

Wrestling Weight Certification Procedure

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the minimum weight classification at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner, and (2) established NO EARLIER THAN six weeks prior to the first Practice day of the winter sports' season (Monday, October 2, 2006). This certification shall be provided to and maintained by the student's Principal.

In certifying to the minimum weight classification, the Authorized Medical Examiner shall first make a determination of the student's **Urine Specific Gravity**/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program (1-3-1: Each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than seven percent for males/12 percent for females; and a monitored weekly weight loss plan not to exceed 1.5 percent a week.), which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the Authorized Medical Examiner may require that the student wrestle at a minimum weight classification one or more weight classifications above what would otherwise be appropriate based upon the student's Minimum Wrestling Weight, as established by the Initial Assessment. Under these circumstances, the Authorized Medical Examiner may NOT allow a wrestler to participate at a minimum weight classification below that determined by the Initial Assessment.

Junior high/middle school wrestlers shall be certified at one of the following eighteen weight classifications:
75 lbs., 80 lbs., 85 lbs., 90 lbs., 95 lbs., 100 lbs., 105 lbs., 110 lbs., 115 lbs., 122 lbs., 130 lbs., 138 lbs., 145 lbs., 155 lbs., 165 lbs., 185 lbs., 210 lbs., or 250 lbs.

Senior high school wrestlers shall be certified at one of the following fourteen weight classifications: 103 lbs., 112 lbs., 119 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 152 lbs., 160 lbs., 171 lbs., 189 lbs., 215 lbs., or 285 lbs.

Urine Specific Gravity Testing Procedure:

1. All students interested in participating in the sport of Wrestling will be tested six (6) weeks prior to the start of Winter Sport Practices, but no later than the first day of Winter Sport Practices.
2. When the test date is determined, all students interested in participating in the sport of wrestling will report to the facility wearing a T-shirt and gym shorts with no pockets.
3. Students will be asked to enter the testing facility one at a time. Separate stations will be set up for physical exams (if applicable), skinfold assessment, and urine specific gravity testing.
 - a. If applicable, student will report to the school physician first to receive a medical health screening.
 - b. The student will then report to the urine specific gravity station. The student will be handed a clear plastic cup with his/her name on it. The student will enter the bathroom, close the door, and urinate in the provided cup.
 - c. Upon exiting the bathroom, the student will hand the cup with the urine sample to the certified assessor (NWLSA Athletic Trainer).
 - d. The certified assessor will examine the urine sample's specific gravity using a refractometer. No other type of testing will be performed on the urine sample.
 - e. If the specific gravity of the urine sample is greater than 1.025, the student did not pass the test and must schedule an appointment with the certified assessor to be reexamined at a later date.
 - f. If the specific gravity of the urine sample is equal to or less than 1.025, the student will move on to the skinfold assessment station and using a skinfold caliper, the student's body fat composition will be measured.
 - g. Skinfold assessments will only be performed one time per student.
4. Based on the tests performed, the certified assessor, in conjunction with the Director of Athletics & Student Activities will enter all data into the NWCA Optimal Calculator to determine minimum weight certifications.
 - a. Once minimum weight certifications are determined at 7% bodyfat for males and 12% bodyfat for females, the PIAA Eligibility form will be completed and signed by the school physician and high school principal. Copies of this document will then be disseminated to all opposing schools and the originals housed in the Athletic Office and High School Principal's Office.

Other Notes:

- An appeal to the weight class determination must be made prior to the team's first wrestling competition. However, the appeal must be to a certified testing site (as approved by PIAA) and the method of testing will be either BodPod or hydrostatic weighing. If an appeal is made the results of the testing (BodPod or hydrostatic weighing) is binding. Only one appeal is permitted and all costs associated with the appeal will be the sole responsibility of the student and his/her parent/guardian.
- During the testing procedure, dye will be placed in the toilet and the water to the sink will be shut off in effort to prevent tampering with the urine sample. Students will be permitted to wash their hands at an alternate sink once the urine sample has been turned over to the certified assessor.
- Any attempt to alter the urine sample will result in immediate dismissal from the wrestling team for one season.
- A mandatory pre-test meeting will be conducted by the Director of Athletics & Student Activities, Certified Athletic Trainer, and Head Wrestling Coach. The required audience will include student participants and their parent(s)/guardian(s). Parent(s)/Guardian(s) will be required to sign this document prior to conducting the tests.

I, _____, as the parent/guardian of
(Parent's/Guardian's Printed Name)

_____, understand and agree to the terms set
(Student's Printed Name)

forth in the Wrestling Weight Certification Policy / Procedure and hereby grant

the Northwestern Lehigh School District permission to conduct the

aforementioned tests in an effort to determine my child's wrestling minimum

weight certification.

Parent/Guardian Signature

Date