



WRESTLING

**WEIGHT MANAGEMENT
PROGRAM MANUAL**

**ATHLETIC DIRECTOR
COACH
ATHLETE**

10-11-05

Wrestling coach manual
October 14, 2005

CIF Wrestling Weight Certification Program

OVERVIEW

The California Interscholastic Federation believes that one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight certification program that encourages safe weight loss. Many states have instituted body composition testing programs in the past several years. The primary purpose of a body composition testing program is to determine the lowest certifiable, safe and healthy weight for each wrestler in order to provide a safe wrestling experience for all high school wrestlers. The wrestler's lowest certifiable weight may not be his or her optimal competitive weight; it is simply the lowest, safe weight at which he or she may compete.

In addition to this Weight Certification Program, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and in a healthy and safe manner. This program has been developed in response to the need for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers sometimes attempt to lose weight rapidly, often in an unhealthy and unsafe manner, to gain a perceived advantage over their opponent. This Weight Certification Program is designed to assist wrestlers and coaches in avoiding potentially harmful and rapid weight reduction practices utilized to achieve specific weight class participation. Our CIF Assessors are a critical component of this program.

Starting with the 2005-06 school year, CIF-member schools sponsoring the sport of wrestling are required to participate in the assessment portion of the weight certification program established by the California Interscholastic Federation for all competing wrestlers, regardless of the level of competition. All wrestlers must be assessed for the 2005-06 school year, but the results are not binding. Any wrestler who has not completed the assessment process is ineligible for competition. Starting with the 2006-07 school year, all wrestlers must be assessed and the results will be binding.

THE WEIGHT CERTIFICATION PROGRAM

Components

The program consists of three components:

1. CIF Master Assessors and CIF Assessors
2. The Body Composition Testing Program
3. The Nutrition Education Program

1. CIF Master Assessors and CIF Assessors

A. **In-service Instruction for CIF Assessors**

The State CIF will conduct the in-service education program for CIF Master Assessors, who will, in turn, subsequently train, certify and register additional CIF Assessors in the procedures of the CIF Weight Certification Program and specifically the body composition testing. The CIF and Section Master program is designed to identify, select, train, certify and register individuals capable of training the CIF Assessors for the administering of the hydration testing and bioelectrical impedance aspect of the program. Both CIF Master Assessors and CIF Assessors will be registered with the State CIF and will be the only individuals qualified to conduct assessments for CIF-member schools. All CIF Certified Assessors are required to attend an annual in-service education class.

B. **Professionalism/Privacy**

When an individual is certified and registered with the CIF as a CIF Assessor, it is his/her professional responsibility to protect the integrity of the testing program, and ultimately, our student-athletes. There is an expectation of the highest professional and ethical conduct relative to performing assessments on our high school wrestlers in California. These student-athletes should be treated with the highest regard for their “right to privacy” and for the confidentiality of all data collected about them for this program. CIF Assessors are expected to conduct themselves in a manner above reproach in regards to the professional standards of those working with athletes. There will be times when professional judgment will be necessary to clarify and validate the assessment process. The greater the depth of the CIF Assessor’s understanding of body composition testing, the more competent he/she will be in representing the CIF, serving our student-athletes and administering the program in a professional and consistent manner.

C. **Financial responsibility:**

1. Schools will be responsible to pay, no more than \$10 per wrestler for an assessment.
2. For re-assessments—wrestlers who fail the hydration test, must pay \$5 each time they appear for re-assessment. This encourages wrestlers to be properly hydrated prior to their scheduled-assessment time and to offset travel costs and set up time of the assessors. (Athletes may not be re-assessed until 24 hours after previous assessment)

D. **Assessor’s Responsibility:**

1. Annually be trained by CIF to be a CIF Certified Assessor.
2. Make themselves available to provide the assessment process for schools in their area in a reasonable time-frame for the conduct of school academic and wrestling programs.
3. Coordinate and schedule dates, times and appropriate locations for assessments of CIF-member schools.
4. Remind the school to make sure they bring a copy of their NWCA School User ID# and password.

5. Conduct the assessments in a professional manner, treating each participant with respect, dignity and honesty.
6. Ensure the availability of proper equipment in good working order prior to any scheduled assessment.
7. Input, or cause to be inputted by someone not associated with the school being assessed, the measurements for each student-athlete within 72 hours of the completion of the assessment.
8. Collect and account for the assessment fees collected, distributing the breakdown of the fee as required.
9. The following is a recommended list of supplies for the Assessor to have:

*Note: Each CIF Assessor and school should discuss what supplies the school must provide (e.g. if on-school site, computer hookup, tables etc.) CIF Assessors are expected, in most cases, to supply the basics needed for assessment.(items with * below) Some of the non-* items may be available at the school site. It is the Assessor's responsibility to make sure all equipment and supplies needed are on-hand and available for use.*

_____ Tanita TBF Model 300WA scale*	_____ Extra rolls of tape for readout unit*
_____ Refractometer*	_____ Extra Individual Profile Forms*
_____ Latex or Rubber Gloves *	_____ Black pen, pencil, and black marker*
(do not have to be changed after every hydration test)	
_____ Paper cups (used for collection of urine samples)*	_____ Stapler--staples
_____ Stir straws (for obtaining drops of urine for hydration test)*	_____ Hand sanitizer
_____ Towel(s) (to clean feet)	_____ Disinfectant cleaning spray(for cleaning scale)*
_____ Tissues (for wiping clean the refractometer after each individual reading)*	_____ Eye shields/face shields (optional)
_____ Tape measure (for measuring height)*	_____ Food Coloring (to color toilet water)
_____ Right angle square* (used for accuracy in measuring height) *	<u>If Assessments will be entered on-site:</u>
_____ Masking tape	-Laptop or computer access
_____ Clipboards or a suitable hard surface on which athletes can complete their forms	-Power strip, extension cord
	-Printer and printer paper

E. Set-Up for Assessment

1. School shall provide volunteers to help with the assessment process (school nurses, biology or health teachers, athletic trainers or persons with similar training are excellent assistants). At no time should the wrestling coach be allowed to assist in the assessment except to line up and supervise wrestlers.
2. Prior to the assessment of the student-athletes the assessor should set-up the area where testing will occur.
3. It is critical that the Assessor work through the security of the facility and quickly evaluate the best way to protect the integrity of the assessment process.
4. During the testing, students will move in an assembly-style fashion through the testing process.
5. Students must enter a secured restroom supervised by school personnel, without being out of the sight of any monitors or being in a position to pass urine samples among other wrestlers. They then must proceed to the CIF Assessor who will determine, with a refractometer, if the student is properly hydrated.

F. Meeting with All School Provided Personnel

It is suggested that after the set-up is completed that the Assessor meet with all personnel who will be involved with the assessment process, review their responsibilities and location during the assessment process.

G. Meeting with Athletes Prior to Testing

Once the set-up is completed and the Assessor has met with each of the school personnel who will be involved with the assessment process it is suggested that the Assessor meet with the athletes. Review with the athletes the entire process. A recommended sample agenda is:

1. Welcome
2. Assessor's Role
3. Authority of School Personnel and Assessor
4. Student Profile Form – completed and student has picture I.D.
5. Testing Process and Order of Assessment
 - a. Record Height
 - b. Collection of Urine Sample
 - c. Bio-impedance Assessment

2. Body Composition Testing Program (Hydration sample, Measurement & Bio-impedance test).

A. National Wrestling Coaches Association

Prior to any wrestlers being presented for assessment, it is mandatory that each school register with the National Wrestling Coaches Association. Upon successful registration with the NWCA, each school will be issued its User ID and Password for the Athletic Director and Coach. This registration requires an annual fee of \$30. The Northern Section will pay this fee and bill to the schools.

The CIF will utilize the NWCA Optimal Performance Calculator on their web site (www.nwcaonline.com) as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all CIF member schools sponsoring wrestling.

The fee allows each coach or Athletic Director to access all of their individual wrestler's information. In addition, following the assessment and entry of their data into the computer by the CIF Assessor, each wrestler will have access, via their own password, to their individual information and the nutritional information available on the NWCA site.



www.nwcaonline.com

B. Time Period for Assessments

1. Assessments may begin on November 1 or the first school day in November. Wrestlers may be measured on or following that date.
2. All wrestlers, including those coming out late, must be assessed and have their minimum weight established before competing.
3. The deadline for assessment is January 15th.
4. Results of the assessment will be available to the school and wrestler within 72 hours of completed assessment.

C. School's Responsibilities for the Assessment Process

1. Register with the NWCA to receive your User ID and password. The wrestling coach or other school personnel should bring this ID and password to any and all assessments.
2. Your CIF Section Office will outline the procedures for assessment of your wrestlers.
3. The CIF State web site (www.cifstate.org) will have information on each Section's procedures.
4. The school administration, their designee, must take reasonable precautions to insure the accuracy and validity of the entire assessment process (see procedures below). If the assessments are to be conducted on school grounds, the school will need to provide an adequate facility that has immediate access to bathroom facilities. That would include, but not be limited to, the following:
 - a. A school official(s) (e.g. A.D., non-wrestling coach, teacher, VP, Dean, etc.) who will help with the assessment. Urine sample collection **MUST** be supervised by school personnel.
 - b. Schools having female wrestlers are responsible for providing a female school official to assist in securing the urine sample.
5. A packet of information will be provided to each CIF school with wrestling programs prior to November 1.
6. Prior to the assessment, the school administration, or their designee, shall inform each wrestler of the importance of hydration for the assessment process. Each wrestler shall be provided with an **Individual Profile Form** that will be used for the assessment (See Appendix).
7. Wrestlers should have their **Individual Profile Form** completed (with all their personal information) prior to arriving at the scheduled assessment.
8. Schools should confirm that they have a **Parental Permission Form** for each wrestler (See Appendix). The completed Parental Permission Form should be kept on file at the school for one year.
9. Assessments may not be performed after practice or after a workout.
10. Each school is responsible for ensuring that ALL WRESTLERS have completed the assessment process and have their own minimum weight printout prior to competition. They are considered an ineligible athlete until this aspect of their eligibility is confirmed by the school.
11. Coaches should carry their school's Alpha Master Report (See sample in Appendix), which includes all their athletes, to every match.
12. Appeal Process—As assessments are not binding in 2005-2006, there is no appeal process for the result of the assessment. It will be applicable in 2006-2007.

Attention: A wrestler is not eligible to wrestle until he/she has been assessed and has a printout with his/her name and minimum weight class indicated.

HYDRATION

Testing to determine a wrestler's hydration status as part of a minimum competitive weight assessment process has been embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

Due in part to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthful nutrition habits, hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers. Therefore:

1. Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can proceed further with the CIF Weight Management Assessment process.
2. Refractometers will be used to measure the hydration level of each wrestler through the testing of a urine sample prior to the assessment process.
3. Only a CIF Assessor, who has successfully completed the CIF in-service education program, may conduct body composition assessments for CIF wrestlers.
4. Wrestlers who fail the hydration measurement will be instructed that they will need to reschedule their assessment no sooner than 24 hours following the time of test failure and that they will need to pay another full assessment fee at the time of their re-test.

HYDRATION MEASUREMENTS

Measuring Hydration Status

Note: Hydration testing **MUST** be done immediately prior to, and at the same site where, the body composition testing (using the Tanita 300WA scale) occurs.

Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessments requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is 1.026 or higher) assessments are **NOT** to be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. **RESEST MAY OCCUR NO SOONER THAN 24 HOUR AFTER THE FAILED HYDRATION TEST.**

Obtaining a Urine Sample

To ensure an appropriate urine sample has been collected for testing, the following procedures are required:

AREA: A bathroom with toilet(s) or urinal(s) can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriately disposing of the urine must be available as well.

SAFETY: Use gloves when measuring the urine and appropriately dispose of the urine. Place cup in hazard collection system.

COLLECTION CONTAINERS: Paper cups of sufficient size to provide a 20-30 ml (1-2 oz) urine sample can be used by the wrestler to collect the sample.

COLLECTING THE SAMPLE:

- a. Wrestlers should report to the assessment in "weigh-in attire" only.
- b. **School personnel** must insure that the wrestler has provided a sample of their own urine.

Reasonable supervision is the key.

1. Water faucets may be shut off. Wrestlers should not have access to the sinks where water can be added to the samples.
2. Blue, green or red dye may be added to the toilet so that wrestlers will not be tempted to dip their cup in the toilet water.

3. School personnel must supervise the process of urine sample collection. This does not mean witnessing the sample going from the body into the cup.
 4. School personnel are to ensure that conditions do not exist that could compromise the integrity of the urine sample collection (bulky clothes, other containers, dipping the cup into the toilet water, horseplay, etc).
 5. School personnel must be in all traffic areas between the collection area and the testing area if they are in different places. Any possible problem in the urine collection of an athlete necessitates voiding their sample and the provision of another sample with more scrutiny.
- c. Normally one to three wrestlers can be supervised at one time by school personnel.
- d. The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and maximize the athlete's right to privacy.
1. Mark each urine collection cup to identify each wrestler.
 2. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
 3. Instruct the wrestler to collect a "clean-catch" (midstream) urine sample.
 4. Instruct the wrestler to begin urinating; allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants).
 5. Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
 6. Allow reasonable time for the wrestler to provide a sample of urine.
 7. After collection of the urine by the wrestler, appropriate personnel should insure that the urine is warm by feel on the outside of the collection cup.
 8. If the urine is cold or suspect, reject that sample and require the wrestler to provide another sample under closer supervision.
 9. Once completed, the wrestler will give the sample to the proper authority and move along through the assessment process.

TESTING THE SAMPLE

Note: Only refractometers will be used to measure hydration levels.

1. The Assessor shall place a drop or two of urine on the lens of the refractometer and read the specific gravity for that sample.
2. The following scale will be used by the Assessor to mark the specific gravity measurement:

Specific Gravity	<u>PASS</u>						<u>FAIL</u>
	1.000	1.005	1.010	1.015	1.020	1.025	1.026

3. The Assessor will then record the reading on the wrestler's Individual Profile Form and check Pass or Fail.
4. Measurements greater than 1.025 will disqualify the athlete from continuing with the rest of the assessment. Any athlete not properly hydrated may not be assessed further and must wait a minimum of 24 hours prior before being assessed again. They will not be refunded their assessment fee and must pay a full assessment fee the next time they appear for assessment.
8. Wrestlers who pass the hydration test will move on to the next step in the assessment process.

MEASUREMENT OF HEIGHT

The next step in the process is to accurately measure the height of the wrestler.

Assessors or their assistants shall measure the wrestler's height to the nearest 1/2" and record that height on the wrestler's Individual Profile Form 1/4" and below round down; above 1/4" and below 3/4" should be entered as 1/2"; 3/4" and over should be rounded up to the next inch.

Students should be measured in their bare feet.

EXAMPLES

From 6' to 6' ¼" =	6'0"	Entered as 6'0.0
Between 6' ¼" and 6' ¾" =	6'1/2"	Entered as 6'0.5
From 6' ¾" to 6' 1" =	6'1"	Entered as 6'1.0

BODY COMPOSITION ASSESSMENT

TANITA SCALE MEASUREMENT

1. Have the athlete wipe their bare feet on a towel prior to stepping on the scale.
2. The Assessor will have the wrestler step on the scale.
3. The wrestler remains on the scale until the assessor instructs them to step off.
4. The scale will automatically print a profile of the student.
5. Record Tanita FAT % and weight on the Individual Profile Form. An additional person can be used to record measurements on the Individual Profile Form.
6. Staple the thermal paper assessment printout to the Individual Profile Form.
7. Sign and Date the Individual Profile Form.

INPUTING THE DATA ON THE NWCA WEB SITE

The CIF Assessor or designee will input the data on each wrestler on the NWCA within 72 hours of the assessment.

3. Nutrition Education Program

While not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program. The NWCA nutritional program includes information for each individual athlete.

During the Season—starting in 2006-2007

1. **Weight Loss Per Week (Will be mandatory starting with the 2006-07 school year)**
 - a. A weight loss limit of 1.5 percent per week has been set. The projected earliest date to wrestle at the predicted minimum will be broken down into weeks. This date will appear on the printout.
 - b. A wrestler will not be allowed to wrestle at any time in a weight class that would require them to lose more than 1.5 percent per week from the original date of measurement.
 - c. To determine whether or not a wrestler has violated the 1.5 percent per week weight loss limit, coaches will exchange "Alpha Master Report" to determine the weight class of the wrestler for that week. (Not until 2006-2007)
 - d. The official on site will verify any disputes.
The Section Office will handle protests. Protests must be filed within 24 hours of the problem.
2. **Alpha Master Report (Starting with the 2006-07 school year)**
 - a. During the regular season, coaches must have the "Alpha Master Report" of wrestlers competing that day available for all coaches at weigh-ins.
 - b. If a coach cannot, or does not produce the "Alpha Master Report", the on-site official shall disqualify that school and report it to the Section Office.
 - c. Wrestlers not appearing on the "Alpha Master Report" will NOT be permitted to wrestle.
3. **Growth Allowance**

Growth allowance will be two pounds per weight class after January 15th.
Note: A wrestler **IS NOT** eligible for a weight class because of growth allowance and/or allowances for successive days' wrestling.
4. **Appeal Process (not applicable for the 2005-06 school year)**

5. Physician Clearance for Student Under Minimum % Body Fat

Any wrestler whose body fat percentage at the time of assessment (Alpha Date) is below 7% for boys or 12% for girls, must obtain in writing a licensed physician's (M.D. or D.O.) clearance stating that the athlete can compete at this sub-7% body fat for boys or sub-12% body fat for girls.

WRESTLING WEIGHT MANAGEMENT PROGRAM

CIF ASSESSOR MANUAL

APPENDIX

- Ø TERMS AND DEFINITIONS
- Ø MEMBER SCHOOLS BY ASSESSOR
- Ø MASTER ASSESSOR CONTACT INFORMATION
- Ø INDIVIDUAL PROFILE FORM -Make extra copies of this to have on hand at every assessment
- Ø ALPHA MASTER REPORT (SAMPLE)
- Ø CIF PARENT LETTER
- Ø PARENTAL PERMISSION FORM (SAMPLE)

WRESTLING WEIGHT MANAGEMENT PROGRAM

Terms-definitions—contacts

PASSWORDS—USER ID’S ETC.

ASSESSOR ID Each CIF Assessor has an assigned User ID, received directly from CIF upon completion of training. This should not be used by anyone other than the Assessor him/herself. This # along with the password below allows for input of data into NWCA web page. Obviously, compromise of privacy and accuracy would be jeopardized if anyone other than a trained CIF Assessor had such access.

ASSESSOR PASSWORD Each CIF Assessor has an assigned password, received directly from CIF upon completion of training. This password should not be used by anyone other than the Assessor him/herself.

SCHOOL ASSESSOR PASSWORD (SAP)—Each CIF member school is assigned such a number by NWCA upon completion of the registration of their school. The Section will provide Assessors with the SAP for each school in the area they will be serving. These **SHOULD NOT BE SHARED WITH SCHOOLS/COACHES/PARENTS** or anyone else other than the CIF Assessor to whom they have been given—again this provides access to input and view data on the NWCA site, Schools have no reason to have access to anything on the site other than their own school information, which is protected by the School User ID# and Coach password described below. No Assessor should need to get this from another as all have been provided with a complete list and they are available from the Section staff if needed.

SCHOOL USER ID # —These are issued to our CIF member schools by the Section Office. They are issued by NWCA upon satisfactory registration by a school (including payment of the \$30 registration fee) with NWCA. **STUDENTS, PARENTS, NO ONE ELSE should ever have access to this School User ID #.** This ID number and password below provides access, on the NWCA web site, to all that school’s wrestler’s individual information. We suggest that the Principal, AD and Coach are the only ones with access to this number. (This number is sometimes referred to as the NWCA Card #)

COACH PASSWORD— These are issued to our CIF member schools by the Section Office. They are issued by NWCA upon satisfactory registration by a school (including payment of the \$30 registration fee) with NWCA. This along with the School User ID # immediately above, provides access, on the NWCA web site, to all of that school’s wrestler’s individual information. We suggest that the Principal, AD and Coach are the only ones with access to this number. (This number is also sometimes referred to as the NWCA Card password). This password can be changed once on the site. AGAIN, we recommend that the password be shared with the Principal, Athletic Director and Coach ONLY. STUDENTS, PARENTS, ASSESSORS, NO ONE ELSE should ever have access to this password.

WRESTLER INDIVIDUAL PASSWORD—These will be assigned to each individual wrestlers once they access the NWCA web site AFTER the Assessor has entered their data on the web site.

CALIFORNIA INTERSCHOLASTIC FEDERATION NORTHERN SECTION

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CIF WRESTLING WEIGHT MANAGEMENT PROGRAM SCHOOL AND ASSESSOR ASSIGNMENTS

Tom Reuss	Lonnie Scott	Ernie Vega	Patty Wood
American Christian Anderson Bishop Quinn Central Valley Enterprise Foothill Redding Christian Shasta Trinity West Valley	Corning Hamilton City Los Molinos Orland Red Bluff	Biggs Chico Durham Esparto* Gridley Las Plumas Live Oak Oroville Paradise Pleasant Valley Sutter Wheatland* Willows Winters*	Big Valley Burney Chester Etna Fall River Lassen Modoc* Mt. Shasta Portola Quincy Tulelake Weed
Possible Certified Assessors:	Possible Certified Assessors	Possible Certified Assessors	Possible Certified Assessors
Steve Westlake-Redding		Paul Shank-Sutter Scott Barker-CSU Matt Eller Mike Hernandez Mary Mansfield Janet Peck	*Modoc Nurse Patty Wood will not assess Modoc High School

Updated: October 31, 2005



CALIFORNIA INTERSCHOLASTIC FEDERATION
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MASTER ASSESSORS

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Patty Wood, LVN 805 Park Street Alturas, CA 96101 Phone: 233-4649 Fax: 233-7306 (Modoc High School)	Tom Reuss, P.T. Kevin Snider Physical Therapy 1920 N. Barney Street Anderson, CA 96007 Phone: 365-2142 Fax: 365-5655

Possible Certified Assessors:

Scott Barker
Brian Birch
Matt Eller
Mike Hernandez
Mary Mansfield
Janet Peck
Paul Shank
Steve Westlake



California Interscholastic Federation

Marie Ishida, Executive Director

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Phone (510) 521-4447 Fax (510) 521-4449

www.cifstate.org

TO: All parents/guardians of CIF student-athletes involved in the sport of wrestling

FROM: Marie Ishida, CIF Executive Director

SUBJECT: CIF WRESTLING WEIGHT CERTIFICATION PROGRAM

* Required procedure for 2005-2006 Wrestling Season.

The CIF is committed to the safety of our student-athletes as one of our highest priorities. After careful and thorough discussion and analysis, we have adopted a new CIF Weight Certification program that is used across the country by 21 other state associations. This program follows guidelines embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

CIF believes this weight certification program will provide a healthy weight management regiment for your son or daughter. This nationally-recognized program has been adopted and is required for All CIF wrestlers beginning with the 2005-2006 season, with the hope that if followed, it will decrease the probability of health risks to any CIF wrestler who might be instructed or choose to utilize unhealthy practices in order to “make weight.”

This letter is to inform you of the basic components of the program and also obtain your permission as parents for your son or daughter to participate in the CIF Weight Management Certification process, as a requirement to participate in wrestling competition in the CIF at any level for this coming season. After you read through this material, if you have additional questions, please contact your school’s Athletic Director or Principal. They should be able to provide you with additional details as requested.

The CIF Weight Certification program has two basic components:

- 1) Nutrition Education and
- 2) Establishment of a healthy minimum weight for each wrestler

The CIF Weight Certification program does not allow the body fat percentage of student-athletes to fall below a certain level:

- Ø male wrestlers must maintain a minimum of 7% body fat
- Ø female wrestlers must maintain a minimum of 12% body fat

The CIF Weight Certification Program sets a healthy limit for how much and how quickly they are allowed to safely reduce their weight. The CIF Weight Certification Program controls the rate of weight loss and also establishes an acceptable, healthy minimum weight for each wrestler through the use of a bioelectrical impedance measurement (Tanita scale).

The first step in the CIF Weight Certification Program is to test the hydration level of each wrestler. Wrestlers who are not properly hydrated will not be able to participate in the assessment, as the assessment equipment will not measure the correct percentage of body fat if a wrestler is dehydrated. The initial step in this weight certification program,

therefore, requires that a sample of urine from every wrestler be tested to confirm that each wrestler is properly hydrated and can proceed with the measurement of that wrestler's current percentage of body fat. If the wrestler is not sufficiently hydrated (i.e. specific gravity of the urine is over 1.025) the assessment for percentage of body fat will not be conducted, and will require a re-assessment at a later date (no sooner than 24 hours after the first hydration assessment).

The second step is to measure the current percentage of body fat of the wrestlers. This will be measured when the wrestler steps on the Tanita scale. This scale uses bioelectrical impedance analysis techniques. A low level electrical signal is sent through the lower extremities and the body's electrical resistance is recorded. Using this information, the body fat of the individual is determined.

It is recommended by the National Institute of Health that individuals who have implanted defibrillators should not participate in this test. In addition, there is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy

If your son or daughter is planning to participate in wrestling this school year in any CIF-member school program at any level, you must read, sign and return, to your son or daughter's school, the attached Parental Permission Form before an assessment can be performed.

These minimum weight assessments must take place between November 1 and January 15. Each school's wrestling coach and athletic director will be scheduling these assessments on behalf of all the wrestlers at your school. EARLY assessment is better as no student-athlete will be allowed to compete in any wrestling competition for their school until the assessment is completed and entered into the NWCA (National Wrestling Coaches Association) data base. Each wrestler will only have access to their own information posted on the web site and related, individual nutritional information through a personal password. Each schools' coach or athletic director will have access to all of their wrestler's information protected by a password. While we are recommending to you as parents that wrestlers follow the program for healthy weight loss this school year, we are mandating that every wrestler be assessed prior to ANY competition. If a wrestler is not assessed they will not be able to compete in any CIF wrestling competition for this school year.

Wrestling is a great CIF sport and we continue to work together with wrestling experts across the country and locally to provide your son or daughter with information on how to manage their wrestling weight goals in a safe and healthy manner.

NWCA (www.nwcaonline.com)



PARENTAL PERMISSION FORM

I hereby grant _____ high school permission to allow a hydration assessment to be performed by a CIF Certified Assessor on a urine sample provided by my son/daughter for the purpose of determining if the appropriate hydration level has been met under the CIF Wrestling Weight Certification Program. I understand that the CIF requires this assessment to be completed in order for my son/daughter to be eligible to compete in wrestling in any CIF competition for the 2005-2006 school year.

By my signature below I understand that my son/daughter agree to the following:

- A 20-30ml (1-2 oz) urine sample will be provided by my /son/daughter in a restroom facility for the sole purpose of being analyzed for the hydration (specific gravity) to be measured and recorded by a CIF Assessor.
- My son/daughter's sample will remain in their possession and under their direct supervision throughout the assessment. They will dispose of their own sample upon completion of the assessment.

I further understand the following:

- The location where the sample is being provided will be supervised by school personnel to ensure that the wrestler has provided a sample of his/her own urine without any contamination (females will supervise locations used by female wrestlers; males will supervise locations used by male wrestlers).
- Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
- Other than for the hydration testing, the urine sample provided will not be used for any other type of analysis or testing.
- The National Institute of Health recommends that individuals who have implanted defibrillators should not participate in this test. There is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy.

I hereby agree to release, discharge and forever hold harmless the CIF, the school and CIF Certified Assessors from any and all claims, which I might now, or hereby have with respect to the urine testing I am consenting to herein. I am free to deny any consent for my son/daughter both now and at any point during the testing.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the hydration testing procedure in which my son/daughter will be engaged. I consent and give permission for my son/daughter to participate in this hydration testing.

NAME OF STUDENT-ATHLETE _____

Student Signature _____ (Date)

NAME OF PARENT/GUARDIAN _____

Parent/Guardian Signature _____ (Date)

NOTE: A completed parental permission form **MUST** accompany your son/daughter when they are assessed. An assessment **WILL NOT** be done if a signed form is not presented to the CIF Assessor.