



**CIF**  
**NORTH COAST SECTION**  
**2011-12**  
**WEIGHT MANAGEMENT PROGRAM**



**SCHOOL PACKET**

Last edited 8/18/11

## **North Coast Section, CIF Wrestling Weight Certification Program**

### **Reminders for the 2011-12 Wrestling Season**

- Coaches will continue to use the NWCA Pre-Match Weigh-in Form when attending weigh-ins at tournaments and dual competitions. The NWCA Pre-Match Weigh-in Form allows the coach to select the wrestlers who will compete on a given day, or select the entire team, and determine the wrestler's minimum weight for that day of competition (the daily descent plan).
- Wrestlers may use the two-pound allowance on and after January 15<sup>th</sup> to qualify for a weight class. Wrestlers simply follow current NFHS rules regarding qualifying for a weight class.

### **The Body Composition Testing Program**

1. Assessments may begin on October 15<sup>th</sup>. Wrestlers may be measured on or following this date. All wrestlers, including those coming out late, must have their minimum weight established before competing. The deadline for assessment is January 15<sup>th</sup>, however, no wrestler may compete until the assessment is completed, assessment data is input into the NWCA web site by the assessor, using the NWCA website and the wrestler appears on the school's Alpha Master Report.
2. Only a CIF Certified Assessor who has successfully completed the CIF in-service education program may conduct body composition assessments. A complete list of CIF Master Assessors and CIF Assessors is available on the NCS web site, Wrestling Home Page.
3. Each school will be responsible for ensuring that all wrestlers have completed the assessment process prior to their first competition. Any wrestler who has not completed the assessment process is ineligible for competition. Students may practice or scrimmage prior to testing.

### **School Administration's Responsibilities for the Measurement Process**

1. It is the school's responsibility to contact a local CIF Assessor (check Section website for the list of CIF Assessors in your area).
2. School Administration or their designee must take reasonable precautions to insure the accuracy and validity of the entire process. If the assessments are to be administered on school grounds, the school will need to provide a facility for the CIF Assessor to perform the test that is adequate, has immediate access to bathroom facilities and capabilities for a computer setup, if necessary.
3. The school must have available at the time of the assessment a school official (e.g., A.D. coach (non-wrestling), teacher) who will help with the assessment. Schools having female wrestlers are responsible for providing a female school official to assist in securing the urine sample.

**A wrestler is not eligible to wrestle until they have completed their assessment, their data has been input into the NWCA website and the wrestler's name appears on the school's Alpha Master Report. At each competition the school participates, the coach must hand carry to each competition the Pre-Match Weigh-in Form. Athletes not listed on the Pre-Match Weigh-in Form are not eligible.**

### **National Wrestling Coaches Association**

The CIF will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as a data reporting and retrieval tool for all member schools sponsoring wrestling. The cost for each school to join the NWCA Program is \$30.00 annually and includes membership in their organization. The fee also allows each wrestler to access the nutritional information available at the NWCA site. NCS has already billed, as part of the 2011-12 school dues, the NWCA fee. During the month of October NCS staff will mail to all wrestling coaches and athletic directors their school's username and password. The NWCA website is: [www.nwcaonline.com](http://www.nwcaonline.com).

**All Costs**

All costs incurred for assessments, Tanita or air displacement testing and appeal process are the responsibility of the school. The cost for the assessment will be established by the CIF approved Assessor. It is the responsibility of each school to set up those appointments with their assessor.

**Body Composition Testing Procedures**

1. Each school is responsible for arranging a site, time and location for the assessment to take place.
2. The school and chosen CIF Assessor must discuss and arrange the following:
  - a. Date, time and location of the assessment.
  - b. Equipment and supplies needed for the assessment. Use the following recommended list on the next page:

_____ Tanita TBF Model 300WA scale*	_____ Extra rolls of tape for readout unit*
_____ Refractometer*	_____ Extra Individual Profile Forms*
_____ Latex or Rubber Gloves * (do not have to be changed after every hydration test)	_____ Black pen, pencil, and black marker*
_____ Paper cups (used for collection of urine samples)*	_____ Stapler--staples
_____ Stir straws (for obtaining drops of urine for hydration test)*	_____ Hand sanitizer
_____ Towel(s) (to clean feet)	_____ Disinfectant cleaning spray(for cleaning scale)*
_____ Tissues (for wiping clean the refractometer after each individual reading)*	_____ Eye shields/face shields (optional)
_____ Tape measure (for measuring height)*	_____ Food Coloring (to color toilet water)
_____ Right angle square* (used for accuracy in measuring height)	<u>If Assessments will be entered on-site:</u>
_____ Masking tape	-Laptop or computer access
_____ Clipboards or a suitable hard surface on which athletes can complete their forms	-Power strip, extension cord
	-Printer and printer paper

- c. Personnel needed to assist the assessor  
Each school will be responsible for providing from two to four individuals to assist in the assessment process. These individuals should be a school coach (not wrestling), teacher or athletic director. The coach should not be in the assessment area.
- d. Athletes must be hydrated  
It is extremely important that wrestlers attend the assessment properly hydrated. Assessments may not be held following practice. Coaches should provide each student with the handout on page 9, "Staying Hydrated for Top Performance". If students are not hydrated at the time of test (specific gravity of 1.025 or less) they may not take part in the assessment and must wait 24 hours before they can be assessed again. Avoid the hassle and expense of having an assessor coming back to your school for additional assessments. It is important that athletes are also not overly hydrated.
- e. Letter to Parents and Student Release Form - See pages 11, 12 and 13.
- f. Student Profile Form (see page 14)  
Each student must complete the upper portion of the Student Profile Form. Having the form completed ahead of time will speed up the assessment process.
- g. Student must bring picture I.D. to assessment  
Students must provide a picture I.D. in order to participate in the assessment.
3. The Assessor will show up to the designated site for testing and will set-up for the assessment. The Assessor will meet with school provided personnel to discuss responsibilities and protocol. In some cases, prior to the assessment, Assessors will meet with all wrestlers who are being assessed to review procedures and requirements.
4. When the assessment begins the students will move in an assembly line fashion through the assessment process.
  - a. Specific Gravity Testing
    - i. The refractometer must be a model that determines Urine Specific Gravity, digital or analog does not matter.
    - ii. Monitoring of athletes  
Make arrangements for extra help to facilitate this process. It is recommended these monitors be someone with institutional integrity (administrator, teacher, parent not associated with the wrestling team). Monitors must supervise the process of urine sample collection. This does not mean witnessing the sample going from the body into the cup. Monitors are to insure 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). Monitors must be in all traffic areas between the

collection area and the testing area if they are in different places. Any possible problem in the urine collection of an athlete necessitates voiding their sample and the provision of another sample with more scrutiny.

- iii. The toilet water should be colored with food coloring (either red, green or blue) so that athletes will not be tempted to dip their cup in the toilet water. It may be necessary in the testing process to flush the toilet and add more food coloring.
  - iv. Students should not have access to the sinks where water can be added to the samples. Have some towelets available for wrestlers to wipe their hands and the area around the cup of any urine.
  - v. The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and maximize the athlete's right to privacy.
    - i. Mark each urine collection cup to identify each wrestler.
    - ii. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
    - iii. Allow reasonable time for the athlete to provide a sample of urine.
    - iv. Instruct the athlete to collect a "clean-catch" (midstream) urine sample. Instruct the athlete to begin urinating, allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants). Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
    - v. After collection of the urine by the athlete, appropriate personnel should insure that the urine is warm by feel on the outside of the collection cup. If the urine is cold or suspect, reject that sample and require the athlete to provide another sample under closer supervision.
    - vi. Once completed the athlete will give the sample to the proper authority.
5. Specific Gravity of Urine
- a. Student is Properly Hydrated  
If the student-athlete's urine sample has a specific gravity reading of 1.025 or less they are properly hydrated according to the standards set by CIF and may proceed with the testing process.
  - b. Student **is not** Properly Hydrated  
If the student-athlete's urine sample has a specific gravity reading of 1.026 or greater they are not properly hydrated and may not proceed with the testing process. Any student not passing the hydration test may not be tested for another 24 hours.

6. Measure and Record Height

Obtain wrestlers height to the nearest 1/2" and note on Individual Profile Form. Accuracy of all measurements is very important.

<u>EXAMPLES</u>		
From 6' to 6' 1/4" =	6'0"	Entered as 6'0.0
Between 6' 1/4" and 6' 3/4" =	6'1/2"	Entered as 6'0.5
From 6' 3/4" to 6' 1" =	6'1"	Entered as 6'1.0

7. Conduct Body Composition Assessment:

Tanita **TBF 300WA** measurements will be utilized to determine each wrestler's body fat percentage. This special scale will be provided by the school, league or CIF Assessor.

8. Physician Clearance for Student Under Minimum % Body Fat

Any wrestler whose body fat percentage at the time of assessment (Alpha Date) is below 7% for boys or 12% for girls, must obtain in writing a licensed physician's (M.D.) clearance stating that the athlete can compete at this sub-7% body fat for boys or sub-12% body fat for girls. See form page 18.

8. The CIF Assessor will complete the assessment process by inputting student-athlete data at the NWCA Website. Results of measurements will be available to schools within 72 hours of completed assessment.

**Appeal Process**

All athletes are allowed to appeal his/her body composition measurements one time by re-assessment. If an athlete is not satisfied with the results of their assessment, they have two avenues of appeal, after first being assessed using the Tanita scale.

- A. All wrestlers are allowed to appeal his or her body composition measurements one time by re-assessment. See Step #1 below, OR;
- B. All wrestlers are allowed to appeal his or her body composition measurements by use of an Air Displacement Body Composition test, done at the cost of the student. (Bod Pod). (See Step 2)

**Step #1 Repeat Initial Assessment**

- If a wrestler expresses a wish to appeal their determination at the initial assessment, provide them with a copy of Appeal Options information included in the appendix. Assessors will proceed with entering all wrestlers

who have completed an assessment into the NWCA website, regardless of whether or not a wrestler intends to appeal the assessment.

- If a wrestler does appeal, the following are the steps.
  - a) The athlete should repeat the initial assessment no sooner than 24 hours after the initial assessment but no more than 14 calendar days of the original assessment.
  - b) No special permission or approval for such re-assessment from anyone other than the school administration is required.
  - c) The school may schedule the re-assessment with the same NCS Assessor or the school (not the wrestler) may make arrangements for another NCS Assessor to do the re-assessment.
  - d) The wrestler shall complete another Individual Profile Form and provide the form to the Assessor at the time of re-assessment.
  - e) Re-assessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
  - f) After re-assessment, the Assessor will follow the inputting directions for an appeal at the NWCA website.
  - g) The IPF (Individual Profile Form), with the tape printout, should then be forwarded to the NCS Office.
  - h) The fee for this re-assessment is the responsibility of the athlete and/or school.
  - i) Failure to adhere to these regulations will result in a denial of the appeal.
  - j) All this must be done in compliance with CIF Bylaw 3104.G. (See Appendix)The 14-day appeal period should start on the day following the initial assessment date. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, day 8-14, a wrestler may weigh no less than 1.5% of the Alpha weight recorded on the assessment date.

#### Step #2 Air Displacement Body Composition Measurement

- If dissatisfaction with the results still remains the wrestler may choose air displacement measurement (Bod Pod) to assess body fat percentage from a list of approved facilities (see appendix), by following the following steps:
  - Air displacement may be performed within 14 days of initial assessment at any time prior to the wrestler's first competition,
  - The 14-day appeal period should start on the day following the initial assessment date. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, day 8-14, a wrestler may weigh no less than 1.5% of the Alpha weight recorded on the assessment date.
  - It will be the responsibility of the school to contact a Bod Pod facility that is on the approved list to schedule the test. It is the school or wrestler's responsibility to pay the fee directly to the facility for this measurement.
  - When the facility is selected and the date of the measurement scheduled, the school should immediately file a completed "Air Displacement Body Composition Report Form" with the NCS Asst. Commissioner (Bri Niemi) prior to Bod Pod assessment. (FAX 925-263-2120)
  - The school MUST receive approval from the NCS Asst. Commissioner (Bri Niemi) that the facility is on the approved list and that the student is within the 14-day timeline PRIOR to the Bod Pod measurement being performed.

Results following the test must be reported to the NCS Asst. Commissioner (Bri Niemi) a minimum of 72 hours before the wrestler wishes to compete. A wrestler may not wrestle until the NCS Office has updated the team's Alpha Master List (for the coach to carry to the competition and the student is able to print and carry with them to the competition their Individual Weight Loss Plan)

### During the Season

1. NWCA Pre-Match Weigh-in Form
  - A. A weight loss limit of 1.5 percent of their alpha weight per week has been established, but may be calculated on a daily basis using the NWCA Pre-Match Weigh-in Form. The projected earliest date to wrestle at the predicted minimum weight will be listed on the Alpha Master Report.
  - B. A wrestler will not be allowed to wrestle at any time in a weight class that would require them to lose more than 1.5 percent per week from the original date of measurement.
  - C. **Each school is required to have at weigh-ins their school's NWCA Pre-Match Weigh-in Form** at all competitions up to and including the competition that begins the CIF State Championship Series (e.g. the league championships). Wrestlers not listed on the NWCA Pre-Match Weigh-in Form are not eligible for that competition.
    1. At the time of weigh ins:
      - A. Per NFHS Rule 4-4-2 a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor;
        1. If the wrestler weighs in one weight class below their lowest allowable weight class for

that day per the school's NWCA Pre-Match Weigh-in Form, they are ineligible to wrestle at the weight class in which they made weight, but are eligible per NFHS Rule 4-4-2 to wrestle only at the lowest weight class listed for that week on their Individual Weight Loss Plan. (a contestant is allowed to wrestle one weight class above the class for which the actual weight, at the time of weigh in, qualifies the competitor)

EXAMPLE 1:

➤ A wrestler's NWCA Pre-Match Weigh-in Form shows a minimum weight for that wrestler of 124 and, therefore the minimum weight class of 125 lbs. for this competition

NWCA Pre-Match Weigh-in Form Date: <u>xxx</u>	<u>Projected Wt.</u>	<u>Elig. Wt. Class</u>	<u>Actual weight</u>
	124	126/132	121.5

- The wrestler weighs in at the competition at 121.5 lbs for his Actual Weight.
- The wrestler has weighed in one weight class below their lowest allowable weight class and below his minimum weight for that day per his NWCA Pre-Match Weigh-in Form. (lowest allowable weight class for this day was 126's, lowest weight 124.)
- This wrestler cannot wrestle at 120's as he is below his minimum weight and minimum weight class for that day. He can only wrestle one weight class above his actual weight (per NFHS Rule 4-4-2, so he may ONLY compete in the 126 lb weight class at this competition. He may NOT wrestle at 120's or 132's.

2. If the wrestler weighs in two or more weight classes below their lowest allowable weight class per their NWCA Pre-Match Weigh-in Form, they are ineligible to wrestle in any weight class at that competition.

EXAMPLE 1:

➤ A wrestler's NWCA Pre-Match Weigh-in Form for that day shows a minimum weight for that wrestler of 124 and, therefore the minimum weight class for that day of 126 lbs.

NWCA Pre-Match Weigh-in Form Date: <u>xxx</u>	<u>Projected Wt.</u>	<u>Elig. Wt. Class</u>	<u>Actual weight</u>
	124	126/132	112

- The wrestler weighs in at the competition at 112 lbs for his Actual Weight.
- The wrestler has weighed in two weight classes below his/her lowest allowable weight class and below his minimum weight for that day per his NWCA Pre-Match Weigh-in Form. (lowest allowable weight class for this week was 126's, lowest weight 124.)
- This wrestler cannot wrestle at 113's, 120's, 126's or 132's as his weight is two weight classes below his minimum weight class for that day. He cannot wrestle at ANY weight class in this competition. He has lost too much weight too quickly.

3. If the wrestler weighs in at a weight class higher than their allowable weight classes per their NWCA Pre-Match Weigh-in Form, they may wrestle in compliance with NFHS Rule 4-4-2; (a contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor)

EXAMPLE 1:

➤ A wrestler's NWCA Pre-Match Weigh-in Form for that day shows a minimum weight for that wrestler of 123 and, therefore the minimum weight class for that week of 125 lbs.

NWCA Pre-Match Weigh-in Form Date: <u>xxx</u>	<u>Projected Wt.</u>	<u>Elig. Wt. Class</u>	<u>Actual weight</u>
	124	126/132	137.5

- The wrestler weighs in at the competition at 137.5 lbs for his Actual Weight.
- The wrestler has weighed in at a weight class higher than their allowable weight class for that day per his NWCA Pre-Match Weigh-in Form. (allowable weight classes were 126/132)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 138's or 145's at this competition.

EXAMPLE 2:

➤ A wrestler's NWCA Pre-Match Weigh-in Form for that day shows a minimum weight for that wrestler of 123 and, therefore the minimum weight class for that day of 126 lbs.

NWCA Pre-Match Weigh-in Form Date: <u>xxx</u>	<u>Projected Wt.</u>	<u>Elig. Wt. Class</u>	<u>Actual weight</u>
	124	126/132	130.5

- The wrestler weighs in at the competition at 130.5 lbs for his Actual Weight.
- The wrestler has weighed in at the higher weight class allowed that day on the NWCA Pre-Match Weigh-in Form. (allowable weight classes were 126/132)
- In compliance with NFHS Rule 4-4-2, this wrestler may wrestle at 132's or 138's at this competition.

- B. The official on site will verify any disputes.

## 2. NWCA Pre-Match Weigh-in Form

Each coach is required to bring his/her school's NWCA Pre-Match Weigh-in Form to each competition listing all of the wrestlers who have the potential to compete. This form is required at all CIF competitions during the year, including the league championship, NCS Championships and State CIF Championship competitions.

### ➤ PENALTY:

- If at any competition the Coach does NOT have their school's NWCA Pre-Match Weigh-in Form, listing any potential wrestlers who may compete, the entire team is ineligible to compete.
- The team will be charged with a forfeit for that competition.
- At the point it is determined that the NWCA Pre-Match Weigh-in Form is not in hand, all competition involving the members of that school team shall immediately be stopped. No exhibition or other competition involving wrestlers from that school shall be conducted.
- If it is discovered that such competitions knowingly continued beyond discovery of the missing NWCA Pre-Match Weigh-in Form, additional, more serious sanctions will be applied to the wrestling program of that school and to those against whom they wrestled.
- Wrestlers who do not appear on the school's NWCA Pre-Match Weigh-in Form are not eligible to wrestle at such competition.

## 3. Growth Allowance

Growth allowance will be two pounds per weight class on and after January 15th.

### Nutrition Education Program

While not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program. The NWCA in conjunction with the NCAA and the NFHS have developed the interactive on-line program to allow parents and students to work together to build an appropriate nutritional plan. This component is part of the NWCA Optimal Performance Calculator and is available to every wrestler that participates in the CIF Weight Management Program and is therefore, eligible to participate in wrestling.

After assessment data is entered at the NWCA website the NWCA Optimal Performance Calculator automatically issues every wrestler a code and password that allows access into the nutrition program. Coaches have the ability to print and distribute these codes to each wrestler after their initial assessment has been completed and their data is entered into the program.

## **Instructions for NWCA Optimal Performance Calculator (OPC)**

### How to log into the program

1. Go to the NWCA home page at [www.nwcaonline.com](http://www.nwcaonline.com).
2. On NWCA home page, go to top menu bar under **Weight Management** click on **Optimal Performance Calculator**.
3. You will now be directed to the Optimal Performance Calculator Program.
4. Once at the OPC home page click on the **Scholastic** tab on the menu bar.
5. You will now be at the scholastic homepage on the OPC.
6. Once the coach is at the scholastic homepage of the OPC, the coach will click on **Login**.
7. After clicking **Login** a login page will appear.
8. On the login page, the coach will enter his/her NWCA Login I.D. and password. The NCS Office will forward to all NCS member schools their school's Login I.D. and password. Once a coach completes the Login process the NWCA website will ask that the coach update their contact information and change their password.



### How to view wrestler's assessments

9. After logging in, a list of wrestlers who have completed assessment will appear (this page is titled "wrestlers on file").
10. On the "wrestlers on file" page, click on the **Wrestlers Name** you would like to view the assessment data for.
11. After clicking on the appropriate wrestler, that individual's wrestler's initial assessment for will populate the page.
12. To view another wrestler's assessment you can either scroll to the bottom of the current wrestler's assessment form and click on **Retrieve Wrestler**. This will bring up the "wrestlers on file" page or you can click on the **Back** button to take you back to the "wrestlers on file" page.

### How to view the alpha master roster

13. On the scholastic OPC homepage menu bar, click on the **Alpha Master Report** under the **Coaches** tab on the menu bar.
14. 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 compete at that weight class)

15. Print out this form from the file options at the top of the menu page and retain this form for our records. This form should be brought to all matches and weigh-ins.

#### How to view individual weight loss plan

16. On the Scholastic OPC homepage, click on the **Individual Weight Loss Plan** on the drop down menu underneath the **Coaches** heading on the main tool bar.
17. A list of the coach's wrestlers will appear "wrestlers on file" that have been entered by the assessors during your alpha certification date.
18. Click on the wrestler's name the coach would like to view and the **Individual Weight Loss Plan** form will populate.
19. Print out this page and keep a copy for your records along with giving a copy to your wrestler.
20. To view another wrestler's "Individual Weight Loss Plan", the coach will hit the **Back** button to get back to the "wrestlers on file".

#### How to retrieve login and password information for student-athletes to use nutrition program.

21. On the Scholastic OPC homepage, click on **Wrestlers Access Report** on the drop down menu underneath the **Coaches** heading on the main tool bar.
22. A list of your wrestlers will appear that have been entered by the assessors during the assessments.
23. The program will automatically assign each wrestler a unique **Login ID** and **Password**.
24. Print out this page and retain a copy for your records. The coach should give each individual wrestler their unique **Login ID** and **Password**. The wrestler and his/her parents have access to the nutrition program.
25. Once the coach is finished working on the Optimal Performance Calculator Program, he/she should make sure to logoff on the menu bar on the Scholastic OPC homepage.

**Please remember to log off once you are finished on the OPC.**

### **Instructions for OPC for High School Wrestlers**

#### How the student-athlete accesses the Optimal Performance Calculator Program

1. Go to the NWCA home page at [www.nwcaonline.com](http://www.nwcaonline.com).
2. On NWCA home page, go to top menu bar under **Weight Certification** click on **Optimal Performance Calculator**.
3. You will now be directed to the Optimal Performance Calculator Program.
4. Once at the OPC home page click on the Scholastic tab on the menu bar.
5. You will now be at the scholastic homepage on the OPC.

#### How student-athlete views his/her assessment form

- Once the wrestler is at the scholastic homepage of the OPC, the wrestler will put his/her cursor over the **Student-Athletes** tab. A drop down menu will appear and the wrestler will select **View Assessment**.
- A login page will appear, the athlete will enter his/her login and password information that was provided by the coach.
- Assessment for the wrestler will appear, the athlete can print out a copy of this page if he/she desires.

#### How the student-athlete views the nutrition program

- Once the wrestler is at the scholastic homepage of the OPC, the wrestler will put his/her cursor over the **Student-Athletes** tab. A drop down menu will appear and the wrestler will select **Individual Weight Loss Plan**.
- The "Individual Weight Loss Plan Form" will appear. The wrestler should print out a copy of this page and retain for his/her records.
- On the "Individual Weight Loss Plan Form", the wrestler will click on the blue **Generate Diet Plan** link.
- The wrestler will be taken to the NWCA nutrition program. The wrestler should follow the step-by-step instructions on each page of the nutrition program. The plan will allow for the proper allotment of calories, carbohydrates, protein, and fats that corresponds to the individual's weight loss plan.
- Once the athlete finishes selecting his/her food selection, they should print out their diet plan.
- It is recommended that the athletes try to plan their diets for the full week and print out each day's diet.

## **STAYING HYDRATED FOR TOP PERFORMANCE** (*And Passing the Hydration Test for Body Composition Assessment*)

### **ATTN: WRESTLERS and COACHES**

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical to optimal athletic and wrestling performance. ***Dehydration compromises muscular endurance and strength.*** Dehydration also decreases blood volume, which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).

The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your measurements are taken.

#### ***Below are some guidelines:***

- Approximately three days prior to the body composition assessment do not take any vitamins or vitamin supplements.
- **Two hours prior to body composition assessment drink 24 ounces of water (three cups).**
- Drink 8 to 10 (8 ounces) glasses of water, milk, juice, or non-caffeinated beverages daily.
- Drink another 4 cups for every hour you workout. If you have a two-hour football practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverage for each hour they workout.
- **Two hours before the game, match or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The two-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test.**

These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of “feeling full” or bloated. This sensation may be counter-productive, as it will likely diminish the thirst drive.

Carefully following these guidelines, along with the recommendations in *The Wrestler's Diet* will increase your chances for a healthy, safe and successful high school wrestling season.

For more information visit: [www.nwcaonline.com](http://www.nwcaonline.com)

# Wrestling Weight Management Program

## Team Information Handout

The California Interscholastic Federation has adopted several changes that will help ensure the safety of our wrestlers. All wrestlers, regardless of their level of competition, must be assessed for the 2011-12 school year. The athlete will need:

**Photo Identification      Wrestling Singlet      Individual Profile Form      Parent Permission Form      Fee**

This program consists of four parts:

- 1) Test preparation
- 2) Hydration test
- 3) Body composition test
- 4) Nutrition Education Program

### 1) **Test Preparation**

- Approximately two to three days prior to the assessment stop taking any vitamin supplements.
- Avoid caffeine and carbonated beverages (soda) 24 hours before the test, these are diuretics and increase urine production
- 2 hours before the test, drink 24 ounces of water (3 cups)
- The athlete will be allowed to wear a wrestling singlet (nothing else); females may wear boxer shorts and sport bras. Athletes will not be allowed to take anything into the restroom area with them. This includes backpacks, cell phone, water bottles, ETC.
- JUST A SINGLET and shoes!
- Athletes will arrive at the testing site with the Individual Profile Form filled out and photo identification (may be a student ID or driver's license).

### 2) **Hydration Test**

- Athletes will be required to provide a mid stream urine sample (not the beginning and not the end)
- The urine sample will be measured using a urine refractometer
- An athlete passes the test if his/her urine measures 1.025 or less specific gravity
- If an athlete fails a urine test, he or she will not be able to continue with the body composition test. An athlete may not be tested again for 24 hours.
- Athletes passing the hydration test will then proceed with the body composition test

### 3) **Body Composition Test**

- The athlete's height will be measured barefoot
- The athlete will wipe all dirt from his/her feet
- The athlete will step on a scale and their percent body fat will be measured via Bioelectrical Impedance
- The results will be printed and stapled to the individual profile form. The athlete will not receive these papers back. The Assessor will keep this and enter it into the NWCA web site.
- This test will also calculate the wrestler's minimum allowable wrestling weight.
- Athletes and coaches will be able to view their results at [www.nwcaonline.com](http://www.nwcaonline.com). A pass code will be required. (National Wrestling Coaches Association)
- An athlete measuring below 7% body fat (12% for women) will not be permitted to compete. A wrestler measuring below the minimal allowable body fat has two options:
  - Have a physician attest to the health of the wrestler by signing the Physician clearance form and submitting it to the North Coast Section before competition
  - Appeal the test

### 4) **Nutrition Education Program**

- Athletes will be given a pass code for the National Wrestling Coaches Association web site, [www.nwcaonline.com](http://www.nwcaonline.com). They will be able to access their information and nutrition education software based on their results. They can set up a personalized diet program to allow weight loss of 1.5 pounds per week. The athlete's food preferences and goal weight are incorporated into this program.

### **General Information**

- Coaches cannot be involved with any part of the testing process
- This is not a drug test



# California Interscholastic Federation

Marie Ishida, Executive Director

1320 Harbor Bay Parkway, Suite 140 Alameda, CA 94502

Phone (510) 521-4447 Fax (510) 521-4449

[www.cifstate.org](http://www.cifstate.org)

TO: All parents/guardians of CIF student-athletes involved in the sport of wrestling

FROM: Marie Ishida, CIF Executive Director

SUBJECT: CIF WRESTLING WEIGHT CERTIFICATION PROGRAM  
\* Required procedure for 2011-12 Wrestling Season.

The CIF is committed to the safety of our student-athletes as one of our highest priorities. After careful and thorough discussion and analysis, we have adopted a new CIF Weight Certification program that is used across the country by 37 other state associations. This program follows guidelines embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

CIF believes this weight certification program will provide a healthy weight management regiment for your son or daughter. This nationally-recognized program has been adopted and is required for All CIF wrestlers, with the hope that if followed, it will decrease the probability of health risks to any CIF wrestler who might be instructed or choose to utilize unhealthy practices in order to “make weight.”

This letter is to inform you of the basic components of the program and also obtain your permission as parents for your son or daughter to participate in the CIF Weight Management Certification process, as a requirement to participate in wrestling competition in the CIF at any level for this coming season. After you read through this material, if you have additional questions, please contact your school’s Athletic Director or Principal. They should be able to provide you with additional details as requested.

The CIF Weight Certification program has two basic components:

- 1) Nutrition Education and
- 2) Establishment of a healthy minimum weight for each wrestler

The CIF Weight Certification program does not allow the body fat percentage of student-athletes to fall below a certain level:

- Male wrestlers must maintain a minimum of 7% body fat
- Female wrestlers must maintain a minimum of 12% body fat

The CIF Weight Certification Program sets a healthy limit for how much and how quickly they are allowed to safely reduce their weight. The CIF Weight Certification Program controls the rate of weight loss and also establishes an acceptable, healthy minimum weight for each wrestler through the use of a bioelectrical impedance measurement (Tanita scale).

The first step in the CIF Weight Certification Program is to test the hydration level of each wrestler. Wrestlers who are not properly hydrated will not be able to participate in the assessment, as the assessment equipment will not measure the correct percentage of body fat if a wrestler is dehydrated.

The initial step in this weight certification program, therefore, requires that a sample of urine from every wrestler be tested to confirm that each wrestler is properly hydrated and can proceed with the measurement of that wrestler's current percentage of body fat. If the wrestler is not sufficiently hydrated (i.e. specific gravity of the urine is over 1.025) the assessment for percentage of body fat will not be conducted, and will require a re-assessment at a later date (no sooner than 24 hours after the first hydration assessment).

The second step is to measure the current percentage of body fat of the wrestlers. This will be measured when the wrestler steps on the Tanita scale. This scale uses bioelectrical impedance analysis techniques. A low level electrical signal is sent through the lower extremities and the body's electrical resistance is recorded. Using this information, the body fat of the individual is determined.

It is recommended by the National Institute of Health that individuals who have implanted defibrillators should not participate in this test. In addition, there is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy

If your son or daughter is planning to participate in wrestling this school year in any CIF-member school program at any level, you must read, sign and return, to your son or daughter's school, the attached Parental Permission Form before an assessment can be performed.

These minimum weight assessments must take place between October 15 and January 15. Each school's wrestling coach and athletic director will be scheduling these assessments on behalf of all the wrestlers at your school. EARLY assessment is better as no student-athlete will be allowed to compete in any wrestling competition for their school until the assessment is completed and entered into the NWCA (National Wrestling Coaches Association) data base. Each wrestler will only have access to their own information posted on the web site and related, individual nutritional information through a personal password. Each school's coach or athletic director will have access to all of their wrestler's information protected by a password. While we are recommending to you as parents that wrestlers follow the program for healthy weight loss this school year, we are mandating that every wrestler be assessed prior to ANY competition. If a wrestler is not assessed they will not be able to compete in any CIF wrestling competition for this school year.

Wrestling is a great CIF sport and we continue to work together with wrestling experts across the country and locally to provide your son or daughter with information on how to manage their wrestling weight goals in a safe and healthy manner.

NWCA ([www.nwcaonline.com](http://www.nwcaonline.com))



SCHOOL NAME/ LOGO/ ADDRESS HERE

## PARENTAL PERMISSION FORM

I hereby grant \_\_\_\_\_ high school permission to allow a hydration assessment to be performed by a CIF Certified Assessor on a urine sample provided by my son/daughter for the purpose of determining if the appropriate hydration level has been met under the CIF Wrestling Weight Certification Program. I understand that the CIF requires this assessment to be completed in order for my son/daughter to be eligible to compete in wrestling in any CIF competition for the 2011-12 school year.

By my signature below I understand that my son/daughter agree to the following:

- A 20-30ml (1-2 oz) urine sample will be provided by my /son/daughter in a restroom facility for the sole purpose of being analyzed for the hydration (specific gravity) to be measured and recorded by a CIF Assessor.
- My son/daughter's sample will remain in their possession and under their direct supervision throughout the assessment. They will dispose of their own sample upon completion of the assessment.

I further understand the following:

- The location where the sample is being provided will be supervised by school personnel to ensure that the wrestler has provided a sample of his/her own urine without any contamination (females will supervise locations used by female wrestlers; males will supervise locations used by male wrestlers).
- Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
- Other than for the hydration testing, the urine sample provided will not be used for any other type of analysis or testing.
- The National Institute of Health recommends that individuals who have implanted defibrillators should not participate in this test. There is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy.

I hereby agree to release, discharge and forever hold harmless the CIF, the school and CIF Certified Assessors 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 son/daughter both now and at any point during the testing.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the hydration testing procedure in which my son/daughter will be engaged. I consent and give permission for my son/daughter to participate in this hydration testing.

\_\_\_\_\_, 20 \_\_\_\_\_ NAME OF STUDENT-ATHLETE \_\_\_\_\_

DATE

Student Signature \_\_\_\_\_

NAME OF PARENT/GUARDIAN \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

PLEASE RETURN NO LATER THAN \_\_\_\_\_, 20\_\_\_\_

TO: INSERT SCHOOL INFORMATION HERE





## NORTH COAST SECTION, CIF

5 Crow Canyon Ct., Suite 209

San Ramon, CA 94583

Phone: 925-263-2110 // Fax 925-263-2120

Web Site: [www.cifncs.org](http://www.cifncs.org)

### Wrestling Weight Management Program

## PHYSICIAN CLEARANCE FORM

### WRESTLER BODY FAT ALLOWANCE

**Request to allow wrestler to compete with a body fat of less than 7% for boys and 12% for girls.**

This form shall be completed and filed with North Coast Section Asst. Commissioner, Bri Niemi. The athlete may not compete until this form is received and his/her data can be input and the student appears on the school's Wrestling Alpha Master Report & prints their Individual Weight Loss Plan – NCS FAX # 925-263-2120

### TO THE PHYSICIAN:

The CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF) has instituted the California Weight Monitoring Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a CIF Certified Assessor through Bioelectrical Impedance Analysis (BIA) measurements. The standard error for this method is  $\pm 4\%$  for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (or 12% for females). The athlete is requesting that he or she be allowed to wrestle at his or her present weight – (alpha weight-see below). Because this weight is less than 7% (for males) and 12% (for females) body fat, CIF guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development, and good health.

Thank you,

Gil Lemmon  
CIF/North Coast Section Commissioner

Bri Niemi  
CIF/NCS Asst. Commissioner

*OVER FOR FORM TO BE COMPLETED*

**North Coast Section/California Interscholastic Federation  
Wrestling Weight Management Program**

**PHYSICIAN CLEARANCE FORM**

Wrestler's name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: 9 10 11 12

**CIF/NCS Bioelectrical Assessment (BIA) Results**

Date of BIA Assessment: \_\_\_\_/\_\_\_\_/20

Alpha Weight: \_\_\_\_\_ lbs.      Body fat: \_\_\_\_\_%      Height: \_\_\_\_\_

Wrestling Weight class that immediately exceeds the Alpha Weight: \_\_\_\_\_ lbs.

Signature of NCS Assessor: \_\_\_\_\_

I have examined the above named student-athlete and believe that based on the patient's history, and this examination, that his/her present weight is compatible with normal growth, development, and good health. I therefore approve of this student-athlete's participation at the weight class at or above the Alpha Weight listed above.

**PHYSICIAN'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

**PARENTS' STATEMENT**

As the parent or guardian of the above named student-athlete I support our doctor's decision regarding our son's/daughter's participation at the weight class at or above the Alpha Weight listed above.

Parent signature: \_\_\_\_\_ DATE: \_\_\_\_\_

Print Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

**COACH STATEMENT**

As the coach for this athlete I support the doctor's and parent's decision regarding their patient's/son/daughter's participation at the weight class at or above the Alpha Weight listed above.

Coach's Signature: \_\_\_\_\_ DATE \_\_\_\_\_

Print Name: \_\_\_\_\_

**PRINCIPAL'S STATEMENT**

As the principal of the above named student-athlete's high school I affirm that the process of Physician Clearance has been completed properly.

Principal Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ School: \_\_\_\_\_

- This form is the only document accepted as a "Physician Clearance."
- FAX a copy of this form to the North Coast Section, Attn. Bri Niemi.  
**FAX # 925-263-2120**
- The wrestler may not compete until this form is received and his/her data has been entered into the NWCA Web site (allow 72 hours); the student appears on the school's Wrestling **Alpha Master Report**; & the wrestler can print his/her own **Weight Loss Plan**.



**NORTH COAST SECTION, CIF**  
 5 Crow Canyon Ct., Suite 209, San Ramon, CA 94583  
 Phone: 925-263-2110 // Fax 925-263-2120  
 Web Site: www.cifncs.org

**APPEAL FORM**

**AIR DISPLACEMENT BODY COMPOSITION REPORT FORM**

- A wrestler may choose, at his/her own cost, to appeal the Tanita scale body composition test (BIA Assessment). See regulations on back.
- The appeal may only utilize air displacement measurements (BODPOD) to determine body fat percentage.
- Results obtained at this step are automatically accepted. The athlete, family, school, or coach may not appeal further and the results replace any results from previous BIA assessments.

**STEP 1—Pre-approval from NCS**

The CIF/North Coast Section Office must be notified that the wrestler has chosen to appeal the Tanita scale body composition test and be approved prior to the test. Please complete the following and submit this form to NCS Asst. Commissioner, Bri Niemi, via fax at 925-263-2120:

A. Wrestler appealing: \_\_\_\_\_ Grade: 9 10 11 12  
 School: \_\_\_\_\_

B. Date of last BIA Assessment by a NCS Assessor: \_\_\_\_\_

C. Date of scheduled air displacement measurement: \_\_\_\_\_  
 (cannot be more than 14 days after last BIA assessment)

D. Name and Location (City) of AIR DISPLACEMENT WEIGHING FACILITY:  
 \_\_\_\_\_  

Name
City

E. We understand that the results of the air displacement weighing will replace all previous Tanita (BIA) results, cannot be appealed, cannot be modified by any other action, and will remain the final measurement for this wrestler for this school year's wrestling season.

Parent Signature: \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Print Name: \_\_\_\_\_ Relationship \_\_\_\_\_

APPROVED \_\_\_\_\_ NOT APPROVED: \_\_\_\_\_

Bri Niemi: \_\_\_\_\_ Date \_\_\_\_\_

This form will be faxed back to you with approval or not—This must be approved before your measurement is taken!

D. Results of the air displacement weighing measurement

% Body fat: \_\_\_\_\_

\_\_\_\_\_  
 Signature of Person Conducting Test

\_\_\_\_\_  
 Title

\_\_\_\_\_  
 Print Name

\_\_\_\_\_  
 Phone Number

- After measurement is complete, fax signed, completed form to Bri Niemi at: **925-263-2120**.
- The wrestler is **not eligible to compete** until this information has been received, inputted into the NWCA web page, appears on the school's Alpha Master Report; AND, the student has printed his/her Individual Weight Loss Plan to hand carry to each weigh-in.