

2017-2018 DIAA SWC Body Composition Testing

Testing Dates

- All wrestlers must be tested prior to competing.
- All BWC Testing is the responsibility of the member schools.
- BWC Testing may begin on October 15, 2017.
- BWC Testing must be conducted by a trained assessor who has been certified by the SWC.
- All Athletic Trainers who were trained and certified for the 2016-17 season retain their certification.
- New trainers for the 2017-18 school year will need to be trained and certified by the SWC prior to conducting assessments.
- Appeals **MUST** be conducted within 14 days of the initial assessment and cost \$15.

Testing Dates will be decided by each school through collaboration between the coach, assessor, and athletic director. The availability of testing equipment may also play a part in the scheduling of the assessments.

- The growth allowance which is in effect December 26th is not to be used in any circumstance to certify for a weight class. A wrestler must have weighed in at their minimum weight class (MWC) scratch weight at least once to then be able to use the growth allowance.
- The last day to establish a wrestler's minimum weight will be Wednesday, February 7, 2018.

Testing Procedure

- All wrestlers will complete a DIAA Weight Certification card, provided by the assessors.
- The body fat measurement will be preceded by hydration testing to determine if he/she is sufficiently hydrated (1.025 or below). A refractometer will be used to test for hydration. Note – the wrestlers are advised to drink 6 to 10 glasses of water on each of the two days preceding testing and two to three glasses on the morning of testing to assure a successful hydration test. **DO NOT OVER HYDRATE.**
- **Wrestlers who fail to meet the hydration standard may not be retested for hydration within the same 24-hour period. The wrestler's weight shall be recorded.**
- Wrestlers will be measured for height.
- All wrestlers must wear suitable clothing for weighing in as required by NFHS rules. Wrestlers will be given a 1.0-pound clothing allowance. To receive this allowance, they must have on a pair of briefs or shorts.
- Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. Wrestlers will be assessed in the "*standard*" mode. The Tanita bioelectrical impedance Body Composition Analyzer will be used to take measurements.

- **ANY WRESTLER, WHO IS FOUND GUILTY OF DECEIVING HYDRATION TESTING PROTOCOL, WILL RECEIVE A ONE-YEAR SUSPENSION FROM DIAA SANCTIONED WRESTLING COMPETITION.**
- All original Data Assessment Forms must be sent to the State Wrestling Committee ASAP to be kept on file. Individual schools may make copies of the Data Assessment Forms for their records before the forms are sent to the SWC Chairman.

(USPS)
 SWC
 Buddy Lloyd
 282 Keene Lane
 Smyrna, DE 19977

OR

(State Courier)
 Smyrna School District
 Smyrna High School
 Attn: Buddy Lloyd
 SLC N460

Appeal Process

- Step 1. If more than one Tanita scale is in use at the site, the wrestler may elect to be checked on any or all of them.
- Step 2. If a wrestler wishes to appeal the results of his/her BIA measurement, he/she may choose to have his/her body fat percentage determined by an ultra sound body fat test device. The ultra sound body fat test devices are considered to be comparable to hydrostatic body fat testing. **Appeal testing must be done within 14 days from the original assessment and will be conducted by appointment only.** To schedule an appeal, in Kent and Sussex Counties, contact Buddy Lloyd at 302-222-8206, or in New Castle County, contact Pete Parlett at 302-999-1663. The cost of this appeal is \$15 payable to DIAA at the time the appeal is conducted. From the time of the initial testing to the date of the appeal process, **the restriction of 1.5% of body weight reduction per week is in effect.** On the date of the appeal, wrestlers cannot weigh less than the minimum weight for that date as established by the NWCA OPC. **Wrestlers that exceed the allowable weight loss will have their appeal denied. Wrestlers must pass the hydration test immediately prior to being assessed by ultrasound.**

Weight Loss Restriction

- A wrestler’s reduction plan does not begin until the wrestler successfully completes the Body Composition Testing and the data is entered into the NWCA OPC.
- Wrestlers are restricted to a maximum weight loss of 1.5 % of their initial body weight per week until the wrestler reaches the minimum weight established by the NWCA OPC. Once reaching the minimum weight no further weight loss is permitted. This applies to all wrestlers from the first time their weight is recorded throughout the season. The body weight permitted by this calculation at the end of each succeeding week is to be rounded down to the next pound. To determine this number, multiply the initial body weight at the beginning of a week by 0.985 and round that down to the next whole number. For example, a wrestler weighs 154 pounds on his initial assessment. Multiply 154 by 0.985 = 151.69 and round down to 151; the lowest weight the wrestler may weigh in at the end of seven days. Note that this includes wrestlers who elect to appeal to the ultrasound testing procedure.

- Wrestlers who have successfully completed the BIA testing procedure, and choose to appeal, are restricted to a maximum weight loss of 1.5 % of their initial body weight per week. However, on the date of testing using ultra sound wrestlers cannot weigh less than the minimum weight for that date as established by the NWCA OPC.

Body Fat Testing Rules and Points of emphasis

- Wrestlers appealing to the ultrasound test are responsible for the additional \$15 fee payable to DIAA. **The fee is to be paid at the time that the appeal is conducted.**
- Wrestlers who fail to meet the hydration standard may not be retested for hydration within the same 24-hour period.
- Appeals are conducted by appointment only, within 14 days of the initial assessment, and must be completed prior to the wrestler competing in a regular season match or tournament. Note that hydration testing will be conducted and must be passed prior to the appeal testing.
- During the time from the initial assessment by BIA testing to the appeal test date, wrestlers shall not lose more than 1.5% of their BIA test weight per week nor may their weight drop below that established by the NWCA OPC. Note- wrestlers that test at sub-7% (12% for females) body fat at the initial test using BIA are not permitted to lose any weight prior to the appeal test date. Failure to adhere to the weight loss restriction will disqualify the wrestler from the appeal process.

Tracking Body Weight Loss between Meets

- The NWCA OPC will be used by everyone to track the weight loss between meets.
- All coaches will use the OPC to print out pre-match weigh-in sheets
- The OPC will not allow wrestlers to be listed for a weight class for which they are not eligible for on that day
- If a coach arrives at a school without a weigh-in sheet, the host school must allow the visiting team access to a computer to print out a pre-match weigh-in sheet prior to the weigh-in.
- Coaches are expected to enter the actual weigh-in weights within 24 hours after the event.
- Tournament and Dual Meet results are expected to be entered prior to the team's next event. If the tournament is run on Trackwrestling the results may be imported. If the home team live scores the dual meet electronically, the guest team may review and accept the results. Trackwrestling is very helpful, do not hesitate to contact them for assistance. There are YouTube videos available that assist with Trackwrestling training. I am also available to assist when needed.