia High School Association
P.O. Box 271
151 South Bethel Street
Thomaston, Georgia 30286
Telephone: 706-647-7473
Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM
WEIGHT CLASS APPEAL**

TO THE PHYSICIAN:

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 12% for females.

Per GHSA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GHSA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendation on the next page.

Thank you,

The Georgia High School Association

****GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the weight class appeal.

GEORGIA HIGH SCHOOL ASSOCIATION
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may certify one weight class lower than what is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for him/her to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a \$50.00 appeal fee (payable by money order, school or booster club check ONLY) must be mailed to the GHSA at the address below.

****Coach: Complete this section prior to physician appointment****

WRESTLER NAME _____	GRADE	8	9	10	11	12
SCHOOL _____	REGION/AREA	_____				
INITIAL ASSESSMENT DATA (from OPC):						
Date of initial assessment	_____	/	_____	/	_____	
Weight	_____					
% Body Fat	_____					
Minimum Weight Class	_____					

****Physician: Complete this section prior to Parent Notary****

EXAMINING PHYSICIAN	
Date seen in office _____ / _____ / _____	Today's Weight _____ lbs.
Circle A or B	
A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may engage in a weight loss plan to reach the GHSA weight class circled below. This option requires a \$50 appeal fee.	
B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is <u>not approved</u> to participate in a weight class lower than that determined by the initial assessment. No fee required for this option.	
***CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED ***	
106 – 113 – 120 – 126 – 132 – 138 – 145 – 152 – 160 – 170 – 182 – 195 – 220 – 285	
PHYSICIAN SIGNATURE _____	DATE _____
ADDRESS _____	

****Parent: Complete this section prior to returning to Coach****

PARENT SIGNATURE _____	DATE _____
NOTARY SIGNATURE & STAMP _____	DATE _____

Mail form and payment to the GHSA, Attention: Don Corr, 151 South Bethel Street, Thomaston, GA 30286

GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

Hydration Tip Sheet

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Coaches, athletes and parents need to understand how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs. Following these tips will help wrestlers pass the hydration test and give the most favorable body composition assessment results.

In the days Leading Up to Testing

- Continue drinking fluids throughout the day and drink an additional 16-24 ounces of water for each pound you may have lost during a sport practice.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Urine should be clear when athlete is adequately hydrated.
- Eat smaller, more frequent meals; limit high fat foods and increase fiber (whole grains) intake to help eliminate waste from the body.
- Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, etc.)
- Stop taking vitamins and other supplements unless prescribed by your doctor as they may cause your urine to be darker than normal.

One day before test:

- Continue drinking plenty of water; you should be urinating on a frequent basis. Urine should be nearly clear if you are fully hydrated.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Eat smaller, but more frequent meals; avoid high fat foods, salty foods and chocolate; continue eating fibrous foods to eliminate waste from the body.
- Continue to avoid vitamins and other supplements unless prescribed by your doctor.

The day of the assessment:

- No caffeine or diuretics in past 12 hours.
- No food or drink within two hours of the test.
- No exercise before the assessment.
- No alcohol within past 24 hours.
- If afternoon testing; eat a small, light lunch (fruit, grains, etc.) at least two hours before the test.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc...which will cause you to retain fluids.
- Do not take any vitamin or mineral supplements before testing.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Use the bathroom (bowel movement) before the test.
- Please be ready to urinate when you arrive.
- It is suggested that testing later in the day (late afternoon is the ideal time) because it reduces the likelihood of an athlete showing up moderately dehydrated.

Conditions that might cause skewed results or give an "ERROR" reading

- A very full bladder
- Thick calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Pre-menstruation phase