

DIAA Weight Management Program

In compliance with the NFHS weight management program, the DIAA will utilize Trackwrestling and the National Wrestling Coaches Association's (NWCA) On-line Weight Management Program for all high schools in the state. The primary purpose of this program is to insure the future and safety of scholastic wrestling programs in Delaware. The program is designed to assist in avoiding harmful weight reduction practices.

Each wrestler will be screened by an assessor for hydration level of the body, height, and body fat.

All wrestling coaches should incorporate a nutritional component on proper dieting and food-intake for daily consumption, which the NWCA program will provide.

The weight assessment must take place no earlier than October 15th. **All wrestlers must be assessed by a certified assessor prior to competing in a match.** Any violation of the assessment procedure or weight management program during the season **MUST** be reported to the DIAA office.

HYDRATION ASSESSMENT

Specific gravity assessment of the urine will determine whether a candidate may be assessed for body fat. If the wrestler has a specific gravity level greater than 1.025g/ml, he/she may NOT be assessed for body fat composition. The assessor will determine the procedure for collecting urine samples and administering the urine specific-gravity test. A digital refractometer will be used to provide accurate results.

HEIGHT MEASUREMENT

The height of the wrestler is measured with shoes off, heels against the wall, and knees straight. The height measurement is rounded down to the nearest half inch and recorded on the data form.

BODY FAT COMPOSITION ASSESSMENT

Body fat composition is calculated and printed out by the Tanita 300WA scale as the wrestler is weighed. The assessor should have total control of this area so that accurate readings are determined and properly recorded. The wrestler must be allowed confidentiality regarding his recorded information.

Calculations on NWCA website will determine each wrestler's Optimum Performance weight and at which weight class he /she can wrestle.

The proper sequence of the assessment procedure is (1) the urine test, (2) the height measurement, (3) the body fat composition using the Tanita 300WA scale. Keep in mind, if the wrestler fails the urine test, he/she must wait 24 hours to be retested. The wrestler can only be assessed for body fat composition upon passing the urine test. If a wrestler fails the hydration assessment, their weight will be recorded and kept on file.

WRESTLERS BELOW 7%/12% BODY FAT

Any male wrestler whose body fat percentage at the time of his BIA measurements is less than 7% must submit a completed DIAA Physician's Clearance Form stating that the athlete's normal body fat composition includes a sub 7% body fat level. A female wrestler whose body fat is less than 12% must also submit a Physician's Clearance Form. The Physician's Clearance Form is valid for one season and expires at the conclusion of the DIAA Individual State Championships. The sub 7% male or sub 12% female who receives clearance may not wrestle or weigh-in at an appeal below his/her alpha weight.

MINIMUM WRESTLING WEIGHT

After being assessed for his/her minimum wrestling weight, the first time he/she wrestles at his/her minimum wrestling weight he/she **MUST** make base weight. He or she may not weigh-in at his/her minimum weight until the date indicated by the Alpha Report. Once a wrestler weighs in at his/her minimum wrestling weight, starting December 26th he/she will then be allowed to use the 2 lb. growth allowance.

DIAA Bodyfat Testing Protocols

I. Advise coaches that you will need them to assist you by managing their wrestlers during the testing process. Coaches cannot participate in any critical aspect of the testing (i.e. hydration, height, BIA).

II. Testing Tips

- You will need the Tanita 300WA scale, Multistix Digital Refractometer, stadiometer, specimen cups, gloves, paper towels, alcohol swabs, towel, data forms, pens/pencils, stapler, and access to a computer connected to the internet in order to input data.
- If you are working alone, I recommend that you control all key aspects of testing by testing all athletes for hydration first, then measure all heights, and finally test by BIA. If there is an assistant principal, AD, or partner available to assist you, then you can divide the tasks.
- Have the athletes complete the data form, and be sure you can read their printing.

III. Hydration Testing

- Be sure the wrestlers know you can see them as they collect the urine specimen
- **NO RUNNING WATER IS TO BE ALLOWED**
- Calibrate the Refractometer before testing
- Place the end of the Refractometer into the urine sample and press the “READ” button.
- Clean off the Refractometer after each test by dipping the end into clean water and drying it off.
- The reading must be 1.025 or less to pass hydration testing.
- Be very liberal with those weighing less than 103 lbs. Or more than 250 lbs.
- If a wrestler fails hydration testing, their weight will be recorded and kept on file. These wrestlers should be advised that they cannot be tested again until the next scheduled test date. The maximum body weight loss of 1.5% per week will apply to these wrestlers and will begin with this weigh-in date.
- Record the results of the testing process on the data form.

IV. Height Measurement

- Use the stadiometer or other measuring device to assure accurate measurement.
- Before reading the results, assure their shoes are off, their feet are back against the wall, their knees are straight, and they are not slouching.
- Round the height measurement down to the nearest half-inch.
- Record the height on the data form.

V. Body Composition Measurement

- Place a towel on the floor in front of the scale so the athletes can wipe their feet before getting on the scale.
- Clean the metal plates on the scale with alcohol swabs before beginning the testing and frequently throughout the testing.
- The Athletes should wear shorts.
- Set the clothing allowance to 1.0 pound if the athlete is wearing a warm-up suit or other clothing. (Note: If they insist on weighing in nude, then do not make any allowance for clothing.)
- Select “Standard Male” (or “standard Female” if applicable).
- Enter the age in years
- Enter the height rounded down to the nearest half-inch
- Enter “07” as the goal for body fat percentage (or “12” if female).
- Wait for the scale to indicate it is ready (the display flashes in the lower left)
- Instruct the athlete to wipe their feet and step on the scale making sure their feet are completely on the metal plates.
- Keep the athlete on the scale until all four circles on the display disappear.
- Announce the results to the coach and athlete.
- Advise that a doctor’s form is required if the athlete tests below 7% body fat (12% for females) and provide the form, and advise that the completed form is to be sent to DIAA.
- Staple the Tanita scale printout to the data form.
- Offer the coach the option of writing down or making manual copies of the data forms if he wishes to make them.

VI. Appeals

- 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 still disagrees with the results of his/her BIA measurement, he/she may choose to appeal to a Master Assessor. The wrestler will be assessed on the Tanita scale and can request 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 still in effect.** On the date of appeal testing, 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. Wrestler must still pass the hydration test immediately prior to being assessed by ultrasound.**

VII. Directions for entering Initial Assessment Data

- Go to <http://www.trackwrestling.com/seasons>
- Select your season i.e. (2017-18 High School Boys)
- The sign in page will appear
- Enter your User ID
- Enter your password
- Click the arrow button
- Select your team
- Click add Transaction
- Click live
- Click Add
- Click Add Assessment
- Select wrestler from the list or click NEW
- Enter Assessment date
- Click Passed Hydration
- Next
- Enter weight
- Enter Height (Round Down to nearest half inch) (If 5'9.25" enter 5'9")
- Enter Body Fat
- Next
- Screen comes up with three choices Previous Next Wrestler Finish
- Click Previous if corrections are needed
- Click Next wrestler if more entries /If no more entries click Finish
- Will ask you to commit / Must Type commit to finalize transaction