

Season Long Weight Loss Plan Examples

Example 1

The weight loss plan shows that the wrestler participated in an eligible weight class for each competition that he/she participated in.

In Weeks 4 and 5 the wrestler qualified for the 145 lb weight class at weigh-in. By qualifying for one of the two eligible weight classes on the season long weight loss plan listed for that week, the wrestler can participate at that weight class or one higher – as a result the athlete is eligible to participate at 152 lbs.

Coaches are responsible to designate scratch weight and weight class of participation for each event on the season long weight loss plan. In this case the coach noted the participation at 152 lbs and circled it to show where his wrestler participated.

This wrestler would be eligible for the District Tournament at the 126 lb or 132 lb weight class.

Example 2

The weight loss plan shows that the wrestler participated in an eligible weight class until Week 9. On Week 9, the wrestler's actual weight at the time of weigh-in was 134.4 lbs which failed to qualify the wrestler for the highest eligible weight class of 132 lbs. The wrestler chose to participate at the 138 lb weight class.

The Oregon Wrestling Weight Monitoring Program regulation outlines that if a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. The wrestler shall be considered ineligible until such time that the school submits to the OSAA a Petition to Raise Minimum Weight Class and prints a revised season long weight loss plan for the wrestler.

The school/coach is required to raise the minimum weight class for this wrestler in their TrackWrestling account before participation in the next event. Once inputted the wrestler's season long weight loss plan will be re-calculated and can be reprinted by the school/coach. The 126 lb weight class has been stricken in this example because it would not appear on the wrestlers revised season long weight loss plan.

After Week 9 the wrestler's new minimum wrestling weight class is 132 lbs. This wrestler would be eligible for the District Tournament at 132 lb or 138 lbs.

Example 3

The weight loss plan shows that the wrestler participated in an eligible weight class until Week 7. On Week 7 the wrestler qualified for and participated at the 126 lb weight class. This weight class is not one of the eligible weight classes listed on the season long weight loss plan.

The Oregon Wrestling Weight Monitoring Program regulation requires that if a wrestler's weigh-in does not qualify the wrestler for the lowest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler will be considered an ineligible participant and the represented school is subject to penalties outlined in Rule 5 of the OSAA Handbook.

Use of the ineligible wrestler resulted in team forfeiture and additional sanctions as outlined in Rule 5.

The wrestler is allowed to continue participation but only at an eligible weight class as allowed by the season long weight loss plan. This wrestler would be eligible for the District Tournament at the 126 lb or 132 lb weight class.

Questions or comments should be directed to Brad Garrett at bradg@osaa.org or (503) 682-6722 ext 229.

Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs** Weight loss per week: **2.12 lbs**

Minimum weight class: **126** Minimum weight: **123.76**

Final date: **02/21/2022**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
11/17/2021	Initial Assessment	141.40	145	11/20 141.40
11/22/2021	Week 1	141.40	145, 152	Date: Wt.:
11/29/2021	Week 2	139.28	145, 152	Date: Wt.:
12/06/2021	Week 3	137.16	138, 145	Date: Wt.:
12/13/2021	Week 4	135.04	138, 145, 152	Date: 12/15 Wt.:145
12/20/2021	Week 5	132.92	138, 145	Date: 12/22 Wt.:142
12/27/2021	Week 6	130.80	132, 138	Date: 12/27 Wt.:136.4 Date: 12/28 Wt.: 136.3
01/03/2022	Week 7	128.67	132, 138	Date: Wt.:
2lb Growth Allowance - 1/9/2022				
01/10/2022	Week 8	126.55	126, 132	Date:1/12 Wt.: 131.5
01/17/2022	Week 9	124.43	126, 132	Date: 1/19 Wt.: 129
01/24/2022	Week 10	123.76	126, 132	Date: 1/25 Wt.:127.1 Date: 1/28 Wt.:125
01/31/2022	Week 11	123.76	126, 132	Date: 1/29 Wt.:124.6
02/07/2022	Week 12	123.76	126, 132	Date: 2/9 Wt.:124
02/14/2022	Week 13	123.76	126, 132	Date: 2/17 Wt.:124.4
02/21/2022	Week 14	123.76	126, 132	Date: Wt.:

This form designates your eligible weight classes for each week of the season. You must qualify at one of these eligible weight classes during each week of participation in order to reach the lowest eligible weight class listed. If you fail to qualify at an eligible weight class on any given week and participate at the higher weight class you will lose the lowest eligible weight class listed on this plan.

This season long weight loss plan has been developed in accordance with the rules and regulations outlined within the Oregon Wrestling Weight Monitoring Program and shall only be recalculated when required by regulation or by following the appeal procedures outlined in the regulation.

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Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

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12/06/2021	Week 3	137.16	138, 145	Date: Wt.:
12/13/2021	Week 4	135.04	138 (145)	Date: 12/15 Wt.:141
12/20/2021	Week 5	132.92	138 (145)	Date: 12/22 Wt.:142
12/27/2021	Week 6	130.80	132 (138)	Date: 12/27 Wt.:136.4 Date: 12/28 Wt.: 136.3
01/03/2022	Week 7	128.67	132, 138	Date: Wt.:
2lb Growth Allowance - 1/9/2022				
01/10/2022	Week 8	126.55	126 (132)	Date:1/14 Wt.: 131.5
01/17/2022	Week 9	124.43	126, 132 (138)	Date: 1/23 Wt.: 134.4
01/24/2022	Week 10	123.76	126 , 132 (138)	Date: 1/25 Wt.:133 Date: 1/26 Wt.:134
01/31/2022	Week 11	123.76	126 , 132 (138)	Date: 1/29 Wt.:134.4
02/07/2022	Week 12	123.76	126 (132) 138	Date: 2/9 Wt.:132
02/14/2022	Week 13	123.76	126 (132) 138	Date: 2/16 Wt.:132
02/21/2022	Week 14	123.76	126 , 132 138	Date: Wt.:

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EXAMPLE 2

Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs** Weight loss per week: **2.12 lbs**

Minimum weight class: **126** Minimum weight: **123.76**

Final date: **02/21/2022**

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11/29/2021	Week 2	139.28	145, 152	Date: Wt.:
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12/13/2021	Week 4	135.04	138, 145	Date: 12/15 Wt.:136.9
12/20/2021	Week 5	132.92	138, 145	Date: 12/22 Wt.:134
12/27/2021	Week 6	130.80	132, 138	Date: 12/27 Wt.:129 Date: 12/28 Wt.: 128
01/03/2022	Week 7	128.67	126, 132, 138	Date: 1/5 Wt.:125
2lb Growth Allowance - 1/9/2022				
01/10/2022	Week 8	126.55	126, 132	Date:1/15 Wt.: 125
01/17/2022	Week 9	124.43	126, 132	Date: 1/20 Wt.: 125
01/24/2022	Week 10	123.76	126, 132	Date: 1/25 Wt.:124 Date: 1/26 Wt.:125
01/31/2022	Week 11	123.76	126, 132	Date: 2/3 Wt.:124.6
02/07/2022	Week 12	123.76	126, 132	Date: 2/9 Wt.:124
02/14/2022	Week 13	123.76	126, 132	Date: 2/14 Wt.:124.4
02/21/2022	Week 14	123.76	126, 132	Date: Wt.:

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EXAMPLE 3