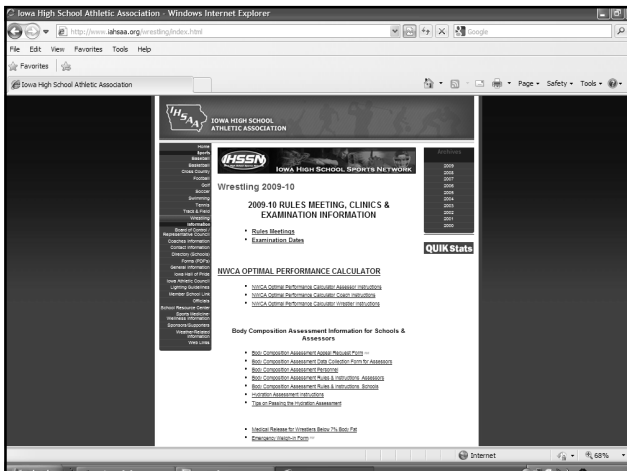
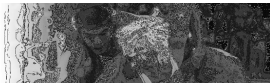


IHSAA WRESTLING WEIGHT MANAGEMENT RULES



PHILOSOPHY SUPPORTING WEIGHT MANAGEMENT RULES

- Encourage wrestlers to **compete at a hydrated, well-nourished, healthy weight.**
- Accurately **establish a safe, minimal wrestling weight for wrestlers.**
- Provide a **descent plan for wrestlers who choose to lose weight.**
- **Provide nutrition education and diet planning information to wrestlers and parents.**

Hydration Assessment

➤ Hydration assessment required prior to body composition assessment.

- Must take place during the same session as body composition assessment.
- If a wrestler doesn't pass the hydration assessment he must wait at least 24 hours to be reassessed for hydration and have body composition assessed.

IHSAA URINE COLOR CHART

The urine color chart shown here will help assess athlete's hydration status. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration the greater the negative effect on performance & health. If the color of your urine matches #1, #2 or #3 on the chart, you are WELL hydrated. If your urine color matches #4 or #5 you are close to being dehydrated, and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

PASS

H	1
Y	
D	
R	2
A	
T	3
E	
D	4
	5

6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.

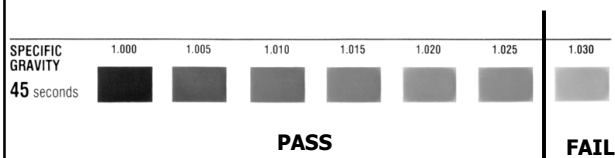
FAIL

D	
E	
H	
Y	6
D	
R	
A	7
T	
E	
D	8

Urine color chart used with permission from *Preventing In-Ethnicity Experiments* by Lawrence E. Armstrong, Ph.D., 1999. Copyright Lawrence E. Armstrong, 2002. Published by Human Kinetics, Champaign, IL. www.humanperformance.com. Reprints available for this color chart may be found in *The International Journal of Sport Nutrition*, Volume 4, 1994, pp. 280-279 & Volume 8, 1998, pp. 245-265.

Whitened by the IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Urine specific gravity assessment using a litmus strip (dipstick)



Body Composition Assessment

➤ Body composition assessments:

- Performed BEFORE a wrestler's first interscholastic COMPETITION.
- Assessment period begins three weeks before the first official practice date.
- Only one official body composition assessment is allowed for each wrestler, unless they choose to appeal.
- Approved assessors, methods, protocol, instructions, etc. on-line at www.iahsaa.org, "Wrestling".

Determining Minimum Weight Class

- **Minimum Weight Class (MWC) cannot be below a wrestler's weight predicted at 7% body fat (12% for girls)**
- (136# and 7% fat = 140# wt. class)
- **Benefit given to wrestlers:**
 - Weight at time of assessment is rounded **DOWN** to nearest whole pound (157.9# = 157#)
 - Percent fat at assessment is rounded **UP** to nearest whole percent (15.1% = 16%)

Determining Minimum Weight Class

- **Wrestlers having LESS THAN 7%** (12% for females) **body fat at time of assessment** can either wrestle at their minimum weight class or seek a medical release from a physician to compete at their natural weight.
 - *Example* - a 125# wrestler with 6% fat which equals a 7% weight of 126.8#. With body weight rounded down to 126#, the wrestler could compete at the 130# weight class, or above. With a medical release, this wrestler could wrestle at his natural weight of 125#.

Body Composition Assessment Appeals

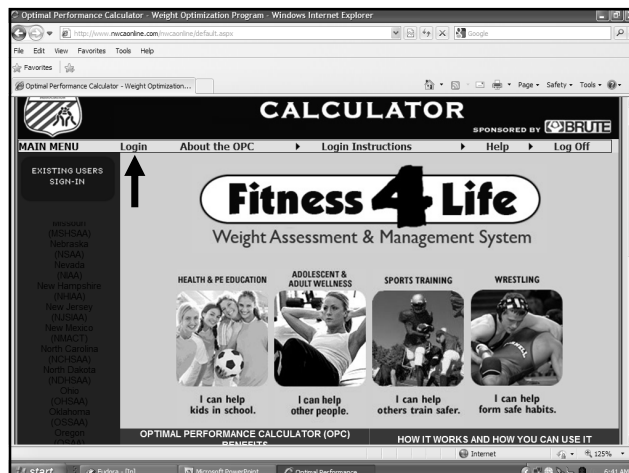
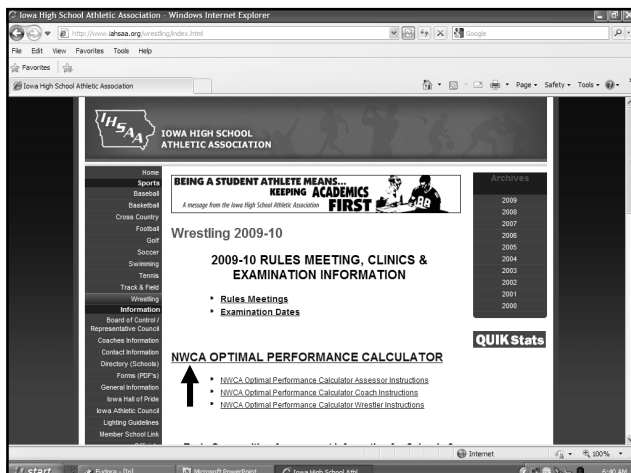
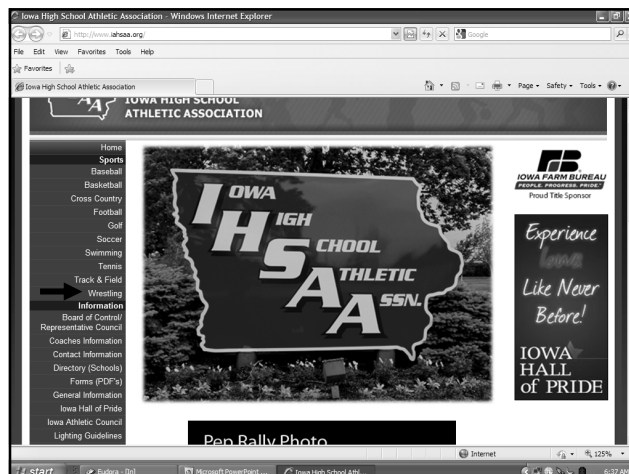
- Must receive **prior approval** from the IHSAA using the "Request for Appeal Form".
- Appeals must be conducted within **14 days** of the school receiving the results from the assessor.
- Must go to **original assessment agency** for the appeal.
- Must use the **original assessment method**.
- Can choose appeal results or original results to determine minimum wrestling weight.

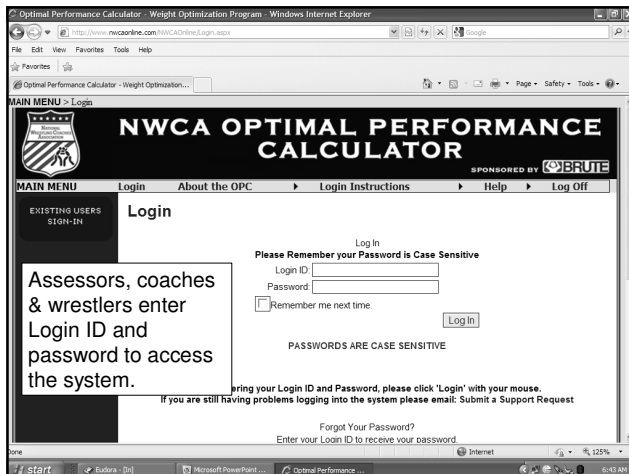
Appeals, continued

- Wrestlers appealing their body composition assessment may use their weight at the time of the original assessment, **UNLESS** they have gained more than 1.5% of their original body weight, rounded **UP** to nearest pound. Then their weight at the time of the appeal must be used.
 - *Example:* A wrestler weighs 137# at the time of the original assessment and chooses to appeal. $137\# \times 1.5\% = 2.1\#$, rounded up that is 3#. If he weighs 140#, or less, at the time of appeal he could use his original weight for the appeal.
- Wrestlers cannot take advantage of losing weight for their appeal.

NWCA On-line Optimal Performance Calculator

- Assessments entered on-line by assessors
- MWC calculated on-line
- Descent plans determined & monitored on-line
- Weigh-in forms completed on-line
- Wrestlers' individual diet plans available on-line





Weight Loss Descent Plan

- Begins on Monday of the week wrestlers are assessed and is recalculated every Monday. Violation of a wrestler's descent plan will appear **IMMEDIATELY** on the next weigh-in sheet, but will **NOT** show up on their descent plan until the next Monday.
- **Average** weight loss of 1 ½% per week beginning with the week of body composition assessment.
- Weight loss monitored using official weigh-ins.

Weight Loss Descent Plan

- Wrestlers are **NOT** eligible to **COMPETE** below their MWC for that week, **regardless of their actual weight.**
- Wrestlers **CANNOT WEIGH-IN** more than one weight class above their MWC for a given week **without having their descent plan changing on the weigh-in sheet IMMEDIATELY - MEANING 12:01am THE NEXT DAY.**

Date	PROJECTED	Eligible Weight Class	Actual/Projected
11/25/2020	Initial Assessment		
12/05/2020	Week 1	167.0	171.189
11/22/2020	Week 2	164.0	171.189
11/09/2020	Week 3	161.0	171.189
11/02/2020	Week 4	158.0	160.171
10/26/2020	Week 5	155.0	160.171
11/01/2020	Week 6	152.0	151.189

Minimum weight class at which a wrestler may compete that week.

Highest weight class at which a wrestler can weigh-in that week without having their MWC IMMEDIATELY recalculated.

Growth Allowance

- Wrestlers will receive the 2-pound growth allowance **AFTER January 1, IF** they have certified their minimum weight class by making scratch weight at least one time before January 1. Scratch weight is actual scale weight without any scale allowance.
- No wrestler receives the growth allowance until after January 1, regardless of when they make scratch weight.

Growth Allowance, cont.

- Once a wrestler uses the growth allowance the **first time**, they declare that the lowest weight class they have weighed in at, to that point, is their certified weight class.
- A wrestler CANNOT recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows.
- After certifying their minimum weight class, a wrestler can use the growth allowance at any weight class they weigh-in for, however, they must be cognizant of not violating their descent plan as shown in the NWCA on-line system.

Growth Allowance, cont.

Example 1:

- A wrestler's MWC according to body composition assessment is 130#.
- He certifies at 130# by making scratch weight without ever having used the growth allowance.
- He may use the growth allowance for the first time at any weight class and remain certified at 130# because he made scratch weight at 130# before using the growth allowance. **However**, if he weighs-in in excess of the 135# weight class he will have violated his descent plan and will need to follow a new descent plan to reach the 135# and/or 130# weight class.

Growth Allowance, cont.

Example 2:

- A wrestler's MWC according to body composition assessment is 130#.
- After making scratch weight at 135#, but never 130#, he chooses to use the growth allowance and is now certified at 135#.
- **He cannot weigh-in below his certified weight class of 135#.**
- He may use the growth allowance at any weight class, and remain certified at 135#. **However**, if he weighs-in in excess of the 140# weight class he will have violated his descent plan and will need to follow a new descent plan to reach the 140# and/or 135# weight class.

- Thank you for watching this presentation on the Iowa High School Athletic Association's wrestling weight management program.
- I encourage you to also watch the videos on the hydration assessment process and body composition assessment process which are available on the IHSAA web site under the "Wrestling" heading.
- If you are a wrestler or parent and have a question, please contact your head wrestling coach.
- If you are a coach and have any questions, contact me at the Athletic Association.
- abeste@iahsaa.org
- 515-432-2011 – ask for Alan Beste