OHSAA Wrestling Weight Certification Assessor Handbook

OHSAA Wrestling Weight Certification Program

OVERVIEW

The Ohio High School Athletic Association (OHSAA) believes that one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. Many states have instituted body composition testing programs in the past several years. The primary purpose of a body composition-testing program is to determine the lowest certifiable, safe and healthy weight for each wrestler in order to provide a safe wrestling experience for all high school wrestlers. The wrestler's lowest certifiable weight may not be his or her optimal competitive weight; it is simply the lowest, safe weight at which a wrestler may compete.

In addition to this Weight Certification Program, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and in a healthy and safe manner. This program has been developed in response to the need for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers frequently attempt to lose weight rapidly, often in an unhealthy and unsafe manner, to gain a perceived advantage over their opponent. This Weight Certification Program is designed to assist wrestlers and coaches in avoiding potentially harmful, rapid weight reduction practices utilized to achieve specific weight class participation.

PROFESSIONAL RESPONSIBILITIES

When an individual is registered with the OHSAA as an "Assessor" there is an automatic concern for professional responsibility. There is an expectation of the highest professional and ethical conduct relative to performing assessments on young wrestlers in Ohio. These young wrestlers should be treated with the highest regard for their "right to privacy" and for the confidentiality of all data collected on them for this program. As an OHSAA registered assessor, you are expected to conduct yourself in a manner such that there will be no question about your positive contribution to the participants in the sport of wrestling. There will be times when professional judgment will be involved to clarify and validate the assessment process; the greater the depth of your understanding of body composition assessment, the better your ability in representing the OHSAA, serving our student-athletes and administering the program in a professional and consistent manner.

Training the Assessor

1. **It is considered a "conflict of interest" for an active wrestling coach, at any level, to become an OHSAA approved skinfold assessor.** Coaches are only allowed to perform clerical and organizational duties.

2. Master assessors are individuals who have at least 3 years of skinfold assessment experience. They are individuals who will teach other subsequent assessors. They will also be responsible for handling the first step of the appeal process.
3. Persons eligible to be trained as OHSAA approved assessors include licensed physicians, registered nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, licensed dieticians and exercise physiologists.
4. The assessor candidate will submit to a training session and an annual educational update.
5. The assessor may be subject to a random sample test to substantiate the quality and consistency of his/her measurements.
6. The assessor training will consist of a minimum of one hour of classroom training and one hour of practical training.
7. A training fee will be charged to each assessor candidate to attend the training program.
8. Upon completion of the assessor training, each individual will receive a certificate of completion.
9. The cost of the training program is $50.00 and payable to the master assessor.

Responsibilities of Assessment Site

It is the responsibility of the assessor to coordinate with the assessment site so that the following are available:

1. Enough staff to assist with recording data, such as weight and skinfold measurements and supervising the urinalysis.
2. An individual to perform the specific gravity urinalysis
3. Urine dipsticks to determine urine specific gravity
4. Collection cups for urine
5. Disposable nonsterile gloves
6. Individual Profile Forms – it is preferable that all wrestlers bring these forms completed with them to the assessment.
7. Certified scale
8. Skinfold calipers

BODY COMPOSITION

The human body can be represented as composed of at least two components:
1. **Lean Body Mass (LBM) =** the muscle and bone mass predicted to be in the body.
2. **Body Fat (BF) =** essential and non-essential fat storage predicted to be in the body
To some, this is an over simplification. The actual composition of an individual's body is probably not truly known, nor can it actually be determined. All current methods of assessing body composition are indirect methods or predictions of the actual values. While underwater (hydrostatic) weighing has long been considered the "gold standard" (the method to which all other methods of body composition determination have been

related) it too has been critically reviewed as having the possibility for error. Population specificity, maturation, and sub-component validity have all been cited as having potential negative impact on hydrostatic body composition assessment. Current technology and its improvement will continue to lead researchers to develop new methods and refine those which currently exist. This will require those individuals assessing body composition through various field techniques must continue to update our knowledge and remain current relative to adjustments in assessment procedures.

Assessment of Body Composition

There are a number of field techniques available to assess body composition. Following is a brief description of some common techniques:

1. BIOELECTRIC IMPEDANCE ANALYSIS (BIA): A fairly modern technique, still in the developmental stage. It utilizes electrode attachment to the extremities and a small (safe) electrical current to determine the conductivity of lean tissue verses fat tissue. It is programmed to calculate lean body mass and percent body fat. The instrument costs about $200 to $6000, is subject to hydration level of subject, and is programmed for use on adults.

2. HYDROSTATIC WEIGHING (HSW): This is an ancient method (Archimedes' principle) adapted to the body composition assessment problem in recent times. It involves the submersion of an individual to determine the subject's under water weight which is used along with the weight on land to calculate the body density. It utilizes the concept that muscle mass and fat mass have specific known densities relative to water. The assessment of residual volume of the lungs is an important feature of this assessment. The availability of a proper space and equipment is a problem with this method, but it can be very accurate if all the conditions of assessment are met.

3. SKINFOLD ASSESSMENT (SFA): This is a current method which has gained popularity with the exercise and fitness community. It is based on the relationship between subcutaneous fat and total body fat and its inverse relationship to body density. The subject is measured at a selected number of sites to determine the thickness of the skin and the subcutaneous fat deposition. The skinfold thicknesses are used in a regression equation to calculate body density. The regression equations have been derived for specific populations, which is a key to validity of the prediction. The cost of accurate calipers range from $200 to $450.

METHOD COMPARISON

Given the methods reviewed above to accomplish this task, the appropriate choice is skinfold assessment. There has been more work done to establish population specific methods, procedures, and calculations with the skinfold method than with any other method. The cost of the methods is also a factor to consider in the selection of a program. Standardization of procedures is a major factor in the control of validity and reliability. This can be best accomplished to ensure accurate reproducible and fair results in an economically controlled environment through the skinfold assessment procedures.

SKINFOLD ASSESSMENT TERMINOLOGY

The use of skinfold assessment in the process of determination of body composition requires some standardization of terminology used in this field. The following is an attempt to accomplish this standardization:

1. Total Body Weight (TBW) = weight of the body on a certified, calibrated scale.
2. Body Density (BD) = the mass of the body per unit of volume. (The fat free component is assumed to have a density of 1.100 gm/cm3. the mass of fat is considered to be about .90 gm/cm3.)
3. Percent Body Fat (%BF) = the proportion of total body weight that is fat weight and expressed as a percentage. %BF = (TBW-LBM) / (TBW) x 100
4. Lean Body Mass (LBM) =t he weight of the lean tissue of the body such as muscle, bone, and blood. The weight of the body without the fat weight. LBM = TBW-FW.
5. Fat Weight (FW) = the weight of the fat tissue of the body. Includes both essential and stored fat tissue. FW = TBW x %BF
6. Minimum Wrestling Weight (MWW) = the lowest weight at which a wrestler may compete, determined to be 7 % male , 12% female, body fat for the Ohio Wrestling Monitoring Program
7. Ideal Body Weight = a body weight selected for a specific individual or group based on both empirical and scientific evidence that provides an optimum level of performance.
8. Minimum Weight = a body weight selected for a specific individual or group based on a specific percent body fat. A minimal, but not necessarily ideal or optimum body weight to be applied to a similar, larger population. In skinfold assessment for body composition the important specific factors are sex, age, national origin, maturation and hydration.
9. Reliability = reproducibility, the consistency and dependability of a measure >.9 with experienced assessors. Increases with fewer sites and monitored practice.
10. Validity = degree to which an assessor obtains an accurate measure. How well the group being assessed matches the group from which the regression equation was obtained. Dependent upon: age, activity level, population specific, body composition status.

STANDARDIZED SKINFOLD ASSESSMENT FOR OHIO PROGRAM

A key to the success of this program will be the ability to standardize the assessment procedures and the calculations to determine minimal weight. This section is directed specifically to the method and procedures for skinfold assessment for the Ohio Weight Monitoring Program.

Instrumentation

The following instruments are needed to calculate body fat percentage.
1. Lange skinfold calipers (or the equivalent) are the only accepted instruments to determine body fat percentage. The calipers must have been checked for accuracy using a calibration block prior to the beginning of the current wrestling season. If it is determined, that they are not accurate, they are not to be used to determine body fat percentage.

2. A tape measure for site location especially during training and practice for site identification.
3. A felt pen (preferably washable ink) for site identification
4. A certified/calibrated scale for determination of total body weight (TBW) at same time as skinfold assessment. The scale must have been certified within the previous year.

HYDRATION TESTING

Testing to determine a wrestler's hydration status as part of a minimum competitive weight assessment process that has been embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

In part due to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthful nutrition habits, hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers. Therefore:

- Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can proceed further with the OHSAA Weight Management assessment process. The urine specific gravity must be less than or equal to 1.025.
- Urine dipsticks will be used to measure the hydration level of each wrestler through the testing of a urine sample prior to the assessment process continuing.
- Hydration testing MUST be done immediately prior to and at the same site where the body composition testing occurs.
- Dehydration will concentrate urine and thereby increase the urine's specific gravity.
- Only an OHSAA Assessor, who has successfully completed the OHSAA in-service education program, may conduct body composition assessments for OHSAA wrestlers.
- Wrestlers who fail the hydration measurement will be instructed that they will need to reschedule their assessment no sooner than 48 hours following the time of test failure and that they will need to pay another full assessment fee at the time of their re-test.

Getting Prepared for the Test

Athletes should be given the following set of instructions in order to maximize the chances of a successful testing session:

- No vigorous activity on the evening before and the day of the testing.
- Avoid any caffeinated beverages on the day before and day of the testing.
- On the day of testing, drink 500ml (17 oz.) Of fluid. (A sports drink is an excellent choice).
- In preparation for the hydration test drink 2-4 cups of water in 1-2 hour period immediately preceding the test.
- Be awake three hours prior to testing.
- Do not eat two hours prior to testing.
- Avoid any vitamin or mineral supplements two days before and the day of testing.
- Wrestlers should report in "weigh-in attire" only
- Each athlete is required to have a completed Individual Profile Form that should be completed prior to arrival.

- Males should be dressed in shorts.
- Females should be dressed in shorts and a sports bra.

Hydration Measurements

MEASURING HYDRATION STATUS

- Hydration testing MUST be done immediately prior to and at the same site where the body composition testing occurs.
- Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessments requires the wrestler to be property hydrated.
- The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is 1.026 or higher) assessments are NOT to be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated.
- A minimum of 48 hours must pass prior to reassessing the specific gravity of any wrestler's urine who initially fails a test.

What Is Specific Gravity?

- Indication of relative proportion of dissolved solid components to the total volume of the specimen
- An indication of relative degree of concentration of the sample
- Elevated whenever with excessive loss of water through sweating, vomiting, diarrhea, or elevated body temperature
- Typically higher in the first morning sample and will be different in random samples through the day

OBTAINING A URINE SAMPLE

1. The completed Parental Permission/Consent for Urinalysis form and Individual Profile form (see Appendix) should accompany the athlete to the assessment site.
2. To assure an appropriate urine sample has been collected for testing the following procedures are required:

Area

A bathroom with toilet(s) or urinal(s) can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriately disposing of the urine must be available as well.

Safety

1. Use gloves when measuring the urine and appropriately dispose of the urine.
2. Place cup in hazard collection system.
3. Collection Containers: Paper cups of sufficient size to provide a 20-30 ml (1-2 oz) urine sample can be used by the wrestler to collect the sample.

STEPS FOR COLLECTING THE URINE SAMPLE

1. Wrestlers should report to the assessment in "weigh-in attire" only. At a minimum, males should be dressed in a T-shirt and shorts. Females should be dressed in shorts, a sports bra and tank top.
2. Once the process has begun, each athlete is required to have a completed Individual Profile Form. (See appendix) It is preferable that each athlete completes the demographics section of this document prior to arrival. If not, the athlete must complete it prior to starting.
3. The athlete should report to the station where weight is recorded.
4. School personnel must ensure that the wrestler has provided a sample of their own urine. **Reasonable supervision is the key**.
    - Water faucets must be shut off. Wrestlers should not have access to the sinks where water can be added to the samples.
    - Blue, green or red dye may be added to the toilet so that wrestlers will not be tempted to dip their cup in the toilet water.
    - School personnel must supervise the process of urine sample collection. Reasonable supervision does not mean witnessing the sample going from the body into the cup.
    - School personnel are to ensure that conditions do not exist that could compromise the integrity of the urine sample collection (bulky clothes, other containers, dipping the cup into the toilet water, horseplay, etc).
    - School personnel must be in all traffic areas between the collection area and the testing area. Any possible problem in the urine collection of an athlete necessitates voiding their sample and the provision of another sample with more scrutiny**.**
    - Normally one to three wrestlers can be supervised at one time by school personnel.
    - The following procedures have been developed to minimize dishonest techniques to bypass the urine test and maximize the athletes' right to privacy.
        1. Mark each urine collection cup to identify each wrestler. The athlete's collection number should be marked on the container. This number corresponds to the number on the Individual Profile Form.
        2. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
        3. Instruct the wrestler to begin urinating; allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants).
        4. Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
        5. Allow reasonable time for the wrestler to provide a sample of urine.

6. After collection of the urine by the wrestler, appropriate personnel should ensure that the urine is warm by feel on the outside of the collection cup.
7. If the urine is cold or suspect, reject that sample and require the wrestler to provide another sample under closer supervision.
8. Once completed, the wrestler will give the sample to the proper authority and move along through the assessment process.

TESTING THE SAMPLE

1. Only urine dipsticks will be used to measure hydration levels. The Bayer Multistick (or the equivalent) and Chemstrips are the required urine dipsticks to be used.
2. The assessor must test the sample using a urine dipstick according to the manufacturer's directions. Failure to do so will void the sample.
3. The assessor will then record the wrestler's actual reading on the Individual Profile Form and check Pass or Fail.
4. Measurements greater than 1.025 will disqualify the athlete from continuing with the rest of the assessment. Any athlete not properly hydrated may not be assessed further and must wait a minimum of 48 hours before being assessed again. They will not be refunded their assessment fee and must pay a full assessment fee the next time they appear for assessment.
5. Wrestlers who pass the hydration test will move on to the next step in the assessment process.

SKINFOLD ASSESSMENT PROCEDURE

In an attempt to ensure valid and reliable assessment of skinfold thickness the following general measurement techniques should be employed. These techniques are general in that they are applied to all skinfold site assessments. The subject's skin should be dry. Measurements should not be taken immediately after a workout or when the subject is overheated. This may be an ever present problem because some of the wrestlers may be attempting to take part in rapid weight reduction through exercise just prior to the assessment-this should not be allowed. In addition the process requires that each wrestler pass a urine specific gravity test to determine adequate hydration level for the skinfold assessment procedure.

There is no substitute for practice and experience as an assessor. Quality in-service participation, in-depth knowledge about all aspects of the body composition assessment, careful site identification, and practice will assist in the accuracy and value of this program.

Only OHSAA certified assessors may conduct body fat measurements using skinfold calipers.

Site Selection and Identification

The sites and regression equation selected for the program are those described by Lohman specifically for use with young male wrestlers and the Boileau equation for females. The techniques for site identification are adopted from "Anthropometric

Standardization Reference Manual," Lohman, Roche, and Martorell, Human Kinetics Books, Box 5076, Champaign, IL 61820.

TRICEPS= measured vertically in the midline of the posterior aspect of the upper arm, over the triceps muscle, midway between the lateral acromion process of the scapula and the inferior margin of the olecranon process of the ulna. Elbow is flexed to identify the landmarks but extended and relaxed to elevate the skinfold.
SUBSCAPULAR= measured on a diagonal axis, (left shoulder to right hip) one centimeter below the inferior angle of the scapula. The site is angled infero-laterally about 45 degrees in the natural cleavage line of the skin. It may be necessary to have the subject place their arm behind the back to make the anatomical features more prominent. The arm is returned to the relaxed anatomical position for the measurement procedure.
ABDOMEN= measured vertically, the site is located 3 centimeters lateral to the midpoint of the umbilicus and 1 cm inferior to the umbilicus. The subject must stand erect with weight on both feet, relax the abdominal wall musculature and breathe normally during the assessment procedure. (Not applicable for females)

The following steps should be followed:

1. The subject should be standing in the anatomical position with the skin for potential skinfold sites exposed.
2. All measurements are obtained on the right side of the body
3. Identify the sites to be measured. The triceps, abdomen and subscapular region are to be measured on males. The triceps and subscapular region are to be measured for females.
4. Palpate the site to familiarize both you and the subject with the area to be measured.
5. Carefully mark the sites. The largest source of error in skinfold testing is inaccurate site selection
6. Elevate the double fold of skin and the subcutaneous fat with the thumb and index finger of the left hand 1 cm above or adjacent to the measurement site.
7. Become familiar with the width of the thumb and index finger as well as the perpendicular approach to site assessment prior to the elevation of each specific skinfold site.
8. The fold should be lifted in such a manner as to have two parallel sides.
9. The long axis should be parallel to the natural cleavage lines of the skin.
10. Keep the fold elevated as you measure and ensure that the shape of the skinfold is maintained.
11. Measure with caliper in right hand with scale in a position to avoid parallax error.
12. Measure midway between the body surface and the bulbous crest of the skinfold.
13. Place the caliper pads 1 cm below the fingers and half-way the depth of the fat fold
14. Caliper jaws are placed to measure the thickness of the skinfold perpendicular to its long axis.

15. Caliper pad measurement surface should be in contact with the skinfold for 2 to 4 seconds.
16. Release the caliper pads gently
17. Record to the nearest .5 mm and obtain (through rotation of sites) three measures with no more than a .5 mm difference between any two measurements (eg. 9.5, 10, 10.5).
18. Record three measures for each of three sites for males (subscapular, abdominal and triceps); record only subscapular and abdominal measurements for females on the Skinfold Data Worksheets.

FORMULA FOR CALCULATION OF BODY COMPOSITION

The following information is given so that you are aware of the equations used to determine body fat percentages. All calculations are done online using the NWCA Optimal Performance Calculator.

Values for Skinfold Assessment Process for Males

1. The Lohman Equation is used to calculate body density of males.
- **Body density (Bd)= [**1.0973-(sum skinfold x .000815)]+[(sum skinfold)2 x .00000084]
- **Sum of skinfold** = triceps skinfold + subscapular skinfold + abdominal skinfold

2. The Brozek equation is used to calculate body fat percentage from body density.
Percent Body fat = (457/bd)-(414.2)

3. To calculate minimum weight at 7 % body fat
- **Fat weight (fw) = total body weight x (%bf/100)**
- **Lean body mass (lbm) =** tbw – fw
- **Minimum wrestling weight =** (lbm) ÷ .93

Values for Skinfold Assessment Process for Females

1. The Boileau equation is used to calculate the body fat percentage for females
Percent Body Fat = [1.35 x (sum skinfold)] - [0.012 x (sum skinfold) 2] - 3.4
Sum of skinfold = triceps skinfold+ subscapular skinfold

2. To calculate minimum wrestling weight at 12% body fat
- **Fat weight (fw) = total body weight x (%bf/100)**
- **Lean body mass (lbm) =** tbw – fw
- **Minimum** wrestling weight = (lbm) ÷ .88

WRESTLERS BELOW 7% AND 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage is below 7% must obtain clearance from a licensed physician using the Physician's Clearance Form (See appendix.) The physician's clearance is for one season and expires the day after the completion of the state wrestling tournament. Any male athlete who is cleared to participate below 7% or female athlete who is cleared to participate below 12%, may not wrestle below their actual weight at the time of the assessment.

Weight Loss per Week

1. A weight loss limit of 1.5 percent of body weight at the time of the assessment per week has been set. A season long weight loss plan will guide his/her weight loss during the season. The athlete's minimum weight will be listed on the Alpha Master Roster.
2. The weight loss plan will determine which weight classes a wrestler may participate in each week.

INPUTTING THE DATA ON THE NWCA WEB SITE

It is the responsibility of the assessor to input the data of each wrestler on the NWCA within 72 hours of the assessment:

Each OHSAA approved assessor will be provided an Assessor ID and Assessor Password. These will be provided via e-mail to the Assessors by the OHSAA after completion and registration of the OHSAA assessors' training. Do not share this information with any other person. Protect this information at all times. Never use any other Assessor's ID number or password.

Input of Data

1. Go to www.nwcaonline.com.
2. Go to the horizontal menu and click on "**WEIGHT CERTIFICATION**"
3. You will now be directed to the Optimal Performance Calculator Program. On the horizontal menu, click on "**SCHOLASTIC EDITION**."
4. On the horizontal menu, go to "ASSESSORS" and, on the drop-down menu, click on "INITIAL ASSESSMENT."
5. On the NWCA Assessor Log In page, enter the following:
    a) Assessor ID
    b) Assessor Password
    c) School NWCA Card # (receive from the wrestling coach)
    d) School Password (receive from the wrestling coach)

You are now on the Initial Assessment Page. Proceed by entering the following information from the wrestler's Individual Profile Form (only use the "**TAB**" key to move from box to box). If you are entering multiple schools, you must logout before entering the new school**.**

1. Enter the following information from the Individual Profile Form. (Wrestler's gender automatically defaults to male; if wrestler is female, click on "**Click to add female wrestler**".)
    a) Name of Student-Athlete: *(Last name, first name)*
    b) Wrestler's grade *(9-12)*
    c) Alpha Date (Enter date of assessment)
    d) Urine Specific Gravity (*Click on "Pass"*. If the specific gravity is 1.026 or above, click do not proceed any further. The wrestler may not be assessed for 48 hours.)

e) Alpha Body Weight
f) Skin-Fold Measurements
g) Enter the raw data from the skinfold caliper measurements.

The **Fat Mass, Fat Free Mass** and **Minimum Wrestling Weight** will automatically be calculated.

1. In order for the program to calculate the numbers in Steps 4-6, you must "Tab" through each step after you enter the % Body Fat number in Step 3. If the program did not automatically calculate Steps 4-6, then return to Step 3, enter the Percent Body Fat and hit the "**TAB**" key three times.
2. Click on "**Save**" to save this student -athlete's entry.
3. The screen will automatically proceed to a blank screen, per step 1 and continue entering additional wrestlers. If this is your last entry, return to the main page and logoff.

HOW TO DELETE A WRESTLER

After performing an assessment on a wrestler you may go back and delete the wrestler if you have an error.

1. Underneath the assessors tab on the main menu, click on "**Initial Assessment**."
2. A blank Initial Assessment form will appear. Click on the wrestler you would like to delete.
3. Once the wrestlers assessment form appears, scroll to the bottom and click on delete wrestler.

HOW TO VIEW THE ALPHA MASTER REPORT

a. On the scholastic OPC homepage menu bar, click on the "**Alpha Master Report"** under the **"Assessors"** tab on the menu bar.
b. The Alpha Master Report will appear with all of the team's wrestlers and their assessment data (this includes the wrestler's minimum weight class and the first date they may complete at that weight class)
c. You may print out this form from the file options at the top of the menu page.

NUTRITION EDUCATION PROGRAM

While not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program. The NWCA nutritional program includes information for each individual athlete.

APPEAL PROCESS

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial assessment.

1. All steps of the appeal shall occur within 14 calendar days of the original Alpha Date.

2. The 14 day appeal period shall start on the day following the Alpha Date.
3. The 1.5% weight loss limitation is in effect the day following the alpha date.
4. In order to utilize the results of an appeal, the wrestler must compete no lower than their approved lowest minimum weight during an appeal for a lower weight.
5. Any athlete may appeal his/her initial assessment one time by reassessment.
6. An athlete must take an Individual Profile Form and a Parental Permission Form with him/her to the assessment.

The steps of the appeal process are as follows:

STEP 1

Reassessment: The athlete shall repeat the "Alpha Weigh-In" is described in the regulation.

1. The master assessor shall be responsible for conducting the initial appeal using skinfold calipers.
2. The reassessment shall occur with 14 calendar days of the original Alpha date unless a written extension is granted by the OHSAA before the expiration of the 14-day period. All steps of the appeal must be completed during the same 14-day period.
3. Reassessment includes hydration assessment, weight measurement plus three measurements of the skinfold sites. If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.
4. When the assessor enters the appeal data, they must indicate that this is an APPEAL by entering the information using the APPEAL link.
5. Failure to adhere to these conditions or timelines will be cause for denial.
6. The wrestler is responsible for any costs incurred during the appeal process.

STEP 2

If dissatisfied with the initial results, the wrestler may choose to be hydrostatically weighed or undergo air displacement weighing to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school, or coach may not appeal further.

1. Hydrostatic weighing or air displacement weighing facilities must be approved by the OHSAA and the Appeal Proposal shall be filed with the OHSAA before any assessment occurs.
2. All appeals and assessments must be completed by January 24, 2011.
3. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air displacement weighing.
4. The wrestler is responsible for any costs incurred during the appeal process.

5. A student may not wrestle at the new, appealed weight until approval in writing has been received from the OHSAA.
6. PENALTY: A wrestler who weighs in at a weight before the proper amount of time has passed to achieve the lowest minimum weight, will be considered an ineligible wrestler and subject to OHSAA regulations and sanctions.
7. A wrestler may compete before or during an appeal only at his or her lowest allowable weight based on the initial assessment.
8. A wrestler may skip Step 1 and proceed directly to Step 2.

Costs

- All costs incurred for the initial assessment and appeal process are the responsibility of the school or parent.
- An assessor may charge up to $5.00 per athlete for each assessment plus $30.00 per hour. This charge is assessed for any athlete who passes or fails the urine specific gravity test.
- An athlete who appeals the initial test will be charged $5.00 for a body fat assessment using skinfold calipers.
- OHSAA certified assessors are permitted to charge mileage at whatever the IRS standard rate is and charge a service fee of $30.00 per hour whenever travel is required to a location. This is in addition to the $5.00 per athlete per assessment.
- CLIA lab certification will be obtained by the OHSAA and all assessors will work under that certificate
- The cost for membership in the NWCA is $30.00 and this allows each school access to the Optimal Performance Calculator

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APPENDIX

Individual Profile Form

(This form should be maintained on file by the assessor until the end of the wrestling season)

OHIO WEIGHT MONITORING PROGRAM

Parental Permission Form YES_____ NO ____ (If no, do not assess wrestler)

Wrestler Name _____ GENDER: M F

Grade _____ School _____

Assessor's Name_____ School ID # (from NWCA Calculator) _____

Type of Assessment: Original _____ Appeal _____

Urine Collection Cup #_____

STEP 1: URINE SPECIFIC GRAVITY _____ (Record athlete's actual specific gravity)

- If failed, wrestler must wait 48 hours to be re-assessed!

PASS FAIL

STEP 2: ALPHA DATE _____ (This is the date of the initial measurement or appeal.)

STEP 3: WEIGHT _____

STEP 4: SKINFOLD MEASUREMENT

	TRICEPS	SUBSCAPULA	ABDOMINAL
Measurement 1	_____	_____	_____
Measurement 2	_____	_____	_____
Measurement 3	_____	_____	_____

If using hydrostatic weighing or BodPod, record athlete's percent body fat. _____

Signature of person doing appeal

This form must be forwarded to the OHSAA within 48 hours of assessment if hydrostatic weighing or the BodPod is used.

Ohio High School Athletic Association

PARENTAL PERMISSION/CONSENT FOR URINALYSIS

OHSAA has adopted a weight control program for Ohio high school wrestlers. The program has two basic components: 1) nutrition education dimension and 2) the establishment of a healthy minimum weight for each wrestler.

Skinfold measurements are used to predict (on a scientific basis) the lowest healthy weight for wrestlers. The program requires each male wrestler to maintain at least 7% body fat and females 12% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 12% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and 2) the amount of weight that can be lost.

The first step of the testing is a urinalysis, which is required to determine the athlete's hydration level. Proper level of hydration is important to provide an accurate measurement of body fat percentage. Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from total body fat requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025) measurements will not be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. THE TESTING MAY NOT OCCUR ANY EARLIER THAN 48 HOURS after the initial test.

I hereby grant the OHSAA and its agents permission to perform a urinalysis on my self/son/daughter for the purpose of determining the hydration level to properly determine an accurate skin fold measurement. I understand that the OHSAA accepts my self/son/daughter on their willingness to participate.

In becoming a participant in the program I understand that my self/son/daughter will agree to the following:

1. A bathroom with a toilet or urinal will be used by the wrestler to allow the wrestler to provide a urine sample for testing.
2. Use of gloves by individuals when measuring the urine and proper disposal of said urine will be mandatory.
3. School or OHSAA personnel will be present (female to female, male to male) to ensure that the wrestler has provided a sample of his or her own urine.
4. Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
5. Urine collection cups will be properly disposed of following single use.

I hereby agree to release, discharge and forever hold harmless the OHSAA and its agents from any and all claims, which I might now, or hereby have with respect to the urine testing I am consenting to herein. I am free to deny any consent for my self/son/daughter both now and at any point during the testing. I realize that if I deny or revoke my consent, participation in an OHSAA sanctioned event will be denied.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the urine testing procedure that myself/son/daughter will be engaged in. I accept the risks. Knowing these, having had an opportunity to ask questions which have been answered to my satisfaction, I consent and give permission for my self/son/daughter to participate in the urinalysis.

_____ _____

DATE TIME

NAME OF ATHLETE: _____

SIGNATURE OF ATHLETE: _____
(if over 18 years old)

NAME OF PARENT/GUARDIAN: _____

SIGNATURE OF PARENT/GUARDIAN: _____

PHYSICIAN'S CLEARANCE FORM

The OHSAA does not require a Physician's Clearance for athletes with less than 7 % (12% for females) body fat. Any wrestler who has 7% (or 12% for females) or less body fat is not permitted to wrestle at any weight and/or weight class lower than the present weight.