

2006-07

WRESTLING
WEIGHT MANAGEMENT
PROGRAM
CIF COACHES MANUAL

08-01-06

CIF WRESTLING WEIGHT **CERTIFICATION**

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 control program that encourages safe weight loss. As required by the NFHS (Rule 1, Sec. 3, Art. 1-2), the CIF has 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 a wrestler 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 often 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, rapid weight reduction practices utilized to achieve specific weight class participation. Our CIF Assessors are a critical component of this program.

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. Any wrestler who has not completed the assessment process is ineligible for competition.

(NFHS Rule 1-3 & CIF Bylaws 3103 & 3104)

THE PROGRAM

Components

The program consists of three components:

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

CIF Master Assessors and CIF Assessors

1. In-service Instruction for CIF Assessors
 - a. The State CIF will conduct the in-service education program for at least one Head Master Assessor for each CIF section.
 - b. The Head Master Assessor(s) in each CIF Section will then certify individuals as Master Assessors who will in turn subsequently train, certify and register additional CIF Master Assessors in the procedures of the CIF Weight Certification Program and specifically the body composition testing.
 - c. The CIF and Section Assessor's 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.
 - d. 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.
 - e. All CIF Certified Assessors are required to attend an annual in-service education class.

2. Professionalism/Privacy
 - a. 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.
 - b. 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.

3. Assessor's Responsibility: Assessors shall:
- a. Annually be trained by CIF to be a CIF Certified Assessor.
 - b. 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.
 - c. Coordinate and schedule dates, times and appropriate locations for assessments of CIF-member schools.
 - d. **Remind the school to make sure they bring a copy of their NWCA School User ID# and password.**
 - e. Conduct the assessments in a professional manner, treating each participant with respect, dignity and honesty.
 - f. Insure the availability of the proper equipment in good working order prior to any scheduled assessment.
 - g. 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.
 - h. Collect and account for the assessment fees collected, distributing the breakdown of the fee as required.
 - i. The following is a recommended list of supplies for the Assessor to have:

_____ Tanita TBF Model 300WA scale*	_____ Masking tape
_____ Refractometer*	_____ Clipboards or a suitable hard surface on which athletes can complete their forms
_____ Latex or Rubber Gloves *	_____ Extra rolls of thermal tape for readout unit*
_____ (do not have to be changed after every hydration test) Paper cups (used for collection of urine samples)*	_____ Extra Individual Profile Forms*
_____ Stir straws or pipettes (for obtaining drops of urine for hydration test)*	_____ Black pen, pencil, and black marker*
_____ Towel(s) (to clean feet)	_____ Stapler--staples
_____ Tissues (for wiping clean the refractometer after each individual reading)*	_____ Hand sanitizer
_____ Tape measure (for measuring height)*	_____ Disinfectant cleaning spray(for cleaning scale)*
_____ Right angle square* (used for accuracy in measuring height) *	_____ Eye shields/face shields (optional)
	_____ Food Coloring or tidy bowl or dry urinals (to protect the integrity of the sample)

*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 identified with a *) 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.*

4. Set-Up for Assessment

- a. 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 as to control of wrestlers.
- b. Prior to the assessment of the wrestlers the assessor should set-up and/or inspect the area where testing will occur.
- c. It is critical that the Assessor insure the security of the facility and quickly evaluate the best way to protect the integrity of the assessment process.
- d. During the testing, wrestlers should move in an assembly style fashion through the testing process.
- e. Wrestlers should 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. The wrestler shall then proceed to the CIF Assessor who will determine, with a refractometer, if the wrestler is properly hydrated.

5. Meeting with All School-Provided Personnel

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

6. Meeting with Wrestlers 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 wrestlers and review with the wrestlers the entire process. A recommended sample agenda is:

1. Welcome
2. Assessor's Role

3. Authority of School Personnel and Assessor
4. Individual Profile Form
5. Testing Process
 - a. Collection of Urine Sample
 - b. Record Height
 - c. Bio-impedance Assessment

Body Composition Testing

1. National Wrestling Coaches Association
 - a. 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 by its CIF Section for the use of the AD and Coach. This registration requires an annual fee of \$30 per school.
 - b. The CIF will utilize the NWCA Optimal Performance Calculator on their web page (www.nwcaonline.com) as the mechanism to calculate the certified minimum weight and Individual Weight Loss Plan for each wrestler as well as the alpha-master report for each school.
 - c. The \$30 registration fee allows each coach or AD 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

2. Time Period for Assessments
 - a. Assessments may begin on October 15th.
 - b. Wrestlers may be measured on or following that date.
 - c. All wrestlers, including those coming out late, must be assessed and have their minimum weight established before competing.
 - d. The deadline for assessment is January 15th. Assessors shall not conduct assessments after January 15th unless a hardship waiver has been granted by the CIF Section. (CIF Bylaw 3104.B.(3).b)
 - e. Wrestlers requesting an appeal of the assessment results, must do so within 14 days of the assessment they are appealing (CIF Bylaw 3104.G.)

3. School's Responsibilities for the Assessment Process
 - a. Register with your CIF Section to receive your User ID and password. The wrestling coach or other school personnel should bring this school ID# to any and all assessments.
 - b. Each CIF Section Office will outline the procedures for assessment of wrestlers.
 - c. The school administration or 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 a facility that is adequate and has immediate access to bathroom facilities. That would include, but not be limited to the following:
 1. 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.
 2. Schools having female wrestlers are responsible for providing a female school official to assist in securing the urine sample.
 - d. Each CIF Section Office will provide a packet of information to each school.
 - e. Prior to the assessment the school administration, or their designee, shall inform each wrestler of the importance of hydration for the assessment process.
 - f. Each Wrestler shall be provided with an Individual Profile Form that will be used for the assessment (ATTACHED).
 - g. Schools should confirm that they have a Parental Permission Form for each wrestler (ATTACHED). The completed Parental Permission Form should be kept on file at the school for one year.
 - h. Wrestlers should have their Individual Profile Form completed with all their personal information prior to arriving at the scheduled assessment.
 - i. Assessments should not be performed after practice or after a workout.
 - j. Each school is responsible for ensuring that ALL WRESTLERS have completed the assessment process and have their own Individual Weight Loss Plan prior to competition. They are considered an ineligible athlete until this aspect of their eligibility is confirmed by the school.
 - k. It is mandatory that coaches carry their school's current Alpha Master Report to every competition. (CIF Bylaw 3103.C.)
 - l. It is mandatory that each wrestler present their Individual Weight Loss Plan form at weigh-in for all competitions.
 - m. Appeal Process—CIF Bylaw 3014.G.

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. In part due 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:

- a. 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.
- b. Refractometers will be used to measure the hydration level of each wrestler through the testing of a urine sample prior to the assessment process continuing.
- c. Only a CIF Assessor, who has successfully completed the CIF in-service education program, may conduct body composition assessments for CIF wrestlers.
- d. Wrestlers who fail the hydration test will be instructed that they will need to reschedule their assessment no sooner than 24 hours following the time of test failure and will be responsible for the payment of another assessment fee.

Hydration testing **MUST** be done immediately prior to and at the same site where the body composition testing (using the Tanita 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. Re-testing may occur **NO SOONER THAN 24 HOURS AFTER THE FAILED HYDRATION TEST.**

1. Obtaining a Urine Sample

To assure an appropriate urine sample has been collected for testing the following procedures are required

- a. 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.
- b. SAFETY: Use gloves when measuring the urine and appropriately dispose of the urine.
- c. COLLECTION CONTAINERS: Disposable 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.
- d. COLLECTING THE SAMPLE: Wrestlers should report to the assessment in weigh-in attire only (singlet or t-shirt and shorts).

2. School Personnel

Personnel must insure that the wrestler has provided a sample of their own urine. Reasonable supervision is the key.

- a. Wrestlers should not have access to sinks where water can be added to their samples.
- b. Colored dye, tidy-bowl or other agents to color the toilet water may be added to the toilet so that wrestlers will not be tempted to dip their cup in the toilet water.
- c. School personnel must:
 - i. supervise the process of urine sample collection. However, this does not mean witnessing the sample going from the body into the cup.
 - ii. insure 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).
 - iii. be in all traffic areas between the collection area and the testing area if they are in different places.
- d. Any problems in the urine collection of a wrestler necessitates voiding their sample and the collection of another sample under closer supervision.
- e. Normally one to three wrestlers can be supervised at one time by school personnel.

3. Recommended Procedures

The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and maximize the wrestlers right to privacy.

- a. Mark each urine collection cup to identify each wrestler.
- b. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
- c. Instruct the wrestler to begin urinating; first allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants). Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
- d. 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.
- e. If the urine is cold or suspect, reject that sample and require the wrestler to provide another sample under closer supervision.
- f. Once completed, the wrestler will give their sample to the proper authority and move along through the assessment process.
- g. When directed, wrestlers shall dispose of their own urine sample.

4. Testing the Sample

Only urine specific gravity refractometers will be used to measure hydration levels.

- a. CHECK CALIBRATION of the refractometer prior to the first test of any assessment day.
 - i. Open the daylight plate and place a few drops of distilled or tap water on the face of the prism. Close the daylight plate gently.
 - ii. Adjust the scale into focus by turning the eyepiece.
 - iii. If the boundary line does not coincide with the 1.000 line, make an adjustment by turning the scale adjusting screw.
 - iv. DO NOT turn the scale adjustment screw unreasonably. If it is excessively turned, it may cause breakdown of the refractometer!
- b. The Assessor shall mix the urine well by swirling the collection container
- c. The Assessor shall place a drop or two of urine on the lens of the refractometer and read the specific gravity for that sample.
- d. 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

- e. The Assessor will then record the reading on the wrestler's Individual Profile Form and check Pass or Fail.
- f. Measurements greater than 1.025 will disqualify the athlete from continuing with the rest of the assessment. Any wrestler not properly hydrated may not be assessed further and must wait a minimum of **24 hours** before being assessed again. They will not be refunded their assessment fee and must pay another assessment fee the next time they appear for assessment.
- g. Wrestlers who pass the hydration test, will move on to the next step in the assessment process.
- h. **CLEAN AFTER EACH USE**
 - i. Wipe clean after each sample using a tissue
 - ii. If the surface is smeared with oil or similar liquids it will repel the sample. Wipe off such an oil smear with warm water.
 - iii. Do NOT run the refractometer under the faucet to clean—you should never splash water on the unit.

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 ¼" and record that height on the wrestler's Individual Profile Form; ¼" and below round down; above ¼" and below ¾" should be entered as ½"; ¾" and over should be rounded up to the next inch. Wrestlers should be measured in their bare feet.

EXAMPLES

From 6' to 6' ¼" = 6'0"	Entered as 6.00
Between 6' ¼" and < 6' ¾" = 6'1/2"	Entered as 6.05
From 6' ¾" to 6' 1" = 6'1"	Entered as 6.10

Body Composition Measurement

1. Tanita Scale Set-up

Prior to the first assessment on any day or after the scale has been turned off for more than 30 minutes or so, you must follow steps a-c below.

- a. **SETTING THE NUMBER OF PRINTOUTS AND LANGUAGE** (pg. 25 Tanita Instruction Manual). This should be defaulted and already set for one printout. It is a requirement that assessors print a minimum of one tape printout for each wrestler per assessment. You may be asked to printout directions on page 25. Otherwise skip to (b) below.
- b. **SET TO WRESTLER'S MODE** (pg. 21 Tanita Instruction Manual).
 - i. While holding down the 9 key, push the on/off button to turn the control box on.
 - ii. The screen should show "rse" on the screen. This is your confirmation that you are in wrestler's mode.
 - iii. "rse" will flash off and you should see the arrow pointing to "clothes" flashing and a 0.0 next to lb/st.lb.
 - iv. If the 0.0 is next to kg, push the blue kg/lb button immediately below the screen. This should move that 0.0 to lbs/st.lb on the screen
- c. **SET TO THE "GOAL" MODE-7%** (pg 22 Tanita Instruction Manual)
 - i. Turn the control box off by pushing the on/off button.
 - ii. Hold down the 7 key while pushing the on/off button.
 - iii. The screen should now display "rse goal 07" This shows that you are in the high school mode for the lowest % of body fat (7%).
 - iv. "rse goal 07" will flash off and you should see the arrow pointing to "clothes" flashing and a 0.0 next to lb/st.lb
- d. **ENTER "0.0" for WEIGHT OF CLOTHING**
- e. After setting up the scale per instructions in a-e, the remaining instructions will be followed for every assessment:

2. Tanita Scale Assessments

- a. The control panel will be flashing arrows next to male female and athletic. Push the appropriate the blue "athletic male" or pink "athletic female" button below the screen.
- b. Wrestler's age arrow will flash—enter the two digit age of the wrestler
- c. Wrestler's height arrow will flash next to [ft.in](#) (if flashing next to cm push blue kg/lb button below screen)--enter the height to the ½". The scale will wait for you to enter the height to the ½". If the

student is exactly six feet tall you must enter "6.00" (6 point 00); 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.

EXAMPLES

From 6' to 6' 1/4" = 6'0" Entered as 6.00

Between 6' 1/4" and < 6' 3/4" = 6'1/2" Entered as 6.05

From 6' 3/4" to 6' 1" = 6'1" Entered as 6.10

- d. The screen will now flash "Goal". This is in no way related to the wrestling mode and by entering 0.0 you can bypass this.
- e. The screen will now flash "Step On". The athlete should be dressed properly and be barefoot.
- f. Have the athlete wipe their feet on a towel prior to stepping on the scale.
- g. The wrestler remains on the scale until you hear a "beep", after which the wrestler steps off of the scale.
- h. The scale will automatically print a minimum of one tape printout profile of the wrestler.
- i. After testing each wrestler wipe the scale surface with cleaning solution.
- j. Record Tanita FAT % and weight on the Individual Profile Form. An additional person can be used to record measurements on the Individual Profile Form.
- k. Staple the thermal paper assessment printout to the Individual Profile Form.
- l. Sign and Date the Individual Profile Form.

Optimal Performance Calculator Instructions for Coaches in State Mandated Programs

1. Go to the NWCA home page at www.nwcaonline.com
2. On NWCA home page, go to top menu bar under *Weight Certification* click on the *Optimal Performance Calculator*.
3. You will now be directed to the Optimal Performance Calculator Program (www.nwcaonline.com/nwcaonline/default.aspx).
4. Once at the OPC home page click on the *login* tab on the menu bar.
5. On the login page, the coach will enter his/her NWCA user ID and password. (The password is the coach's assigned login id for the initial login; the coach will be prompted to change his/her password to a permanent password)

6. You will now be logged into the program at the scholastic homepage of the Optimal Performance Calculator

Program (www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx)

How to enter test assessment data for coaches who own a Tanita 300WA (if you want to assess your athletes before they are assessed by a CIF Certified Assessor; please know that you will not be able to save the assessments online)

The calculations on your test assessment form will mirror the calculations on your official state assessment form

1. Once the coach is at the scholastic homepage of the OPC, the coach will put his cursor over the Coaches tab. A drop down menu will appear and the Assessor/Coach will select Test Assessment.
2. After clicking Test Assessment a blank assessment form will appear. If you are entering test assessment data for a female please click on the "add female wrestler link". This will take you to a special test assessment form for females.
3. Begin entering the data onto your initial assessment screen. Be sure to use the "TAB BUTTON" on your keyboard to navigate through the form. Failure to do so will result in the inability for the calculator to function correctly.
4. Please note: Since the C.I.F. does not use skin-fold calibration, do not use skin-fold area. You will manually enter the Body Fat percentage into the field provided at Step 3.
5. When you have successfully calculate the Minimum Wrestling Weight on the Initial Assessment form, please scroll to the bottom of the page and click on Print Test. You will be able to print the assessment form, but will not be able to save it.
6. Make sure your margins are set to: .5 on top and bottom and .25 for the right and left side.
7. To repeat the process for an additional wrestler, please use the same form and enter new test assessment data.

How to view and print the alpha master roster

1. On the scholastic OPC homepage menu bar, click on the Alpha Master Report under the Coaches tab on the menu bar.
2. The "Alpha master report" will appear with all of the team's wrestlers and their assessment data (this includes the wrestler's minimum weight class and the first date they may compete at that weight class)
3. Click on the print button at the bottom of the page to print the form. This form should be brought to all matches and weigh-ins.

How to view wrestler's assessments

1. On the scholastic OPC homepage menu bar, click on wrestlers on file under the coaches tab on the menu bar.
2. After logging in, a list of wrestlers who have completed assessment will appear (this page is titled "wrestlers on file").
3. On the "wrestlers on file" page, click on the select link under the assessment column for the wrestler you would like to view the assessment data form

4. After clicking on the select button for the desired wrestler, that individual wrestler's initial assessment will populate the page.
5. To print the assessment form, scroll to the bottom and click on the print button.
6. To view another wrestler's assessment, you can scroll to the bottom of the current wrestler's assessment form and click on Retrieve Wrestler. This will bring up the "wrestlers on file" page. You can click on the Back button on your computer tool bar to take you back to the "wrestlers on file" page.

How to view individual weight loss plan

1. On the Scholastic OPC homepage, click on Individual Weight Loss Plan on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on a page that lists all of the wrestlers on file.
3. Select the date range from the calendars provided.
4. After selecting the date range you prefer, click on the check box titled "apply date filter to wt loss plan."
5. After applying the date filter, click on the wrestler's name that you would like to view.
6. Print from the file option from the tool bar.
7. Please note: You may also view a wrestler's weight loss plan from the "wrestler's on file" page. However, you will not be able to provide a date filter by using this option.

How to retrieve login and password information for student-athletes so they can view their individual assessment data as well as access the integrated nutrition program (please note, the wrestlers can design their own customized diet that honors their weight loss/gain plan by using these codes).

1. On the Scholastic OPC homepage, click on Wrestlers on File on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on the 'wrestlers on file' page.
3. The program will automatically assign each wrestler a unique Login ID and Password for each wrestler.
4. At the top of the page, click on the "export wrestlers name and password to excel." This will export the page to an excel document which you can download and print to your computer.
5. The coach should give each individual wrestler their unique Login ID and Password. The wrestler and his/her parents have access to their individual assessment data and the nutrition program.

Once the coach/assessor is finished working on the Optimal Performance Calculator Program, he/she should make sure to logoff on the menu bar on the Scholastic OPC homepage.

Please remember to log off once you are finished on the OPC.

Contact to us

For more information, please visit the NWCA Optimal Performance Website at www.nwcaonline.com. For problems or questions please contact the NWCA office at 717-653-8009 or email at ptocci@nwca.cc.

During the Season

1. Individual Weight Loss Plan
 - a. A weight loss limit of 1.5 percent of their alpha weight per week has been established.
 - 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 of their alpha weight per week from the original date of assessment.
 - c. Each wrestler is required to weigh-in with his/her NWCA Individual Weight Loss Plan form at all competitions up to and including the competition that begins the CIF State Championship series.
 - d. Protests will be handled according to CIF Section guidelines.

2. **Requirements at weigh-ins:**
 - a. **Per NFHS Rule 4-4-2 a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.**
 - b. **If the wrestler weighs in one weight class below their lowest allowable weight class per their Individual Weight Loss Plan, they are eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two weight classes listed for that week on their Individual Weight Loss Plan.**
 - c. **If the wrestler weighs in two or more weight classes below their lowest allowable weight class per their Individual Weight Loss Plan, they are ineligible to wrestle in any weight class at that competition.**
 - d. **If the wrestler weighs in at a weight class higher than their allowable weight classes per their Individual Weight Loss Plan, they may wrestle in compliance with NFHS Rule 4-4-2; a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor**
 - e. **Each wrestler is required to weigh in with his/her NWCA individual Weight loss Plan Form at all competitions up to and including the competition that begins the CIF State Championship series. Wrestlers who do not have their Individual Weight Loss Plan are not eligible for that competition.**

3. Alpha Master Report
 - a. Each coach is required to bring his/her team's Alpha Master Report form to all competitions, including the CIF State Wrestling Championships.
 - b. PENALTLY: The entire team is ineligible to compete and charged with a forfeit of that competition.
 - c. Wrestlers not appearing on the Alpha Master Report will NOT be permitted to wrestle.

4. Growth Allowance (CIF bylaw 3104 E)
 - a. Growth allowance will be two pounds per weight class after January 15th.
 - b. In order to utilize the growth allowance, a wrestler shall compete at "scratch weight" in the desired weight class at least once prior to the first qualifying tournament in the CIF State Championship series.

5. Appeal Process (CIF bylaw 3104.G.)

All athletes will be able to appeal his or her body composition measurements one time by reassessment.

- a. Appeal Process #1 - Repeat Initial Assessment. This must be done in accordance with CIF Bylaw 3104.G. Appeal Process #1 may be bypassed and only Appeal Process #2 completed. The steps of the Appeal Process #1 are as follows:
 1. The wrestler repeats the initial assessment process.
 2. The same CIF Assessor may conduct the reassessment or the school may contact another CIF Assessor to do the reassessment.
 3. The fee for this reassessment is the responsibility of the athlete and/or school.
 4. Provide wrestler ID# from the Alpha Master List.
 5. Reassessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
 6. Failure to adhere to these regulations will result in a denial of the appeal.

- b. Appeal Process #2 - Air Displacement Body Composition.

1. If dissatisfied with the results, the wrestler may choose air displacement measurement (BodPod) to assess body fat percentage from a list of approved facilities (attached).
2. Results of this step shall be final and no further appeal will be allowed.
3. The school should file an "Air Displacement Body Composition Report Form" prior to BodPod assessment.
4. Air displacement may be performed within the 14 days of initial assessment at any time prior to the wrestler's first competition but must be reported to and approved by the Section Office 72 hours prior to competition. A wrestler may not wrestle until the appropriate Section Office has updated the team's Alpha Master List.
5. It will be the responsibility of the appellant to contact a facility that has a Bod Pod to perform the test and will be required to pay the fee for the assessment.
6. Weight loss during the 14-day appeal period is governed by CIF Bylaw 3104.G.

6. 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 also signed by the school principal, parent and wrestling coach stating that the athlete can compete at this sub-7% body fat for boys or sub-12% body fat for girls. Until such form is completed and received by the CIF Section Office, the wrestler remains ineligible.

Nutrition Education Program

While not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program. The NWCA in conjunction with the NCAA and the NFHS have developed the interactive on-line program to allow parents and students to work together to build an appropriate nutritional plan. This component is part of the NWCA Optimal Performance Calculator and is available to every wrestler that participates in the CIF Weight Management Program and is therefore, eligible to participate in wrestling.

After assessment data is entered at the NWCA web site the NWCA Optimal Performance Calculator automatically issues every wrestler a code and password that allows access into the nutrition program. Coaches have the ability to print and distribute these codes to each wrestler after their initial assessment has been completed and their data is entered into the program.

See Attachments

WRESTLING WEIGHT MANAGEMENT PROGRAM

CIF ASSESSOR MANUAL

APPENDIX

- TERMS-DEFINITIONS

- CIF BYLAW 3103 AND 3104

- PARENTAL PERMISSION FORM (SAMPLE)

- TIPS FOR HYDRATION

- CIF INDIVIDUAL PROFILE FORM (SAMPLE)

- LIST OF APPROVED CIF BODPOD FACILITIES

- BODPOD APPEAL RESULTS FORM (SAMPLE)

- PHYSICIANS CLEARANCE FORM (-7%/-12%) (SAMPLE)

- NWCA Wrestling Weight Certification Alpha Master Report—(SAMPLE)

- NWCA Wrestling Weight Certification Individual Weight Loss Plan—
(SAMPLE)

- NWCA Wrestling Weight Certification—Log on instructions for coaches—(SAMPLE)
- NWCA Wrestling Weight Certification—Log on instructions for wrestlers—(SAMPLE)
- NWCA Wrestling Weight Certification—SAMPLES of:
 - Student Log in
 - Wrestler Nutritional Plan
 - Sample Menu Plans

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 wrestler once they access the NWCA web site AFTER the Assessor has entered their data on the web site.

ARTICLE 310

WRESTLING

3100. DAYS OF PRACTICE

A. Each individual student not a member and participant of a fall sports team shall have at least 10 days of practice before the student can compete in a meet or tournament.

B. Each individual who completes the regular season in a fall sport shall have at least five (5) days of practice before the student can compete in a meet or tournament.

3101. 40-MATCH RULE

A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum.

EXCEPTION: Any matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum.

(Approved October 2001 Federated Council)

3102. SECTION MODIFICATIONS

A. CIF Sections may conduct their championship and qualifying tournaments in one day, provided such tournaments do not exceed a 16-person bracket plan.

B. No school, league or CIF Section shall deviate from the official wrestling rules except as indicated above.

3103. WEIGH-INS

A. All CIF-member schools must follow all National Federation rules and procedures concerning the weighing in of wrestlers.

B. California provides 14 weight classes per NFHS rules and the two (2)-pound growth allowance to each weight class after January 15.

(Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-4)

C. Each coach is required to bring his/her team's Alpha Master Report form to all competitions including the CIF State Wrestling Championships.

PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.

D. Each wrestler is required to weigh in with his/her NWCA Individual Weight Loss Plan form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.

PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.

(Revised May 2006 Federated Council)

3104. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment.

The CIF will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

A. Establishing Certified Minimum Weights

(1) Bioelectrical Impedance will be utilized to determine each wrestler's body fat percentage. Refractometers will be utilized to determine hydration levels through analysis of urine. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a CIF Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and it appears on the school's Alpha Master Report form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to challenge is voided.

(2) The lowest weight class at which a wrestler may compete will be determined as follows:

- a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
- b. If the certified minimum weight, at 7% or 12% body fat, is less than one half pound from one of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
- c. If the certified minimum weight, at 7% or 12% body fat, is greater than or equal to one half pound from one of the adopted

weight classes, the next higher weight class shall be the wrestler's minimum weight class.

(3) 1% Variance: The formula incorporated by the NWCA for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).

NOTE: The allowance referenced in 3104.A.(2)b. applies only to the calculations of the certified minimum weight for a wrestler. The allowance is not applicable to the weights referenced in the weekly weight loss plan.

B. Time Period for Assessments

(1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Alpha Master Form.

(2) The specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.

(3) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.

a. Hardship Exceptions

Challenges may be submitted to the CIF Section office for the following two exceptions only:

(i.) Assessment Exception One: A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.

(ii.) Assessment Exception Two: A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.

(4) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during a challenge has accepted his/her most recent assessment and voids all other challenge options allowed within this policy.

C. School Responsibilities for the Measurement Process

(1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from the list provided by the CIF or attend a CIF Section sponsored regional testing clinic.

(2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:

- a. Bioelectrical Impedance Assessment Data Forms.
- b. Plastic collection cups to conduct urine specific gravity tests.
- c. Two adults (teacher, AD, parent, etc.) who will:
 - (i.) Assist with measuring height (in feet and inches);
 - (ii.) Assist with the recording of data;
 - (iii.) Assist with urine specific gravity testing.

(3) Bioelectrical Impedance assessments shall not be conducted by any active wrestling coach at any level.

D. Wrestlers Below 7% or 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate CIF Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate CIF Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

NOTE: The allowance referenced in 3104.A.(2)b. is not applicable to athletes assessed under 7% or 12% body fat.

E. Growth Allowance

(1) The CIF Weight Wrestling Weight Management Program awards a two-pound growth allowance on January 15 of each wrestling season.

(2) The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for a wrestler.

(3) In order to utilize the growth allowance a wrestler shall compete at "scratch weight" in the desired weight class at least once prior to the first qualifying tournament in the CIF State Championship series.

Scratch Weight: References within the CIF Wrestling Weight Management Program to the term "scratch weight" refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation established weight classes less growth allowance and/or any consecutive day allowance awarded under NFHS Wrestling Rules.

F. Weight Loss Per Week

(1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.

(2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.

(3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

NOTE: a. A wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);

b. If a wrestler weighs in one weight class below his/her lowest allowable weight class per his/her Individual Weight Loss Plan, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two weight classes listed for that week on his/her Individual Weight Loss Plan.

c. If a wrestler weighs in two or more weight classes below his/her lowest allowable weight class per his/her Individual Weight Loss Plan, he/she is ineligible to wrestle in any weight class at that competition.

d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Individual Weight Loss Plan, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

G. Challenge of Assessment Results

(1) Any athlete may challenge his/her assessment results one time by reassessment. In order to utilize the results of a challenge, the school must receive notification from the CIF Section Office prior to allowing the challenging athlete to compete.

(2) The steps of the challenge process are as follows (Step 1 may be bypassed and only Step 2 utilized):

STEP 1: The athlete shall repeat the assessment as described in the regulation.

a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the CIF Section before the expiration of the 14-day period. The 14-day challenge period shall start on the day following the date of the initial assessment. Day one through seven does not permit any loss of weight for a challenge to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

b. Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.

c. Reassessment includes hydration and Bioelectrical Impedance assessment.

d. PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during a challenge has accepted his/her most recent assessment and voids all challenge options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not challenge further.

a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the CIF Section before the expiration of the 14-day period. The 14-day challenge period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for a challenge to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the CIF Section Office.

c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

d. PENALTY: A wrestler who competes at a weight class allowed by

his/her weight loss plan before or during a challenge has accepted his/her most recent assessment and voids all challenge options allowed within this policy.

H. Costs

(1) All costs incurred for initial assessment, challenge process, nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.

(2) Charges for Bioelectrical Impedance assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.

(3) CIF Certified Assessors are permitted to charge mileage at the CIF adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

I. Training the Assessor

(1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.

(2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.

(3) The assessor will attend a training session and annual update certification.

(4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.

(5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).

(6) A certification training fee will be charged to each assessor candidate attending the training program.

(7) Recertification

a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each CIF Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local CIF Section.

b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.

c. Recertification of CIF Certified Assessors will require a minimum of one (1)-hour training.

(8) Data Collection

a. The CIF will provide the reporting forms.

b. The assessor will conduct all Bioelectrical Impedance measurements.

c. The assessor will provide the supplies to conduct the urine specific gravity test.

d. The assessor will be responsible for posting all wrestler data to the NWCA web site within 72 hours after the initial assessment is made.

e. Failed urine tests will not be reported to the CIF.

(Revised May 2006 Federated Council)

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 2006-2007 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 the CIF Weight Certification program that is required by NFHS Wrestling Rules. 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, with the hope that 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:

- Male wrestlers must maintain a minimum of 7% body fat
- 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 October 15 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 school's 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.

PARENTAL PERMISSION FORM ATTACHED

NWCA (www.nwcaonline.com)

	(SCHOOL NAME/ LOGO/ ADDRESS HERE)
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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 2006-2007 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.

DATE _____

NAME OF STUDENT-ATHLETE _____

STUDENT SIGNATURE _____

NAME OF PARENT/GUARDIAN _____

PARENT/GUARDIAN SIGNATURE _____

PLEASE RETURN NO LATER THAN _____, 200__

TO: *(INSERT SCHOOL INFORMATION HERE)*

STAYING HYDRATED FOR TOP PERFORMANCE

(And Passing the Hydration Test for Body Composition Assessment)

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical to optimal athletic and wrestling performance. *Dehydration compromises muscular endurance and strength.* Dehydration also decreases blood volume, which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).

The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your measurements are taken.

Below are some guidelines:

*** Two hours prior to hydration test have wrestler drink 24 ounces of water (three cups).**

Drink 8 to 10 (8 ounces) glasses of water, milk, juice, or non-caffeinated beverages daily.

*** Drink another 4 cups for every hour you workout. If you have a 2-hour football practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverage for each hour they workout.**

*** 2 hours before the game, match or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The 2-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test.**

*** These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of “feeling full” or bloated. This sensation may be counter-productive, as it will likely diminish the thirst drive.**

Carefully following these guidelines, along with the recommendations in *The Wrestler’s Diet* will increase your chances for a healthy, safe and successful high school wrestling season.

For more information visit: www.nwcaonline.com

Northern Section CIF

P.O. Box 9330

Red Bluff, CA.96080

Phone: 530-528-9300

Fax 530-528-9333

Web Site:www.cifns.org

California Interscholastic Federation

INDIVIDUAL PROFILE FORM

WRESTLER'S IDENTIFICATION INFORMATION:

Please complete the requested information immediately below, prior to arriving at your weight certification assessment:

****Coaches:** Please make a copy of this form for each of your wrestlers. This form must be given to your Certified Assessor to complete the assessment for each wrestler. The Certified Assessor will retain this form.

Parental Permission Form signed: *yes* _____ *no* _____ (if no, do not assess wrestler)

Please complete (PRINT) the first three lines.

Name: _____ **Grade:** 9 10 11 12

Last, First MI

School: _____

Gender: M / F **Age:** __ **Date of Birth:** __

DATA COLLECTION INFORMATION

To be completed ONLY by the CIF Assessor or designated Assistant

CIF Assessor: _____

1. HYDRATION TEST:

Specific Gravity of urine: _____ **PASS** _____ **FAIL** _____

*(must be 1.025 or LOWER for assessment to continue)

2. HEIGHT MEASUREMENT:

Height: _____ (nearest 1/2") _____

3. BODY COMPOSITION TESTING (Tanita Scale)

Weight: _____ lbs **Tanita FAT %** _____

CIF Assessor's signature _____ **Date** _____

*If a wrestler is dehydrated and does not meet the standard (1.025 or lower), any further testing stops. The wrestler cannot be tested again for 24 hours from the time he/she failed the previous test.

Assessors must forward completed Student Profile Forms with Tanita thermal printouts attached to:

Northern Section CIF

P.O. Box 9330 Red Bluff, CA 96080

BOD POD Appeal Sites for the California High School Wrestling Program

University of Southern California

Institute for Prevention Research

Keck School of Medicine

2250 Alcazar St., Room 213

Los Angeles, CA 90033

Dr. Jaimie Davis

323-442-3066

Dr. Jeffrey Hirsch

1125 S. Beverly Dr., #603

Los Angeles, CA 90035

310-551-6562

California State University at Chico

Chico, CA

Dr. David Swanson

530-898-4841

California State University at Fresno

Human Performance

South Gym, Room 129

Fresno, CA 93740

Dr. Michael Coles

559-278-4166

California Pacific Medical Center

Davies Campus

Occupational Health Services

Castro at Duboce St

San Francisco, CA 94114

Belinda Rule

415-600-5089

Riekes Center

Nutrition Department

3455 Edison Way

Menlo Park, CA 94025

Darrin Freitas

650-364-2509

Lifestyle RX (Valley Care Health System)

1119 E. Stanley Rd

Livermore, CA 94550

Katelyn Johnson 925-454-6349

UC Davis Medical Center

Physical Medicine & Rehabilitation

Ellison Ambulatory Care Center

2315 Stockton Blvd., Room G0503

Sacramento, CA 95817

Dr. Lana Widman 916-734-0384

Humboldt State University

Health & Physical Education Department

1 Harpst St

Arcada, CA 95521

Dr. Patrick Hyland 707-826-4979

APPEAL FORM

AIR DISPLACEMENT BODY COMPOSITION REPORT FORM

STEP 1

A wrestler may choose, at his/her own cost, to appeal the Tanita scale body composition test. The appeal may only utilize air displacement measurements to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school, or coach may not appeal further. The _____ Section Office must be notified that the wrestler had chosen to appeal the Tanita scale body composition test.

A. Student to be weighed: _____ Grade: _____

School: _____

B. AIR DISPLACEMENT WEIGHING FACILITY: _____

Technician CONDUCTING THE WEIGHING: _____

Home Phone: _____ Work Phone: _____

C. We understand that the results of the air displacement weighing will replace all previous Tanita results, cannot be appealed, cannot be modified by the Physician's Clearance form, or any other action, and will remain the reference for this student during this school year.

Parent Signature: _____ Date ____/____/____

Print Name: _____

D. Results of the air displacement weighing measurement

% Body fat: ____

Signature of Person Conducting Test Title
Print Name Phone Number

Submit this completed form to: Northern Section,

P.O. Box 9330, Red Bluff, CA 96080

(FAX) 530-528-9333 (Phone) 530-528-9300

Physician Clearance

For

WRESTLER BODY FAT ALLOWANCE

This form shall be completed and filed with Northern Section, prior to the athlete competing.

Fax – 530-528-9333

TO THE PHYSICIAN:

The CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF) has instituted the California Weight Monitoring Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a CIF Certified Assessor through BIA measurements. The standard error for this method is ± 4% for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (or 12% for females). The athlete is requesting that he or she be allowed to wrestle at his or her present weight – (alpha weight). Because this weight is less than 7% (for males) and 12% (for females) body fat, CIF guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

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

Thank you,

Northern Section, CIF

Wrestler's

name: _____ School: _____ Grade: _____

DATA REVIEW

Alpha Date: ____/____/____ Alpha Weight: _____ lbs. Body fat: _____ %

Weight class that immediately exceeds the Alpha Weight: _____ lbs.

I have examined the above named student-athlete and believe that based on the patient's history, and this examination, that his/her present weight is compatible with normal growth, development, and good health. I therefore approve of this student-athlete's participation at the weight class at or above the Alpha Weight listed above.

PHYSICIAN'S

SIGNATURE: _____ **DATE:** _____

Print Name: _____

Address: _____ **City:** _____ **Zip:** _____

As the parent or guardian of the above named student-athlete I support our doctor's decision regarding our son's/daughter's participation at the weight class at or above the Alpha Weight listed above.

Parent signature: _____ **Date:** _____

Print Name: _____

As the coach for this athlete I support the doctor's and parent's decision regarding their patient's/son/daughter's participation at the weight class at or above the Alpha Weight listed above.

Coach's Signature: __ **Date:** __

Print Name: _____

As the principal of the above named student-athlete's high school I affirm that the process of Physician Clearance has been completed properly.

Principal Signature: __ **Date:** __

Print Name: _____

High School: _____

Note: This form is the only document accepted as a "Physician Clearance". Mail or fax a copy of this form to [SECTION]. Wrestler may not compete until form has been received and posted on the team's "Alpha Master". Each coach should carry a copy of this Physician's Clearance until the North Coast Section Office updates the Alpha Master List.