

Alabama Wrestling Minimum Weight Program for 2016/2017 School Year

During the 2016/2017 school year it will be mandated that all schools with wrestling programs follow the provisions of the weight certification program established by the association for all wrestlers competing in varsity and junior varsity programs as mandated by the NFHS. The results of this process will be binding towards the eligibility of all wrestlers. Any school not following the required provisions of the weight certification program adopted by the AHSAA will be subject to penalty including a fine or probation or both.

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females will be mandatory for all high school wrestlers. The AHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

I. Establishing Minimum Weights

A. Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. They will be taken using the **Tanita TBF-300W Body Composition Analyzer**.

If the Tanita gives an "Error" reading on two consecutive readings with a wrestler, then skin fold measurements will be used to determine body fat percentage at that time. Lange calipers shall be used at three specific sites to measure skin fold (Lohman sites, Abdominal, Tricep, and Subscapularis).

B. The BIA measurements will be preceded by hydration assessment. A wrestler must pass a specific gravity assessment with less than or equal to 1.025. If the wrestler fails the specific gravity assessment with greater than 1.025, the wrestler must rehydrate and wait at least 48 hours to retest. Digital fiber optic refractometers shall be used to determine hydration.

Provided the wrestler passes the hydration test, the results of his/her body composition assessment will be entered into the NWCA weight certification internet calculator on the Initial Assessment Page of the NWCA website (www.nwcaonline.com). The internet calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.

C. Once a wrestler passes the hydration assessment at the site, the measurement process has begun. If a wrestler is removed at any point during this process after the hydration assessment is done, the wrestler's only option to complete the assessment process is via the appeal process. A one pound clothes allowance will be configured in with the Tanita Scale measurement so that the wrestler shall wear a singlet during the process.

D. The lowest weight class in which a wrestler may compete will be determined as follows:

1. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
2. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) falls between two weight classes, they must wrestle at the higher weight class.
3. Any male or female wrestler whose body fat percentage at the time of measurement falls below 7% male/12% female may wrestle at the weight class where their predicted weight (less 2% of that predicted weight) places them.

E. Deadline Date (Minimum Wrestling Weight for Competition) is February 7, 2017. The deadline date determines if the wrestler will be able to reach his/her MWW. The deadline date minimum wrestling weight is calculated by using 1.5% of his/her body weight lost per week from the initial assessment to the deadline date. This MWW determined by the deadline date will only be used if it is higher than the MWW.

II. Time Period for BIA Measurements

A. Regardless of when a wrestler first participates in a practice session, he/she may not compete at the varsity or junior varsity level (exhibition matches) until his/her minimum weight has been determined and his/her name and data have been entered into the NWCA program.

B. BIA measurements (including all appeals) must be conducted on or after July 24, 2016 of this year and must be completed by January 7, 2017. All eligible athletes or those becoming eligible at the semester break must meet this requirement.

C. The controlled weight loss starting date ("Alpha date") will be Saturday, October 14th. (The first practice date is October 31st).

D. If BIA measurements are completed after the first official practice date, the "alpha date" will be the date BIA measurements are completed.

III. Who May Conduct Measurements of the AHSAA Weight Management Program?

Encore Rehabilitation Corporation has been approved to fill this need. The 6 testing dates with 12 sites and locations will be listed on the AHSAA website (www.ahsaa.com).

All schools will follow the schedule listed below:

Sites	Locations	Dates	Weigh-In Registration Times
Encore	Encore Office Falkville	July 25, 2016	30 Minutes Before Your Time Slot.
Encore	Encore Office B'ham	July 27, 2016	30 Minutes Before Your Time Slot.
Encore	Tallassee High School	July 29, 2016	30 Minutes Before Your Time Slot.
Madison	Bob Jones High School	October 29, 2016	30 Minutes Before Your Time Slot.
Trussville	Hewitt-Trussville H.S.	October 29, 2016	30 Minutes Before Your Time Slot.
Auburn	Auburn High School	November 5, 2016	30 Minutes Before Your Time Slot.
Homewood	Homewood High School	November 5, 2016	30 Minutes Before Your Time Slot.
Hoover	Hoover High School	November 12, 2016	30 Minutes Before Your Time Slot.
Athens	Athens High School	November 12, 2016	30 Minutes Before Your Time Slot.
Montgomery	St. James School	November 19, 2016	30 Minutes Before Your Time Slot.
Bay Minette	Baldwin County H.S.	November 19, 2016	30 Minutes Before Your Time Slot.
Fultondale	Fultondale High School	November 19, 2016	30 Minutes Before Your Time Slot.

Pre-scheduled time slots will be used at all of the locations listed above. A coach must contact Bridgett Henderson of Encore Rehabilitation Corp. (256) 784-5600 or 256 606-1222 prior to 8:00 p.m.) to schedule a time slot for your team. The complete team and Coach shall arrive 30 minutes prior to your scheduled time slot in order to register. The Coach must bring a complete listing of the athletes names along with the complete payment for the team's processing fees.

IV. Growth Allowance

A two-pound growth allowance shall be added to each weight class after December 25th. The weight classes remain the same for the purposes of the weight management program.

V. Weekly Weight Loss Monitoring using the NWCA Optimal Performance Calculator (OPC) features:

All wrestlers will be limited to losing no more than 1.5% of their body weight per week as they make their descent toward their pre-determined minimum wrestling weight. The wrestler's assessment data which is entered into the NWCA OPC program generates an Individual Weight Loss Plan for each wrestler.

(Please refer to the AL Coaches Instructions: How to view an Individual Weight Loss Plan)

This rule will be monitored as follows:

A. At each weigh-in during the season, all coaches must present their team's pre-match weigh in form for that date of competition to the match/tournament host director/coach. The pre-match weigh in form proves the wrestler's eligible weight class for that date of competition. This form is created and printed using the NWCA OPC program.

(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)

B. Post-match, all coaches will be required to finish their previously created weigh in form by entering/typing in their wrestler's actual weigh in weights and saving them using the NWCA OPC program. After each match the actual weigh in weights must be entered and saved prior to creating a new pre-match weigh in form for your next competition date.

(Please refer to the AL Coaches Instructions: Record Actual Weigh in Weights Post-Match)

C. It is required that this task is completed prior to your next competition date. The wrestler's actual weigh in weight data entered into this screen will be public information. Failure to enter the wrestler's actual weigh in weight

post-match will result in a warning the first time. Any further violations will render all wrestlers ineligible to compete on the next date of competition.

D. In the event that any wrestler exceeds the 1.5% weekly weight loss rule, an email will be generated directly to the AHSAA office and to the responsible school. Any wrestler violating the weekly wt. loss rule the first time will receive a warning. If further violations occur by the same wrestler, he/she may not be permitted to compete in the next two competition dates.

E. All Head Coaches of participating teams in dual meets and tournaments will be required to record their wrestler's actual weigh in weights post-match to be eligible for post season competition. All coaches will be required to present a pre-match weigh in form at their Section Tournament Seeding Meeting showing their wrestler's eligibility.

(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)

VI. Appeal Process

Any wrestler may appeal their body fat composition calculations. Results obtained at any step are automatically accepted. The athlete has no choice. The steps of the appeal process are as follows:

A. First Appeal – A complete retest of wrestler by the same certified measurer of first test (Encore). The First Appeal must be in writing to the state office and signed by coach and administrator. Included must be athlete's name, date of measurement, and site of the First Appeal measurement. This must be done within 4 days of measurement after the results have been posted on the website. There is a \$25 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (256 784-5600 or 256-606-1222 prior to 8:00 p.m.) at the Encore Decatur West Clinic or at the next appropriate scheduled testing site.

B. Second and Final Appeal

1. Second and Final Appeal – A complete retest of wrestler by the same certified measurer of first appeal test (Encore). The Second Appeal must be in writing to the state office and signed by coach and administrator. Included must be athlete's name, date of measurement, and site of the First Appeal measurement. This must be done within 4 days of measurement after the results have been posted on the website. There is a \$30 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (256-784-5600 or 256-606-1222 prior to 8:00 p.m.) at the Encore Decatur West Clinic.

C. Appeals Binding - All Appeals will be done with the results of these tests being completely binding.

VII. Nutrition Education

Each school shall provide a nutrition education program for all wrestlers and parents. This should be done in a pre-season meeting of parents and student-athletes. In addition to information given out in the meeting, wrestlers and parents should receive an orientation on the functionality of the integrated nutrition component of the NWCA Weight Certification Internet Calculator Program. Once all of the assessment data is entered into the NWCA program, unique passwords will be automatically generated for each wrestler. This allows each wrestler to go home and build a customized diet that honors their weight loss plan.

VIII. Costs

All member schools will be assessed a fee of \$30.00 payable to the NWCA in advance. In addition, \$20.00 per student-athlete will be assessed and made payable to Encore Rehabilitation Corporation in advance to help offset their costs. If a student athlete fails the hydration test, only a \$10 charge will be assessed for a retest. If you need to contact the NWCA for any reason, the phone number is 717-653-8009. If you need to contact Encore for any reason, the number is 256-784-5600.