

**VHSL WRESTLING WEIGHT CONTROL PROGRAM
COACHES FACT SHEET**

**VHSL Wrestling Weight Control Program
Important Points for Coaches**

- The goal of this program is to allow for healthy gradual weight loss in those individuals who have body fat to lose and a desire to achieve a lower weight class.
- **FIRST DATE OF TESTING IS NOVEMBER 6, 2006.** Only VHSL Certified Measurers and Regional Master Testers may perform measurements and provide Coach-Official Team Reports. (*Review "How to Read the Coach-Official Team Report"*)
- Wrestlers weighing in at a weight lower than permitted based on the allowable weight loss per week *including buffer* will be considered an unsportsmanlike violation and will be ejected from that date event and suspended from the next date event.
- All wrestlers will receive a one-pound growth allowance on **Jan. 1** when WCP testing is completed before Dec. 15 with the exception of wrestlers participating in fall season playoffs (88-4-1 (1)). All wrestlers will receive an additional one-pound growth allowance on **Feb. 1** when WCP testing is completed on or before Jan. 15. These combined for a **two-pound** total allowance.
- The growth allowance *cannot be used to allow a wrestler to reach a lower weight class than permitted without a growth allowance.* The original weight class weight must be greater than or equal to the athlete's minimum weight permitted.
- Coaches are required to complete the W-1 form for all *dual meets* providing allowable weight loss per week and verification the weight class entered is permitted based on WCP Coach Official Team Report for each athlete. These documents must be offered to the host school, which is responsible to confirm accuracy and compliance of both team W-1 forms.
- Completion of the W-1 form will provide the opportunity to verify the eligibility of all wrestlers. This is to be completed within one school day of the weigh in by a responsible adult acting as a designee of the principal (not a coach).
- During the 2006-07 season, it is required that all wrestlers weigh in and record their weight before each practice. The monitoring of weight must be taken within the hour prior to the start of wrestling practice daily to maintain a consistent comparison from day to day.
- Daily monitoring of a weight fluctuation of greater than 3 % should be scrutinized by the coach and may lead to a recalculation of the weight loss schedule. If a wrestler does gain more than 3% of his/her body weight, the coach should take the proper steps to counsel the athlete.
- If an athlete tests moderately dehydrated and the baseline weight adjustment does not allow the wrestler to compete at the weight class s/he desires, the wrestler may activate his/her one time "FREE HYDRATION RETEST" (Usg and weight retest), which does not count as an appeal.
- If an athlete does not agree with the results of his/her minimum weight class determination after the free hydration retest, they may appeal. Appeals must be requested within 2 days of the contested measurement.

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**VHSL Wrestling Weight Control Program
Excerpts from 06-07 Handbook and WCP Manual**

SECTION 88: WRESTLING.

88-1-1 Weight Classes-Weight classes shall be 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 275.

88-2-1 Schedules-Each school shall make its own schedule. Districts are authorized to arrange one district meet during the season. Each member school is authorized to enter and participate in 12 interscholastic meets. Each individual team member may compete in three other sanctioned meets and each competition shall count as one of the 12 contests as permitted in 54-8-1 of this *Handbook* for that individual, but shall not count for the team. In addition, each member school is authorized to enter a district tournament, a regional tournament and the state tournament.

88-3-1 Seasons-Wrestling is classed as a winter sport. (See Sports Season Rule, 27-7-1.) Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar.

88-4-1 Weights:

(1) Wrestlers will follow all provisions of the VHSL Weight Control Program (WCP). All coaches are cautioned that rapid reduction and exaggerated fluctuations in weight can endanger the health of a wrestler.

(2) All wrestlers will establish a minimum weight using the procedures established under the VHSL WCP. This minimum weight must be established in a time period beginning one week prior to the VHSL practice start date and ending two weeks after the VHSL practice start date for a total of a three week period. Wrestlers weighing in at a weight lower than permitted based on the allowable weight loss per week including buffer will be considered an unsportsmanlike violation and will be ejected from that date event and suspended from the next date event. Wrestlers competing in a weight class lower than their proper weight class as established by the VHSL Wrestling Weight Control Program shall be ineligible participants subject to the prescribed penalty of match forfeiture(s) and school fine for use of an ineligible. Electronic WCP school file shall be uploaded to VHSL no later than Dec. 15 and supplements to this file submitted as needed.

(3) All wrestlers will receive a one-pound growth allowance on Jan. 1 when WCP testing is completed on or before Dec. 15 with the exception of wrestlers participating in fall season playoffs as outlined in 88-4-1 (1). All wrestlers will receive an additional one-pound growth allowance on Feb. 1 when WCP testing is completed on or before Jan. 15 for a two-pound total allowance.

(4) A wrestler's minimum weight class will be determined by the initial measurements of the VHSL WCP. The minimum weight class is not impacted by any proposed growth allowance.

(5) Wrestlers must have at least one official competition weigh-in at that weight class and participate in that weight class or one weight class above to be eligible for district tournament participation at the weight class they weighed in at.

(6) Forms for reporting original wrestling weights and for necessary supplements to the original list are available upon request to all schools participating in wrestling. If a wrestler fails to make his/her weight, or fails to have his/her exact weight shown on the scales when wrestling one weight above his/her certified weight, he/she shall be reclassified and placed in the proper weight classification. The wrestler's weight classification for regional or state competition shall be that classification in which he/she entered the district tournament.

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(7) A wrestler may wrestle one weight class above his/her current weight at weigh-in for that particular competition.

(a) If the wrestler desires to return to his/her certified weight after wrestling up a weight class, he/she may do so at any time during the season pending compliance with the allowable weight loss per week as indicated by the VHSL WCP. At no time may a wrestler compete in a weight class lower than his/her lowest allowable weight class as indicated by the VHSL WCP.

(b) The coach must provide proof of actual weight for all weigh-ins for each entry in the district tournament. VHSL weight form with required signatures will be used for verification.

(c) The district tournament director will be responsible for checking verification of each district entry prior to the district tournament.

(8) Principal or designee shall verify each wrestler's compliance with the VHSL WCP through verification comparing MELs with WCP Coach Official Team Reports and match weight sheets one time during the season, during the second week of January. Only the W-3 forms needs to be completed and forwarded to the VHSL office during the second week of January. WCP Coach-Official Team Reports and MELs are used only by the local principal for verification.

(9) Athletes participating in fall sport playoffs occurring after Dec. 1 are provided the option of being tested in the VHSL WCP within 8 days of participation in the athlete's last playoff contest and still be eligible for the first allowable growth allowance pound and appeals process. The eligibility for the growth allowance pound will not impact the athlete's eligibility to reach a lower weight class based on current testing results. If the athlete who competes in fall sport playoffs is not tested with 8 days of their last participation in a playoff contest, they may be tested within one week of the athlete's first wrestling practice date, and are not eligible for the growth allowance pound if the test is completed after Dec. 15.

(10) Coaches are required to complete the W-1 form for all dual meets providing allowable weight loss per week and verification the weight class entered is permitted based on the WCP Coach Official Team Report for each athlete. The date and actual weight of the most recent weigh-in is also required on the W-1 form which must be reviewed for accuracy and compliance and signed by the principal or their designee (not a coach) within 24 hours from the time of weigh-in. The host school is responsible to confirm accuracy and compliance of both team W-1 forms.

(11) Coaches are required to provide WCP Coach Official Team Report and all W-1 forms (to date) to opposing coaches for review prior to each match or tournament. Coach is to report any problems to match/tournament official.

(12) Athletes shall weigh prior to each practice and record the weight on a weight chart providing a tracking system that shall be reviewed daily by coaches to monitor and discourage unhealthy weight bouncing.

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88-5-1 Determining Regional and State Championships:

(1) Procedures for regional tournaments will be set by the appropriate regional council. District tournaments, if necessary and the required regional and state tournaments shall be held no later than the deadline date specified (inside front of *Handbook*). Where district and/or sectional tournaments are held, a wrestler must participate and qualify through these meets to be eligible to participate in the regional tournament. State tournament arrangements will be set by the VHSL staff. A school must enter a regional meet to be eligible to enter the state tournament. Group A, AA and AAA regions shall designate wrestlers placing 5th and 6th. Team points shall be scored for these places. Entering a wrestler in the regional tournament requires the wrestler who subsequently qualifies for the state tournament to compete. In the event a qualified wrestler cannot compete, his/her place shall be taken by the next placing contestant. Known scratches shall be reported to the State Wrestling Tournament meet director no later than the Thursday coaches meeting before the State Tournament with the name and school of the qualified replacement. The contestants who qualify in each weight class from the regional tournaments, four from each A, AA and AAA region, for the state tournament shall be bracketed for competition as designated under Section 88-6-2. In the event a region or school fails to have its qualified wrestler contest his/her assigned match, the match shall be automatically forfeited.

(2) No additions to, or changes in, the official list of entries (other than scratches and another school's replacement for scratches) shall be permitted after the entry form has been received by the meet director; however, it is mandatory that known scratches be reported to the director no later than the Thursday coaches meeting before the meet. Attention to this item will facilitate meet organization and permit all weight classes to be completely contested. When a competitor enters and subsequently withdraws from competition, no substitute may replace him/her.

(3) All expenses of travel, board and lodging shall be defrayed by competing schools or their representatives.

88-5-2 Pairings-Pairings and of the various matches shall be made public to the League schools following the conclusion of each of the regional tournaments. Pairings shall be arranged in accordance with regulations adopted by each Group Board.

VHSL requires that each member school utilize the weight control program as outline in Section 88 of the VHSL Handbook. All coaches are cautioned that rapid reduction in weight can endanger the health of the wrestler (and risk disqualification of wrestler and fine). VHSL requires each member school establish each wrestler's minimum wrestling weight class by a VHSL Certified Measurer using the protocols set forth in the Weight Control Program.

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IMPLEMENTATION

1. MINIMUM WEIGHT CLASS CERTIFICATION: The baseline weight and body fat measurements are performed during a three week period beginning one week prior to the first VHSL allowed practice day and two weeks after the VHSL imposed official first day of practice. For wrestlers coming out for the team late, for whatever reason, s/he must be tested within one week of starting practice or before s/he is allowed to compete in a match. His or her name will need to appear on the Coach-Official Team Report before participation will be allowed. The earlier the measurements are completed, the more time the wrestler will have to safely reach their desired weight within the guidelines of the program. These results (VHSL Coach-Official Team Reports) should be maintained by the VHSL Certified Measurer and distributed to the school's coach, athletic administrator, Regional Master Tester, and the VHSL Office in case of appeal or conflict. All reports should be distributed within 3 days of completing the measurements.

2. CERTIFIED MEASURERS: Only VHSL Certified Measurers and Regional Master Testers may perform measurements and provide Coach-Official Team Reports. Health professionals with degrees as listed below are eligible to become official certified measurers upon completion of a VHSL sponsored educational workshop, documentation of experience by performing a minimum number of skin tests and urine specific gravity tests, and passing an examination on the program. Periodic re-certification of these measurers will be required. Criteria to become a certified VHSL Measurer are as follows:

- Have a medically related professional degree (MD, DO, DC, RN, LPN, NP, PT, RD, ATC, PA). Exceptions will be evaluated on a case-by-case basis where such qualified professionals are not available. For example, an EMT, based on the individual's education and experience would be considered.
- Have a current professional license/ certificate and be in good standing with your professional governing body
- Have attended, at minimum, one of the VHSL Certified Measurer official workshops since 2002
- Have attended a refresher workshop if your last one attended was prior to January 2002
- Have submitted to VHSL office the "Documentation of experience" Form
- Have successfully completed the "Certified Measurers' Examination"
- Attended a workshop in 2006 or completed the VHSL WCP Online Tutorial Update and received the new CD v906.
- Must follow protocols set forth by the VHSL Weight Control Program and maintain certification standards

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3. INSTRUMENTS USED FOR MEASURING SKIN FOLDS: Lange calipers or equivalent precision instruments. There are many instruments for measuring body fat. Underwater hydrostatic weighing is the gold standard. However, it is not readily accessible, is time intensive, and also cost prohibitive to conduct this type of testing on multiple wrestlers. Dual Energy X-ray Absorptiometry (DEXA), Bioimpedance instruments (Tanita), near-infrared photospectrometry (Futrex) , computerized calipers (Skyndex), air displacement (Bodpod), CT Scan, etc are also available, however are expensive and standardized only for adults, and therefore may not be used to determine body fat in this program. Precision calipers using the Lohman-Brozek formula and certified measurers have been shown to have the highest level of accuracy, greatest intra-tester reliability, and are reasonably priced.

4. SCALE CERTIFICATION: Scale certification is strongly recommended but has not been enforced because of problems with scale certification since the State Weights and Measures Division no longer visits schools to do this.

- Recommended alternatives to try to maintain as accurate a scale as possible:
 - Purchase a digital scale which tends to be more consistent and accurate
 - Use a 50# and 100# weight from the weight room to check the scales periodically
 - Have scale certified prior to WCP testing

5. MONITORING WEIGHT:

- The goal of this program is to allow for healthy gradual weight loss in those individuals who have body fat to lose and a desire to achieve a lower weight class. Such weight loss can be accomplished most successfully if there is monitoring of progress along the way.
- The program will formulate a weight loss schedule indicating the allowable weight class a wrestler may compete in based on 1.5% of the baseline weight loss per week.
- The responsibility for monitoring this weight loss falls to coach, wrestler, and family. At anytime a coach or parent suspects a wrestler is not following the program and finds him or her to be out of line from where s/he should be, a recalculation of the weight loss schedule should be done to change target dates.
- With the baseline weight and date provided, along with the number of pounds recommended loss per week, the athlete, parents and coach should estimate their target weight each week depending on the overall amount of weight the athlete is scheduled to lose. Understanding that body weight fluctuates daily depending on the time of day and time since the last meal, etc, it is recommended that this target weight be a steady progression of weight loss reflective of fat loss, not fluctuations in hydration. The monitoring of weight required by the VHSL WCP should be taken within the hour prior to the start of wrestling practice daily to maintain a consistent comparison from day to day.
- Daily monitoring of a weight fluctuation of greater than 3 % should be scrutinized by the coach and may lead to a recalculation of the weight loss schedule.

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- The Coach-Official Team Report will have two defining sets of numbers for each player:
 - The lowest weight class allowed (Minimum Weight Class)- No wrestler is eligible to wrestle in a lower weight class, at any time.
 - The weight class eligibility on a given date - Based on 1.5% weight loss per week allowed by this plan, the weight class permitted for a given week will be entered into the team sheet. (i.e. If week 1 and week 2 allow 119 and week 3 allows 112, theoretically the wrestler could wrestle at 119 on Saturday and at 112 two days later as the week begins on Sunday. The athlete's actual weight however, should be close to 119 the beginning of the first week, approximately 114 or 115 the 2nd week, and 112 the 3rd week as they qualify for the 112-weight class. An athlete weighing in at 118.5 late for a match on Saturday of the 2nd week is not following the weight loss schedule, and the schedule should be modified to reflect the lack of adequate fat loss during that time.

- In accordance with present VHSL rules, no wrestler may compete more than one weight class above what their weight would allow. (i.e. A wrestler weighing in at 111 could wrestle 112 or 119 but not 125)

The administrator or the official doing the weigh-ins will need to consult the sheet to see which weight class the wrestler is eligible for and then see if s/he makes weight.

6. Daily Weight Monitoring

During the 2006-07 season, it is required that all wrestlers weigh in and record their weight before each practice. The VHSL will provide each school with a number of weight charts for this purpose. These charts shall be completed and retained for the season and be available for review by the VHSL upon request. An athlete's weight at the beginning of each week should be consistent with the weight control program. The daily weight monitoring during a given week of practice should be within a 3% gain of the athlete's weight from one day to the next and over a period of a few days. If a wrestler does gain more than 3% of his/her body weight, the coach should take the proper steps to counsel the athlete. For example, if a wrestler has gained 4 -5% his/her body weight, the coach and/or medical professional, such as a licensed athletic trainer or school nurse, should have a discussion with the athlete regarding proper diet and eating habits that will help him/her to avoid "bouncing" in the future. If the athlete has gained more than 5% of his/her body weight the coach should not only discuss proper diet and eating habits, but also consider not allowing the athlete to compete in that week's matches and adjust the weight loss schedule based upon the athlete's current weight.

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** “Bouncing” is the act of a wrestler gaining weight by binge eating, usually after a meet, then losing the weight through unsafe techniques such as restriction of food and fluids to get back down to the weight before eating. The practice of eating large amounts of food followed by starving is unhealthy disordered eating. These extra calories taken in can impact the overall weight loss schedule and cause the wrestlers targeted date to reach a certain weight class to change from the Coach Official Team Report. The goal of the weight control program is to allow the wrestler to follow a normal, healthy diet and lose wanted weight (fat weight) through increased exercise that is normal in a wrestling practice. *A normal healthy diet is one that is consistent, and includes an appropriate balance of nutrients.*

7. MATCH REQUIREMENTS:

- VHSL WCP Coach-Official Team Report must be offered to the opposing coach(es) at each match and weigh-in for reference and validation of a wrestlers allowable competitive weight.
- The weigh-in administrator and/or official should verify the athlete’s ability to wrestle at a given weight based on the VHSL Coach-Official Team Report and completion of the W-1 Form will validate* the values from previous W-1 forms and COTR to confirm each athletes eligibility to participate at a specific weight class.
- W-1 forms must be completed within 24 hours from the time of weigh in by the host schools principal or their designee (other than the wrestling coach). The host school is responsible to confirm accuracy and compliance of both team W-1 forms.
- If the appropriateness of a wrestler’s weight class is challenged, the match administrator and/or referee will determine eligibility to wrestle at that weight based on Coach-Official Team Report and the previous W-1 Forms.
- If the coach does not have the appropriate paperwork, the match can take place but, if the W-1 form is completed and verified after the match takes place, (must be within 24 hours from weigh in time), and it finds the wrestler to have participated below the allowable weight class for that date, that match would be forfeited, and fines may be administered.

*Dual Meets Only

8. RULING ON ELIGIBILITY:

At a match: Administrator or official weighing in for a match is responsible and has the authority to declare the wrestler ineligible for participation based on above considerations.

- Completion of the W-1 form will provide the opportunity to verify the eligibility of all wrestlers. This is to be completed within one school day of the weigh in by a responsible adult acting as a designee of the principal (not a coach).
- No MD, parent, coach, ATC, Certified Measurer, or administrator can overrule the Coach-Official Team Report, or W-1 Form results to allow participation at a lower weight. See appeals within this manual.
- A parent, MD, coach or other qualified person always has the option to choose a higher weight class than the program gives as the "MINIMUM".

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Table WRESTLERS NATURALLY BELOW 7% BODYFAT

Occasionally, a wrestler's baseline and natural body fat is below 7%. This is the athlete's body fat prior to dieting or attempts to lose any weight or body fat, and measured while the athlete is in a normally hydrated state. In this situation, the athlete's physician must complete a verification form to document that the student athlete's medical record supports that the existing body fat is the athlete's natural and normal body fat. A physician may not otherwise overrule the parameters of this program by rendering an opinion that a student athlete may wrestle at a lower weight than provided for in this program. Although this wrestler would not be allowed to lose weight, s/he would be allowed to participate at a weight class no more than 2% below the baseline weight (allowing for safe hydration variation). For example, if a wrestler is 6% body fat and weighs 122 pounds in a normally hydrated state (Usg of 1.010 – 1.020), he would be allowed to weigh-in 2% below that ($122 \times 2\% = 122 - 2.44$ or 119.56lbs.). Because the VHSL allows the wrestler to round down, he would be permitted to wrestle in the 119-weight class.

Table WRESTLERS TESTED AS MODERATELY DEHYDRATED

Usg measurements between 1.021 and 1.030 indicate the athlete is moderately dehydrated. When this mild dehydration occurs, a percentage of the actual weight is added to adjust the actual weight to a baseline weight according to the level of dehydration. This adjustment of baseline weight reflects the athlete's weight when normally hydrated and is used to calculate the minimum wrestling weight. If the result does not allow the wrestler to compete at the weight class s/he desires, the wrestler may elect to return in a more appropriately hydrated state, no less than 1 day and no more than 3 days later, to have Usg and weight retested. The option to have Usg retested following the initial test allows a wrestler to achieve a Usg of 1.020 or below, and avoid baseline weight adjustment.

The one time "FREE HYDRATION RETEST" (Usg and weight retest) during this period will not count as an appeal. Once the Certified Measurer retests the athlete's Usg and weight, (if completed within the 3 day time frame) the values will be incorporated into the existing skinfold measurements for re-calculation. Additional retests for any reason will be considered an appeal and will require re-evaluation of all measurements. Coaches are encouraged to check the athlete's hydration status (using their own dipstix, refractometer or urine color chart) before calling in the Certified Measurer for an official test. A VHSL Certified Measurer must perform the official measurement of Usg using chemical dipsticks or refractometer.

(See below for continued failure to achieve acceptable hydrated state for testing.)

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APPEALS PROCESS

In an effort to provide the athlete an opportunity to wrestle at their desired weight class, an appeals process has been established.

The “FREE HYDRATION RETEST” does not count as an appeal.

If an athlete does not agree with the results of his/her minimum weight class determination:

1. First appeal is to the original certified measurer who can redo the entire testing, or to another certified measurer if the original one is not available in a timely manner.
2. Second appeal is to a Regional Master Tester (RMT). The school is responsible for paying the mileage costs and a fee up to \$10/wrestler to the tester for this appeal, as it requires a trip by the Regional Master Tester into the region.
3. Third appeal would be for underwater weigh-in at an approved site.
The cost of any tests fall to the wrestler or the school

In all scenarios, the appealed results will be prevailing even if it is less desirable to the wrestler.

TIMING OF APPEALS

- Appeal must be requested within 2 days of the contested measurement.
- The retest should occur within one week of the request but no sooner than 1 day after the prior test. If the retesting (first appeal) is not possible by the original Certified Measurer, the Regional Master Tester should be contacted for considerations or arrangements to move the process forward. The Regional Master Tester is responsible to conduct the retesting of the 2nd appeal.
- The initial testing and the first appeal must be completed during the three week designated window for testing. Therefore, the coach should attempt to have the testing done as early in three-week window as feasible.
- Wrestlers coming out for the team late, for any reason other than participation in a fall sport post season playoff event*, must be tested within one week of starting practice and before they are allowed to compete in a match. Any appeals must be requested and initiated so the retest can be completed within 10 days of the athletes first day of practice. The athlete’s name will need to appear on the Coach-Official Team Report before participation in VHSL competition will be allowed. If the athlete’s final test is after December 15th, 2006, they are not eligible for the 1st growth allowance pound given on January 1st, 2007. If the athlete’s final test is after January 15th, they are not eligible for the 1st OR 2nd growth allowances given on January 1st and February 1st.

* Athletes participating in a fall post season playoff event on or after December 15th must be tested within 8 days of the last contest date, and are eligible for the growth allowance pound given on January 1st.

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REPEATED FAILURE TO ACHIEVE URINE SPECIFIC GRAVITY (Usg) OF 1.030 OR LESS

- Wrestlers with Usg > 1.030 cannot be measured and must return no sooner than 1 day later for retest.
- If a wrestler has not successfully been tested in the three week window because of failure to come in with Usg of 1.030 or below, the following procedure comes into play:
 - S/he must be tested by a Regional Master Tester, including Usg, weight and skinfold measurements, within one week of the end of the three-week testing window.
 - If s/he again falls above the 1.030 Usg, the athlete will be referred to a physician.
 - S/he must then see a physician within one week of the last evaluation by the Regional Master Tester.
 - S/he must present a note from physician indicating the individual has no abnormality that would make it unsafe for him/her to wrestle and no discernable kidney or hydration disorder. This physician may not over-rule the parameters of the program.
 - S/he must present the note to the Regional Master Tester and has the option to accept the minimum weight class determined the last evaluation by the RMT adding 10% of his/her weight to the actual weight.

If the athlete wishes to appeal this minimum weight class, the RMT will re-evaluate the athlete retesting Usg, weight and skinfold. If the Usg is still above 1.030, the measurements will be made and 10% of his/her weight will be added to the presenting weight. This will serve as the adjusted weight for calculating minimum weight. No further appeal is available.

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DEFINITIONS

CERTIFIED MEASURERS

- Professionals holding a medically related degree (MD, DO, DC, RN, LPN, NP, PT, RD, ATC, PA) who have a current professional license/certificate and are in good standing with their professional governing body. They must attend, at minimum, one of the VHSL Certified Measurer official workshops and complete all required documentation with the VHSL. Certified Measurers **MUST** complete an update annually to maintain their Certified Measurer status.

REGIONAL MASTER TESTERS

- Certified Measurers who have had a minimum of one-year experience and have completed the Regional Master Testers workshop sponsored by the VHSL.

CERTIFICATION DATE

- There is no longer a certification date under the VHSL. An athlete must weigh in and wrestle one match prior to district competition at a weight class to qualify for post season competition at that weight class in addition to qualifying for that weight class based on the Coach Official Team Report.

MINIMUM WRESTLING WEIGHT

- When the wrestler is measured, his Minimum Wrestling Weight (MWW) is determined based on weight at HIS 7% body fat or HER 12% body fat. This represents the lowest weight at which a wrestler may compete.

MINIMUM WEIGHT CLASS CERTIFICATION

- The lowest weight class at which a wrestler can compete. This no longer must occur on January 5th but can occur whenever the wrestler has achieved his desired and approved weight class or "scratch weight". This can occur up to one week before the beginning of the State Championship qualifications at the district level. The Minimal Weight Class is not always the Optimal Weight Class for an individual.

FREE HYDRATION RETEST

- If the athlete's baseline weight has been adjusted due to a Usg of 1.026 - 1.030, the athlete is eligible to retest his weight and hydration (Usg) within 1 and 3 days of the original test. The new values shall replace the original values in the Excel Skinfold worksheet. This does not count as an appeal, the skinfolds are not re-measured, only the weight and Usg.

TARGET WEIGHT or scratch weight

- The approved weight a wrestler has chosen as the goal weight for a specific competition.

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TARGET WEIGHT CLASS

- The approved weight class a wrestler has chosen as the weight class they will compete at, which is shown on team weight certification sheet.

WEEKLY WEIGHT LOSS ALLOWANCE

- Based on extensive literature originating with nutritionists, the maximum amount of fat that can be burned in a week is considered to be approximately two pounds. The VHSL WCP will be consistent with recommendations from the National Federation of High Schools and will allow a maximum of 1.5% body weight loss per week. This does provide for somewhat larger weight loss by heavier wrestlers. For example, if a wrestler's minimum wrestling weight is 189# and on December 1st he weighs 200#, he could not wrestle at his desired weight (target weight or scratch weight) weight for 4 weeks. This example emphasizes the importance of weighing in and making this determination as early as possible. The schedule of 1.5% of bodyweight loss per week should be used as a guide for individual wrestlers and their coaches to assure the athlete is maintaining an adequate diet to support the steady loss of fat in order for the athlete to achieve his/her weight class goals. The program will provide the appropriate weight classes the athlete is permitted to compete in as they proceed with their weight loss to the target weight class. To facilitate calculations, a week will run from Sunday through Saturday. Throughout that week the calculated weight class an athlete is permitted to compete in is identified. It is important for athletes, coaches and parents to monitor weight loss daily, and monitoring of this weight is intended to represent actual body weight at a normally hydrated state, therefore should be taken prior to activity or practice at a consistent time each day. It is required for coaches to monitor weights within one hour prior to practice daily and maintain a log.

GROWTH ALLOWANCE

- Clarification of growth allowance: Over a four-month wrestling season, adolescents will grow. The Growth Allowance is provided to reflect this natural growth. In no way should this normal growth be suppressed. For 2006-07, the VHSL will offer 2 pounds in growth allowance with 1 pound given on two different dates.
- All wrestlers will receive a one-pound growth allowance on Jan. 1 when WCP testing is completed on or before Dec. 15th with the exception of wrestlers participating in fall season playoffs as outlined in 88-4-1 (3). and an additional one- pound on Feb. 1 when WCP testing is completed on or before January 15th for a two-pound total allowance.
- The growth allowance **cannot be used to allow a wrestler to reach a lower weight class than permitted without a growth allowance**. The original weight class weight must be greater than or equal to the athlete's minimum weight permitted.

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Table **How to Read the COACH-OFFICIAL TEAM REPORT**

Baseline Weight	Athletes weight used for calculations. Includes adjustment for hydration variance if appropriate
Actual Weight	Athletes actual weight (same as baseline weight if athlete is normally hydrated)
%BF	Athletes current percent body fat
7% Min Wt	Athletes weight at 7% body fat (Lowest healthy weight at normal hydration)
Spec Gr	The urine specific gravity indicating the level of dehydration (must be no higher than 1.030 for testing to continue)
Wt Class Desired	Weight class athlete indicated they wish to compete in. While not essential to complete, it is strongly recommended the coach identify a realistic weight class the athlete would be requested to compete in.
Lowest Wt Class	This indicates the lowest weight class the athlete would be permitted to wrestle. This is NOT always the most appropriate weight class for a particular athlete.
Initials	The Certified Measurer should initial each athlete's record as it is discussed with the coach.
#lbs/wk loss	Indicates the number of pounds the athlete is able to lose each week (1.5 % of body weight). This number should be used by athletes, coaches and parents to monitor an athlete's weight loss per week.
Date of test	Date body fat measurement is taken; date that weight loss allowances should be calculated from when addressing weight class allowed at week 1, 2,3, etc.
Wk 1 – Wk 8	The weight class the athlete would be permitted to compete in for that week. The exact date would be determined by calculating the number of weeks from the DATE OF TEST. The athlete's exact weight should be consistent with a progression of weight loss based on the recommended number of pounds per week loss.
Weeks to wt class	Based on the amount of weight loss needed, and amount of weight loss per week recommended, this provides the number of weeks from date of test to the date the athlete is able to compete in their desired weight class for the first time, assuming that s/he has followed the steady, calculated weight loss on the Team Sheet.

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SCHOOL PRINCIPAL VERIFICATION OF WCP COMPLIANCE

The school Principal (or their designated administrator) will be required to verify all wrestlers are in compliance with the VHSL Weight Control Program.

During the 2nd week of January, the Principal must verify that each athlete participating in wrestling (all levels) has been tested following the VHSL Weight Control Program procedures, is following the weight loss schedule, and is in compliance of the minimum weight class as indicated by the Coach-Official Team Report.

A verification form (W-3, provided by VHSL) must be completed and submitted to the VHSL during the second week of January 2007. Only the W-3 form will need to be completed and forwarded to the VHSL office. WCP Coach-Official Team Reports and MELs are used only by the local principal for validation.

Procedures to follow:

1. Obtain a list of athlete's currently participating in the wrestling program. (this includes all levels of participation)
2. Compare names on roster with MEL and Coach-Official Team Report
3. Verify wrestlers are competing within the guidelines established by the Coach-Official Team Report, both weight class allowed and weight loss schedule.

All wrestlers must be tested using the VHSL Weight Control Program prior to any competition.

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WEIGHT LOSS SCHEDULE VIOLATIONS

Procedures to follow to determine an athlete's eligibility to compete if weight loss from previous week (or weeks) exceeds the recommended 1.5% body weight loss per week value. There must be an official weight sheet from a competition for this rule to apply.

BUFFER ZONE

If an athlete weighs in at a competition at a weight that exceeds the amount of weight loss per week allowed from a previous weight recorded at an official weigh-in, the following "BUFFER ZONE" has been established to offer some flexibility for minor infractions without penalizing the athlete. A "BUFFER ZONE" was created that allows between a minimum of 0.5 pounds and a maximum of 0.9 pounds buffer for that match. Therefore, a wrestler who is permitted to lose 1.3 pounds per week as indicated on the Coach-Official Team Report and weighs in at 124.8 during week 2 for the 125 class on their way down to the 119 class, the next weeks competition (week 3) they are permitted to weigh no less than 123.5 (124.8 – 1.3) and again wrestle the 125 class.

If the athlete actually weighs in at 123.1 during week 3, the Buffer Zone will allow them to compete because the weight is within the buffer of 123.0.

Considering the athlete weighed in at 123.1, subtract the 1.3 pounds allowed for week 4. The target weight should be 121.8. The buffer would allow an athlete to compete if they weighed in at a weight no lower than 121.0. (using the buffer of down to the whole number).

If the athlete weighs in at a weight **LESS THAN** their minimum allowed (previous week weight minus allowable weight determined by the Coach-Official Team Report), **AND** the Buffer Zone, the athlete is not permitted to compete on that day. Competition at any weight class is not allowed for that day.

If the athlete uses a buffer for several consecutive weeks, they may appear to be eligible to make a weight of a lower weight class prior to the week indicated on the Weight Class Schedule on the Coach Official Team Report, but the Coach Official Team Report Weight Class Schedule **MUST** be followed. One may **NOT** use the buffer to reach a weight class prior to the date that is allowed on the Coach Official Team Report.

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STRATEGIES TO PREVENT FALSIFIED URINE TESTS

Athletes who present with a urine sample that has been altered in any way will be subject to a one-year suspension of VHSL participation.

- Athletes being tested should wear lightweight shorts, no shirts (males) and no shoes.
- Bathroom facilities should be arranged such that a sink is not accessible.
- Place food coloring in the toilet (blue or green), refrain from flushing between samples.
- Check for athlete's carrying any container.
- Usg test should be completed first, with weight immediately after.

When in question, request a repeat sample

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Hydration Tip Sheet

V Table **rs:**

The following are tips that will help wrestlers report to body fat testing properly hydrated. Please do not take nutritional supplements for one week prior to testing date (unless under specific direction from physician).

Two days prior to test day:

- Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day
- **Increase intake of foods high in fiber- this will help with removal of excess GI content from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink. Do not dehydrate! Do not starve!**

One day before test:

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to minimize GI content from body**
- **Fatty foods / snacks will stay in your body – STAY AWAY**
- **Drink 16 ounces of fluid replacement beverage (Gatorade, Powerade)**

Day of test:

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **Do not drink salty drinks such as Sodas**
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration testing**

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