



The Oregon Wrestling Weight Monitoring Program

THE NUTRITION EDUCATION PROGRAM

I. EDUCATING THE STUDENT AND PARENT

- A. Annually, wrestlers will be provided nutrition education during a one-hour seminar.
- B. It is recommended that education seminar be presented by any person who may be a dietitian, health educator, nutritionist, physician, nurse or others with a background in nutritional science.
- C. The one-hour seminar shall include a discussion on each of the following topics:
 - a. Nutrition education will emphasize proper growth as well as healthy weight reduction approaches.
 - b. Students and parents will be encouraged to resist unhealthy weight reduction practices.
 - c. The impact on growth, development, and lifelong health will be primary in the education of the student.
 - d. Emphasis will be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than to binge and purge.
 - e. The dangers of dehydration will be explained and the practice of dehydrating to achieve a weight will be discouraged.
 - f. Using the TrackWrestling OPC as an aid to develop an appropriate nutritional plan.
- D. Schools are encouraged to have monthly follow up programs throughout the season to assist parents and wrestlers in handling the demands of the season.

II. NUTRITION COMPONENT

The National Federation of State High School Associations (NFHS) has produced a free Sports Nutrition Course for student athletes and parents. Proper nutrition can optimize athletic performance. This course hosted by sports medicine specialist Dr. Mick Koester, can help your students be performing at their peak. The course also contains practical tips for coaches on how you can model and teach proper nutrition to your athletes.

Parents are encouraged to participate in the development of an appropriate nutritional plan. Parents can visit the OSAA website at <http://www.osaa.org/activities/wre/information/owwmp> to download additional resources on nutrition.

A free online NFHS Sports Nutrition Course can be found at <https://nfhslearn.com/courses/sports-nutrition>.

"THE REGULATION"

The establishment of a lowest eligible weight class based on 7% body fat for males and 12% for females is required for all OSAA member school participating in Wrestling. The OSAA does not advocate that a wrestler's established lowest eligible weight class is the athlete's best weight class, but simply the minimum weight class at which the athlete will be allowed to compete.

The OSAA will utilize the TrackWrestling OPC as the mechanism to calculate the minimum wrestling weight for each wrestler and use this minimum wrestling weight to assign the lowest eligible weight class for the season.

Assessors will use the TrackWrestling OPC as a data reporting tool. Schools will utilize the site as a data retrieval tool and nutritional program supplement.

I. ESTABLISHING CERTIFIED MINIMUM WRESTLING WEIGHTS

- A. Bioelectrical Impedance will be utilized to determine each wrestler's body fat percentage. Only measurements taken by persons who have successfully completed the OSAA BIA Assessor Workshop will be accepted.
- B. If a wrestler is unable to participate in the Bioelectrical Impedance Assessment because of factors outside of his/her control, OSAA staff will determine the appropriate alternative assessment method (Skin Fold, Bod Pod, or Hydrostatic Weighing) that will be used to determine the minimum wrestling weight for the wrestler.
- C. Specific gravity of the urine will determine whether or not a wrestler may participate in an assessment. A specific gravity result of less than 1.025 is required in order to participate in the Bioelectrical Impedance assessment. All wrestlers exceeding the specific gravity requirement must wait a minimum of 48 hours in order to be retested.
- D. The lowest eligible weight class a wrestler may compete at during the season will be determined by his/her minimum wrestling weight. An allowance of .5% (.005) per adopted weight class will be added for the purpose of determining the lowest eligible weight class. This allowance does not apply to any regular season or post season weigh-in.
- E. A wrestler may not compete until he/she participates in an initial assessment, has had a minimum wrestling weight determined by the TrackWrestling OPC, and their name and data appears on the school's Alpha Master Form.
- F. A wrestler who participates prior to completion of all of steps outlined in Part I (E) will be considered an ineligible participant and the represented school is subject to the penalties outlined in Rule 5 of the OSAA Handbook.

II. TIME PERIOD FOR MEASUREMENTS

- A. Assessments may begin on November 15, 2021. Wrestlers may be assessed any time on or following this date to establish a minimum wrestling weight for the season.
- B. Deadline to perform an assessment is the Saturday prior to the Special District qualifying event for that classification.
- C. Unusual situations must be arranged with the OSAA in writing before deadline or due dates.

III. SCHOOL RESPONSIBILITIES FOR THE MEASUREMENT PROCESS

- A. It is the school's responsibility to contact and contract with an OSAA Certified BIA Assessor from the list provided by the OSAA.
- B. Schools will be required to have available at the time of assessment:

1. BIA Data Forms for all wrestlers
2. Four adults (coach, teacher, AD, parent, etc...) who may:
 - i. Assist with measuring height
 - ii. Assist with the recording of data.
 - iii. Assist with urine specific gravity testing.

- C. Bioelectrical Impedance assessments shall not be conducted by any active wrestling coach at any level.

IV. WRESTLERS ASSESSED BELOW 7% (males) or 12% (females) BODY FAT

- A. Prior to competition, any wrestler whose body fat percentage is assessed below 7% for males and 12% for females must obtain in writing a licensed physician's (As per ORS 336.479, Section 1(5)) clearance stating that the athlete is naturally at this sub- 7% or sub-12% body fat level.
- B. A physician's clearance is valid for one season and expires March 15th of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight at the time of initial assessment.

- C. Wrestlers whose body fat is assessed under 7% for males or 12% for females may appeal the results of the initial assessment using Part VII (Step 2) of the appeal process outlined in this regulation.

V. GROWTH ALLOWANCE

- A. A 2lb growth allowance will be added to each weight class on January 9, 2022.

VI. WEIGHT LOSS PER WEEK AND EVENT WEIGH-IN REQUIREMENTS

A: WEIGHT LOSS PER WEEK

- 1) An average weight loss limit of 1.5% of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide the wrestler's weight loss during the season.
- 2) The season long weight loss plan will determine which weight classes a wrestler may participate at each week.
- 3) For each contest or event during the season:
 - a. If a wrestler's weigh-in qualifies the wrestler for either of the two eligible weight classes listed on his/her season long weight loss plan for that given week, the wrestler may participate at the weight class for which they qualify or one weight class higher.
 - b. 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.
 - c. 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. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler's lowest eligible weight class within the schools TrackWrestling OPC account.
- 4) Any wrestler whose body fat was assessed below 7% for males and 12% for females at the time of initial assessment shall not use the growth allowance granted in Part V of the policy to achieve a lower minimum wrestling weight class

B: EVENT WEIGH-IN REQUIREMENTS

- 1) Prior to any weigh-in during the regular season each school is required to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler's actual weight and weight class of participation that day will be recorded on the school's roster and submitted to the represented school's Athletic Director directly after the conclusion of the event.
- 2) The school's Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified as per A(3c) above prior to any future competition

VII. APPEAL PROCESS

NOTE: In order to utilize the results of an appeal the school must receive notification from the OSAA office prior to allowing the appealing athlete to compete.

Parental permission is not a valid means to establish a lower minimum wrestling weight. Parental permission to lower a minimum wrestling weight has been eliminated from the Oregon Wrestling Weight Monitoring Program.

Any athlete may appeal his/her assessment results one time by reassessment. Step 1 may be bypassed and only Step 2 performed. The steps of the appeal process are as follows:

Step 1: The athlete shall repeat the BIA 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 OSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down to nearest .1 (1/10) lbs) 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 BIA Data Form
- C. Reassessment includes Hydration Assessment
- D. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

Note: Step 1 is not an option for wrestlers whose body fat is assessed under 7% for males or 12% for females.

Step 2: If dissatisfaction with the results remains, the wrestler may choose Hydrostatic weighing or Air Displacement Plethysmography (Bod Pod) assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

- A. The Hydrostatic Weighing or Air Displacement Plethysmography (Bod Pod) Assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the OSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down to nearest .1 (1/10) lbs) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- B. The school shall file a "Hydrostatic Weighing Proposal" or "Air Displacement Plethysmography (Bod Pod) Proposal" prior to appeal. The OSAA will assign the appeal facility. When the proposal is granted the school has the responsibility to contact the approved facility to schedule the assessment.
- C. Reassessment includes Hydration Assessment
- D. Hydrostatic Weighing facilities and Air Displacement Plethysmography (Bod Pod) units must be approved by the OSAA.
- E. Hydrostatic Weighing or Air Displacement Plethysmography (Bod Pod) Assessment must be conducted before the wrestler participates for the first time.
- F. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

VIII. COSTS

- A. All costs incurred for initial assessment, appeal process, and TrackWrestling OPC are the responsibility of the school or parent.
- B. Charges for Bioelectrical Impedance Assessment may not exceed \$4.50 per person when schools contract with an OSAA Certified BIA Assessor. Charges for regional testing sites (2 or more schools) may not exceed \$5.50 per person.
- C. OSAA Certified BIA Assessors are permitted to charge mileage at OSAA adopted rate of 50.5 cents/mile or a service fee of \$30 or less whenever travel is required to a location. Service charges or mileage shall be pre-arranged with the school(s) prior to performing the assessments.