MEMORANDUM

August 16, 2016

VIA EMAIL

TO: Head Wrestling Coaches.

FROM: Chuck Barbee, Weight Management Liaison and Secretary-Rules Editor
NCAA Wrestling Rules Committee.

SUBJECT: 2016-17 NCAA Wrestling Weight Management Program.

This communication includes the NCAA Wrestling Weight Management Program information for the 2016-17 season.

Questions, comments or suggestions regarding the NCAA Weight Management Program (Rules 8 and 9 in the NCAA Wrestling Rules and Interpretations Book) should be directed to Chuck Barbee, NCAA Weight Management Liaison and Secretary-Rules Editor, at ncaaruleseditor@gmail.com. Questions regarding urine collection, specific gravity testing and body composition measurements and calculations should be directed to Jim Thornton, NCAA Athletic Trainer Liaison and Certified Athletic Trainer at Clarion University of Pennsylvania, at 814-393-2456. If you have technical questions regarding the use of the National Wrestling Coaches Association/Trackwrestling Optimal Performance Calculator, please contact Trackwrestling at http://www.trackwrestling.com/tw/tickets/CreateTicket.jsp or call 715-869-3444.

Reporting Unsafe Weight-loss Practices: If you, as a coach, certified athletic trainer or administrator become aware that an individual wrestler or team members are engaging in unsafe weight loss (see Rules 9.3 and 9.4) including improper weight-assessment procedures or weight-reduction procedures outside of the approved weight-management protocol, which may lead to dehydration, heat stress and catastrophic outcomes, please contact Chuck Barbee, Jim Thornton or the playing rules and officiating staff at the NCAA national office at 317-917-6222. All sources will be kept confidential.

NCAA Weight Management Program Requirements: The program’s instructions and protocols for urine collection, skin-fold calculations and bod pod analysis shall be strictly adhered to when determining a student-athlete’s minimum wrestling weight and certifiable weight class.

Mandatory Viewing of the NCAA Wrestling Presentation and Registration: It is mandatory that the assessor and the head coach from each institution view the NCAA wrestling rules presentation. This presentation will be available on the Trackwrestling website the week of September 6, 2016. The presentation includes information on wrestling rules, referee mechanics and weight management.
Each institution’s assessor login ID and password for the OPC is mailed from the NWCA office to the head athletic trainer and e-mailed to the assessor on record from the 2015-16 season. Please note that each institution’s coaches login ID and password for the OPC is being emailed from the NWCA office to the head coach. The NCAA national office has approved both notifications.

Before midnight October 1, the following responsibilities shall be performed in the OPC system:

1. Watch the NCAA wrestling rules presentation;
2. Enter the first day of practice;
3. Enter the complete team competition schedule; and
4. Update the entire team roster.

To reiterate, these tasks shall be completed not later than midnight Saturday, October 1, or the institution’s wrestling program is subject to penalties per Rule 8.4.

**February 15 Deadline:** The February 15 deadline remains in effect; see Rule 8.3.3 below:

Weight Class Ascent/Descent Option

“A wrestler wishing to weigh in at a weight class higher than his or her lowest certified weight class may return to the certified weight class by following the mandatory requirements listed in Rule 8.3.4. This provision may be applied multiple times during the season up to February 15. A wrestler returning to his or her lowest allowable weight class shall follow the prescribed weight-loss plan. The weight-loss plan shall indicate that the wrestler’s original weight class can be reached not later than February 15. There is no appeal for missing the February 15 deadline.

It should be noted that the weight-loss plan is recalculated anytime a weigh-in exceeds the weight indicated on the weight-loss plan.”

**Educational Materials:** Weight Management Program protocol, outlined in Rules 8 and 9 of the current NCAA Wrestling Rules and Interpretations book, and nutrition education continue to be important components of weight management. Several excellent resources beneficial to student-athletes are available online including the NCAA Sports Medicine Handbook.

**Reporting Violations:** It is the assessor’s responsibility to conduct each wrestler’s certification with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately. In addition, there are clearly health and safety risks involved in cutting weight outside the designated weight-management protocol. The weight-loss rules are in place to help protect the safety and well-being of the student-athlete. An institution in violation of the NCAA Weight Management Program will receive notification of the violation and any corresponding penalty. Monetary penalties are expected to be paid within the allotted time stated.
in the notification. Unpaid fines will result in postseason travel reimbursement being withheld until the fine is paid.

Please let me know if you have any questions, comments or suggestions regarding the NCAA Weight Management Program. You may e-mail me at ncaaruleseditor@gmail.com, or for urgent issues call me at 480/772-2472.

Have a great season!

CB:rb

cc:  Mr. Marc Buchard  
     Mr. Carlyle Carter  
     Mr. Mark Krug  
     Ms. Mary Ellen Leicht  
     Mr. Mike Moyer  
     Mr. Tim Shiels  
     Mr. Jim Thornton  
     Mr. Pat Tocci  
     NCAA Certified Athletic Trainers  
     NCAA Wrestling Rules Committee  
     Selected NCAA Staff Members
The goal of a medically managed weight management program is to prevent unhealthy weight management practices in both male and female student-athletes through education and best practices.

It is important that coaches and student-athletes practice and monitor the best practices established for proper weight management. If the goal is weight loss, then student-athletes should be informed that removing body fat is a slow process and should be supported with a health care team to help accomplish the goal in a safe and supervised manner. Weight loss goals should be agreed upon by the student-athlete and appropriate medical personnel, including members of the institution's athletic medical staff, registered dietitian, and with consultation from the coach.

Without this leadership support, negative behaviors may occur that can limit athletic potential and create potential health hazards that occur with poor nutrition, dehydration and intense exercise. As water loss exceeds 2-3 percent of the body weight, a student-athlete’s exercise performance, heat dissipation and cardiovascular function are compromised. Since water is found less in fat stores and more in the blood stream, muscle and other lean organs of the body, proper hydration is critical for body function and performance. Weight should not change rapidly unless the individual is ill, or is severely restricting/dehydrating or binge eating.

The sensible alternative to dehydration weight loss is outlined by the original established principles of the NCAA Weight Management Program:

- Enhance safety and competitive equity;
- Minimize incentives for rapid weight loss;
- Emphasize competition, not weight control; and
- Implement practical, effective and enforceable guidelines.

The goals of the NCAA Weight Management Program remain the same as when it was originally established in 1998:

- Establish weight classes that better reflect the collegiate wrestling population;
- Establish a permanent healthy weight class early in the season with time to achieve it safely;
- Establish weigh-ins as close to the start of the match as possible, and use a random draw for weight class order; and
- Eliminate the tools used to accomplish rapid dehydration.

Coaches can have a tremendous influence on athletes and should be conscious of their attitudes, behaviors and language that may directly or indirectly contribute to the onset of unhealthy eating behaviors and/or lifestyles. Behavior modifications may need to be supported and taught among athletes to retrain the body to establish a normal state of hydration. In addition to observing sweat loss, fluid intake and body weight, observing urine color is a good indicator of an athlete’s hydration state and can be useful in teaching athletes how to stay well hydrated.
For further information please consult with your team physician, head athletic trainer or a local dietician with experience in working with athletes. A good resource to find a registered dietitian with expertise working with student-athletes can be found online through the sports dietitian practice group of the American Dietetic Association (ADA – SCAN). This site also includes fact sheets for coaches and student-athletes regarding nutritional strategies. In addition, the NCAA Sports Medicine Handbook has Guidelines on Nutrition and Athletic Performance, as well as information on Weight Loss – Dehydration. The NCAA Sports Medicine Handbook is available at www.NCAA.org/SSI.

Two additional resources specific to the wrestling student-athletes and the 1.5 percent decent rules can be found online through the National Wrestling Coaches Association:

- The 1.5 percent-Per-Week Rule Part 1: Fat Loss
- The 1.5 percent-Per-Week Rule Part 2: Water Loss

Wrestlers should be educated about the negative effects of active dehydration techniques. Wrestlers are often in a chronically dehydrated state in addition to the normal water loss due to exercise, thus culminating in more negative effects on performance and health. Student-athletes with a body weight loss of 1–2 percent within a given day or on consecutive days should return to normal hydration status before returning to practice.

Research clearly shows that performance is reduced as a result of dehydration-induced weight loss. Coaches and participants should avoid rapid weight cutting, weekly weight cycling, restricting food, restricting fluids, vomiting, fasting, and the use of laxatives, diet pills, or diuretics. Student-athletes should be warned about the use of dietary supplements and should discuss all supplement use with their athletics healthcare staff.

Activities banned by the NCAA include the use of saunas, vapor-impermeable suits (for example, rubber, rubberized nylon, neoprene or plastic), stimulants, diuretics (for example, water pills) and over-heated wrestling facilities. Check with the NCAA Wrestling Rules and Interpretations book, NCAA legislation, and the NCAA Sports Medicine Handbook for more information.
Why set the urine specific gravity test at 1.020? Why set the weight class at 141 or 184 or score 2 points for a takedown? As with many rules in wrestling and other sports too, the decisions are based in part on good evidence, but they are somewhat arbitrary, too.

The urine specific gravity test was chosen as a test for dehydration because it is simple to administer, non-invasive, and relatively inexpensive. The trade-off is that it is not 100 percent perfect. Physiologically, urine specific gravity has a wide range, but studies have shown that as a person dehydrates the urine specific gravity increases.

When is a person dehydrated? To test this question we collected urine specific gravity samples from 50 wrestlers and at the same time took a blood sample to measure fluid volume in the blood. Fluid volume of the blood is a very good indicator of the body’s hydration status, and there are clear cut-off points for a state of dehydration.

Using the blood’s fluid volume as a criterion, we compared three urine specific gravity cut-off points to see which one most accurately classified the wrestlers as hydrated or dehydrated. We chose a fairly strict value, 1.015; a more liberal cut-off, 1.023; and a middle value, 1.020.

When the cut-off was set at 1.015, 89 percent of the dehydrated wrestlers were identified correctly, however only 13 percent of the hydrated wrestlers were correctly identified. With the cut-off set at 1.020, the number of dehydrated subjects correctly identified dropped to 80 percent, and the number of hydrated subjects correctly placed increased to 31 percent. Finally, with the cut-off raised to 1.023, only 60 percent of the dehydrated subject were identified while the number of hydrated subjects classified correctly increased to 38 percent.

It is important to remember why this test is being used. If a wrestler dehydrates to lose weight before his body fat test and minimum weight determination, he will be doing that all season long, and potentially experience the health risks and performance decrements the new NCAA rules hope to avoid. So, it is most important that dehydrated wrestlers not proceed to the body fat test.

Conversely, a hydrated wrestler who fails the test (that is, appears dehydrated) will have to test a second time, which is inconvenient. However, there are no health or performance risks associated with coming back a second time. So it is more important to catch dehydrated wrestlers than to miss hydrated wrestlers.

With the cut-off set at 1.020, most (80 percent) of the dehydrated wrestlers were identified and the number of hydrated wrestlers correctly placed was close to the number with a more liberal cut-off. Could the cut-off point be changed down-the-road? Do we need more data? Should we look for a better way to test for hydration? The answer to all three questions is yes. And, there are more questions we may need to look at in the future. But for now, the scientific evidence supports 1.020 as a safe and attainable cut-off.
Hydration is an important component of the wrestling certification program for two primary reasons:

1. A well-hydrated state is essential for both health and performance of any student-athlete. The NCAA Weight Management Program was developed to maintain the hydrated state before, during and after any weight changes that may occur during the October through December weight modification period. This emphasis is consistent with the stimulus for this program, three fatalities involving dehydration. Weight modification during the certification period is based on loss of body fat; hydration (water weight) should be maintained.

2. The measurement process that is the basis for the NCAA Weight Management Program can be influenced by sub-optimal hydration. One must be well hydrated to achieve maximum accuracy on body composition measurements.

Specific gravity is the most practical measure of hydration for this program.

The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports considered a range of specific gravity values that should reflect a well-hydrated state. The committee agreed that 1.020 was a practical value that gave a reasonable assurance that wrestlers begin the process of weight certification in a well-hydrated state.

Any specific gravity value above this number offers less assurance of hydration, which is the primary issue addressed in the 1997-98 rules modifications.
This document outlines instructions for completing Section I Certification of the NCAA Weight Management Program and examples for reference.

**INITIAL ASSESSMENT TO DETERMINE MINIMUM WRESTLING WEIGHT**

Institutions are required to enter the student-athlete’s minimum wrestling weight assessment forms (Section I) online at http://www.trackwrestling.com on or before the first official practice on October 10. When a student-athlete joins the team after the first official practice, that individual’s Section I form shall be completed before he or she begins practice.

**LOWEST ALLOWABLE WEIGHT-ONE [LAW1]**

The lowest allowable weight at five percent body fat.

**Step No. 1. Determine Hydrated Weight (BW).** In order to obtain an accurate body composition, the student-athlete must be in a hydrated state. Urine specific gravity has been selected as the most practical, cost-efficient measure of hydration.

- Record date of test and have wrestler provide a WITNESSED urine sample.
- A same gender member of the institution’s athletics medical staff (for example, physician, certified athletic trainer or registered dietician) shall be required to visually witness the student-athlete produce a urine sample. The student-athlete must deliver the sample directly to the witness who ensures its delivery to the medical professional whose responsibility it is to determine body hydration.
- Check urine sample for specific gravity using refractometer (gold standard) or uronmeter to provide a valid specific gravity value. Note: Test strips are not permissible as a measuring device for specific gravity.
- If specific gravity is greater than 1.020, the wrestler must return not earlier than 24 hours in a hydrated state for a retest.
- If specific gravity is less than or equal to 1.020, the wrestler’s initial hydrated body weight is recorded to the nearest tenth of a pound (no rounding).

**Step No. 2. Calculate Body Density (BD).** Body density may be calculated by either (a) skin-fold measurement with calipers approved by medical personnel; (b) underwater weighing with a direct measure of residual volume; or (c) bod pod analysis.

**Option A: Skin-folds.**

- Skin-fold measurements - see enclosed directions.
- Measure in serial order, (for example, triceps, subscapular, abdomen, repeat series two more times).
- Add median values for triceps, subscapular and abdominal skin-folds to get the sum of skin-folds (SUM SF).
- Median skin-fold measurement is:
  a. The middle (quantity, not space) value, if there are three distinct values (for example, 13mm, 11mm, 12mm. Median = 12mm); and
b. The duplicate value, if two or all three measurements are identical (for example, 12 mm, 12 mm, 15 mm. Median = 12 mm).

- SUM SF is inserted into appropriate body density equation and BD calculated.

**Option B: Hydrostatic Weighing.**
- Calculate a value for body density using standard underwater weighing technique with a direct measure of residual volume.
- Provide the following as an attachment to any form:
  a. Residual Volume (RV) measurement technique;
  b. Raw data and calculations associated with RV;
  c. Raw data for underwater weighing; and
  d. Calculations of body density.

**Option C: Bod Pod Analysis.**
- Provide body composition analysis printout. Upon completion of the bod pod analysis, mail a copy to Chuck Barbee, NCAA Wrestling Secretary Rules Editor.
- See enclosed bod pod analysis protocol.

**Step No. 3. Optimal Performance Calculator (OPC).** The OPC will use the appropriate equation to automatically calculate the percentage of body fat (%BF), fat weight (FW), fat-free weight (FFW), and the lowest allowable weight-ONE [LAW1].

**LOWEST ALLOWABLE WEIGHT-TWO [LAW2]**

**Step No. 4. Number of Days of Weight Loss.** Number of days between initial assessment and February 15.

**Step No. 5. Lowest Allowable Weight-TWO [LAW2].** The lowest allowable weight is calculated by using 1.5 percent of body weight lost per week from the initial assessment to certification date. The OPC will use the appropriate equation \([BW - (0.015/7) \times \# \times BW]\) to automatically calculate the lowest allowable weight-TWO [LAW2].

**MINIMUM WRESTLING WEIGHT**

**Step No. 6. Minimum Wrestling Weight.** Select the higher value between LAW1 and LAW2 to determine minimum wrestling weight.

**NOTE:** If there is concern about results from a skin-fold measurement, prior to the coach confirming the lowest allowable weight, an analysis using the “gold standards” for specific gravity (refractometer) and body density (underwater weighing with a direct measure of residual volume) should be used. The use of bod pod analysis may also be used in this situation. The results of this analysis will be the final determination of the minimum wrestling weight and the appropriate wrestling weight class.
MINIMUM WEIGHT CLASS

Step No. 7. Minimum Weight Class. The assessment form will display the minimum weight class the wrestler is eligible for after the minimum wrestling weight is established. The minimum weight class will be determined if the minimum wrestling weight is less than a weight class but higher than the next lower weight class.

EXAMPLES

No. 1. Student-athlete A has a urine specific gravity of 1.025 on September 6. The student-athlete is instructed to return in 24 hours to be retested. Twenty-four hours later, the urine specific gravity is 1.011. The student-athlete is allowed to weigh-in and weighs 168 pounds. The skin-folds are measured and when calculated, give a body fat percentage of 12 percent. The fat weight of 20 pounds is calculated by multiplying 168 pounds by 12 percent. The fat-free weight of 148 pounds is calculated by subtracting 20 pounds from 168 pounds. The fat-free weight of 148 pounds and divided by 0.95 equals 156 pounds. This is the lowest allowable weight-ONE [LAW1] calculated with five percent body fat.

The minimum wrestling weight must take into account both LAW1 and LAW2. Therefore, the higher of LAW1 and LAW2 will be the minimum wrestling weight [MWW] for the season. MWW=156.

1. Specific Gravity = 1.025
   - Specific Gravity = 1.011 (24-hours later.)
2. BW = 168 lb.
3. BF = 12%
4. FW = 168 lb. x 0.12 = 20 lb.
5. FFW = 168 lb. – 20 lb. = 148
6. LAW1 = 148 lb. / 0.95 = 156 lb.
7. # of weeks = 15 weeks.
8. LAW2 = 168 – (1.5% x 15 wks x 168) = 130.2 lb.
9. LAW1 = 156 lb. > LAW2 = 130.2 lb.

Therefore, LAW1=MWW=156 lb.

No. 2. The next example is student-athlete B. On September 25, the urine specific gravity is 1.016, hydrated body weight is 225 pounds and the percentage of body fat is 18 percent. This gives the wrestler a fat weight of 40.5 pounds (225 X 0.18) and a fat-free weight of 184.5 pounds (225 - 40.5). The LAW1 with five percent body fat is 194 pounds (184.5/0.95). The LAW2 is 198 pounds calculated by losing a maximum of 1.5 percent of original body weight per week [225 – (0.15 X 8) (225)]. Since the LAW2 is greater than the LAW1, the LAW2 of 198 pounds becomes the MWW. Although close, the wrestler could not compete in the 197-pound weight class but must compete at HWT (285).

If desired, the coach may choose to not confirm the assessment and the student-athlete could retest using the gold standards of refractometer and underwater weighing with a direct measure
of residual volume. The bod pod is another viable option for retesting. The MWW achieved with these measurements would form the basis for the certified weight class.

1. Specific Gravity = 1.016
2. BW = 225 lb.
3. BF = 18%
4. FW = 225 lb. x 0.18 = 40.5 lb.
5. FFW = 225 lb. – 40.5 lb. = 184.5 lb.
6. LAW1 = 184.5 lb. / 0.95 = 194 lb.
7. # OF WEEKS = 8 WEEKS
8. LAW2 = 225-(1.5% X 8)(225)=198 lb.
9. LAW2 > LAW1; therefore, LAW2 becomes MWW of 198 lb.

Weight Class = 285 HWT

No. 3. Student-athlete C is a four-year college transfer who wrestled last year for an NCAA Division II institution. This wrestler is required to complete Section I and the weight-loss plan form of the weight management program at the NCAA institution to which he or she transferred. If a student-athlete transfers from one NCAA institution to another NCAA institution after completing the Section I Certification for that season, the individual’s weight management certification information for that season shall transfer to the new institution. If the student-athlete transfers to an NCAA institution from a non-NCAA institution, the individual’s weight management certification information for that season does not transfer to the NCAA institution and the individual is required to complete the Section I certification process.

No. 4. Student-athlete D is a returning wrestler from the previous academic year. He or she must complete Section I Certification and the weight-loss plan form of the NCAA weight management program showing how much body weight can be lost in a given week over the weight-loss period and still not go below the minimum wrestling weight.
RULE 8

Weight Management

Weight Management Program

8.1 Weight Certification
All wrestlers whose names appear on an institution’s roster shall comply with all Weight Management Program regulations (for example, wrestlers competing in open competition).

It is mandatory that the NCAA Official Weigh-In Form, generated by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) system, be used for all competition. (See Rules 8.3.5.3 and 9.1.5.)

Before medical exams, the host shall collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions. Wrestlers have until (on or before) February 15 to reach or descend back to the lowest certified weight class, as determined by their individual weight-loss plan. (See Rule 8.3.3.) There is no appeal for missing the February 15 deadline.

8.1.1 Student-Athlete Reporting on or Before February 15. A student-athlete shall follow the appropriate weight-certification procedure listed in Rule 8.3.2. A student-athlete joining the team after the first official practice shall be tested before his or her first practice. This student-athlete must have joined the team on or before February 15. The length of time between the assessment of minimum wrestling weight and February 15 provides the maximum time for weight loss. Section I certification shall be completed as soon as the assessment is performed and before the student-athlete’s first practice.

8.1.2 Student-Athlete Reporting After February 15. A student-athlete joining the wrestling team after February 15 shall not have the option of competing while reaching the certified weight. The wrestler's first competition determines the minimum weight class for the season. Section I certification shall be completed as soon as the assessment is performed and before the student-athlete’s first practice. (See Rule 8.3.2.)

8.1.3 Transfer Student-Athletes. Junior college and NAIA transfers who have previously tested using the NCAA Weight Management Program shall be required to complete Section I at their respective NCAA institutions. If a student-athlete transfers from one NCAA institution to another NCAA institution, the individual’s weight management certification information shall transfer to the new institution.
8.1.4 Nonregistered Tournaments. All wrestlers whose names appear on an institution’s roster are prohibited from competing at non-NCAA-registered tournaments.

8.2 Weight Certification Requirements

8.2.1 Requirements to Submit Data. There are several required components of the NCAA Weight Management Program that are housed in the NWCA OPC system. The NCAA Weight Management Program liaison has read-only access to each institution’s Section I form, weight-loss plans and Individual Season Record Form (ISRF).

Directors of individual advancement tournaments shall register their tournament(s) in the NWCA OPC system by midnight September 1 of each year in order for the results to count on the ISRF. It shall be the responsibility of the tournament director to enter all of the tournament’s match results into the NWCA OPC system. For entry deadline in the NWCA OPC system, see Rule 9.8.2.

8.2.2 Head Coach. Each head coach is required to view the annual “NCAA Wrestling Rules Presentation.” After the coach has viewed the presentation and registered, access is granted to the NWCA OPC system. Required information shall be completed, including, but not limited to, the following:

8.2.2.1 The team’s first day of practice.
8.2.2.2 The team’s competition schedule.
8.2.2.3 The team’s complete roster.

The above information shall be entered into the NWCA OPC system before midnight October 1.

Note: Only after the above requirements are fulfilled will coaches have access to the NWCA OPC assessment in the Coaches Preseason Weight Evaluation portal.

8.2.3 Assessor. A person called the assessor, who performs the assessment and submits the data, shall be a member of the institution’s athletics medical staff (for example, physician, certified athletic trainer or registered dietitian). Each team assessor is required to view the “NCAA Wrestling Rules Presentation.” Once the assessor has viewed the presentation, the assessor is given access to enter Section I assessment data.

It is the assessor’s responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

8.2.4 Copies of Forms. Each assessor shall retain a copy of each student-athlete’s individual assessment data that was collected for Section I. In addition, each institution shall keep on file a copy of its wrestlers’ NCAA Weight Management Program forms.
8.3 Weight Certification Procedures

8.3.1 Establishing a Weight Class. All wrestlers whose names appear on an institution’s roster shall comply with weight management regulations (for example, wrestlers competing in open competition) and certify using Section I of the NCAA Wrestling Weight Management Program. (See Rule 8.3.2.) Each institution’s assessor shall conduct an initial weight assessment of its student-athletes not sooner than the first official day of classes in the fall semester, trimester or quarter and not later than the first official practice (October 10) each year. During the initial weight assessment, a wrestler’s minimum wrestling weight class for the season shall be determined. The assessor shall enter all assessment data into the NWCA OPC system within five days of collection or the data will be invalid and the student-athlete must be reassessed. The final assessment of each individual on the institution’s roster shall be confirmed by the assessor and head coach before the start of the team’s first official practice. If an individual’s assessment is not completed before the team’s first day of practice, that individual cannot practice with the team until the assessment is completed and confirmed.

Once the assessor enters the student-athletes’ data in the NWCA OPC system, the information is stored in the system for 48 hours. Coaches will have read-only access during this official certification process. Within the 48-hour window, the head coach and assessor shall discuss and review the entered data. The coach shall discuss and review the assessment data with each student-athlete before confirming the assessment. Both the assessor and head coach SHALL verify the data as the “official assessment” for each student-athlete. As soon as the assessor and the head coach confirm and accept the established minimum-weight classes, the information is permanently saved and is unalterable. Once the official assessment data is entered in the NWCA OPC system, the information cannot be changed or altered. An incorrect entry may not be appealed.

If no action is taken to accept (confirm) the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file. Failure to verify the assessment during the 48-hour period means the student-athlete must be reassessed and the certification process repeated.

8.3.1.1 Coaches will have access to a separate preseason weight management assessment portal to estimate: 1) a student-athlete’s lowest allowable weight class; and 2) the first date a student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan. This portal has been developed for coaches as an educational and informational tool and is NOT the official weight-certification assessment. The Coaches Set-up/Portal Instructions may be found in the annual Wrestling Weight Management Program preseason information.

8.3.2 Procedures for Certification. All student-athletes are required to complete Section I certification. Each student-athlete has until (on or before) February 15 to reach or descend back to his or her lowest certified weight
class as determined by the student-athlete’s individual weight-loss plan. (See Rule 8.3.3.)

A wrestler shall not compete at his or her lowest allowable weight class before the date indicated on the weight-loss plan. All wrestlers are required to follow weight management program regulations while modifying their weight.

8.3.3 Weight Class Ascent/Descent Option. A wrestler wishing to weigh in at a weight class higher than his or her lowest certified weight class may return to the certified weight class by following the mandatory requirements listed in Rule 8.3.4. This provision may be applied multiple times during the season up to February 15. A wrestler returning to his or her lowest allowable weight class shall follow the prescribed weight-loss plan. The weight-loss plan shall indicate that the wrestler’s original weight class can be reached not later than February 15. There is no appeal for missing the February 15 deadline.

It should be noted that the weight-loss plan is recalculated anytime a weigh-in exceeds the weight indicated on the weight-loss plan.

8.3.4 Descent and the 1.5 Percent Regulation. The NCAA Weight-Loss Plan guides a wrestler to not lose more than 1.5 percent of body weight per week from the weekly weigh-in (seven days) while making the descent to the lowest certified weight class. (See Rules 8.3.2 and 8.3.3.)

8.3.5 Additional Weigh-In Regulations.

8.3.5.1 A penalty shall not be assessed for a wrestler who has below 5 percent body fat on Section I.

8.3.5.2 A wrestler shall not compete below the established minimum wrestling weight. A wrestler may weigh in at the certified weight class and compete at a higher weight classification. For example, a wrestler weighs in at the 141-pound weight class, but competes at the 149-pound weight class, the wrestler does not relinquish the right to wrestle at the 141-pound class. If a student-athlete weighs in at a weight class greater than the original wrestled certified weight, that classification becomes the wrestler’s certified weight. (See Rules 8.3.3 and 8.3.4.)

8.3.5.3 Hosts of all individual and team-advancement tournaments, including preseason open tournaments, shall record and retain a copy of the NCAA Official Weigh-In Form (see Rule 9.1.5), which shall also include the results of medical examinations. (See Rule 8.2.1.) It is recommended that the host keep a copy of NCAA Official Weigh-In Forms for a minimum of five years.

Penalties

8.4 Weight Management Violations

There are clearly health and safety risks involved in cutting weight outside the designated weight management protocol. The weight-loss rules are in place to help protect the safety and well-being of the student-athlete. If you, as a student-athlete, coach, certified athletic trainer or physician, become aware that an individual wrestler or team members are engaging in unsafe
weight loss (see Rules 9.3 and 9.4) including improper weight assessment procedures or weight-reduction procedures outside the approved weight management protocol, which may lead to dehydration, heat stress and catastrophic outcomes, please contact the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

The following penalties may be imposed by the NCAA Wrestling Rules Committee for any violation(s) of the NCAA Wrestling Weight Management Program, medical protocols and violation of rule(s) that do not have a specific penalty set forth elsewhere in the rule book:

1) Public or private reprimand;
2) Financial penalty of $100 per institution or $50 per individual up to a $300 maximum penalty;
3) Disqualification of individual contest(s);
4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
5) Team records or performance adjusted;
6) Event excluded as an NCAA registered contest in the NWCA OPC system the subsequent season; and
7) Other penalties the NCAA Wrestling Rules Committee deems appropriate.

When warranted, the NCAA Wrestling Rules Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.
RULE 9

Weighing In, Medical Exams and ISRF

Weighing In

9.1 Time

9.1.1 Weigh-Ins. Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition, and attendance shall be limited to the contestants, coaches of the contestants, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary. If the medical checks and/or weigh-ins are being held in the competition arena, all spectators and unnecessary personnel shall not be permitted in the competition area until the weigh-ins are completed. All contestants shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks. Only authorized personnel shall supervise the weighing in of contestants. It is mandatory that the NCAA official weigh-in form, generated by the NWCA OPC system, be used for all competition. (See Rule 8.3.5.3.)

Before medical exams, the host shall collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions.

It is recommended that a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season. The scale(s) shall be made available to all participants a minimum of one hour before the scheduled weigh-in time.

At all official weigh-ins, the wrestler should stand with both feet flat in the middle of the scale, facing away from the dial or weight indicator. (For failure to make weight, see Rule 9.2.)

9.1.2 Dual, Triangular, Quadrangular Meets. Contestants shall weigh in one hour or less before the first match begins on a predetermined scale provided by the host school or organization. When junior varsity competition is held before varsity competition, the varsity contestants shall weigh in one hour before the scheduled start of the varsity meets. Teams failing to comply with the weigh-in rules shall forfeit. When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the scheduled contest. The team(s) at subsequent site(s) shall conduct an honor weigh-in at the same time at its site(s). No team shall weigh in more than once a day. Weigh-in
times for multiple team competitions not covered by rule shall be resolved by the host school's athletics administration. A weight allowance is not permitted for dual meets conducted on consecutive days. (See Rule 9.1.3.)

At the scheduled time for medical exams, all student-athletes who wish to compete must present themselves properly groomed. During the medical exam and weigh-in period, contestants may not leave the medical exam/weigh-in area, and activities that promote dehydration are prohibited. The medical exams/weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class. When all wrestlers for a weight class have had an opportunity to weigh in, that weight class is closed. Upon completion of the heavyweight class, weigh-ins are concluded. No additional time shall be granted.

At the official weigh-in, a contestant may step on and off the scale three times to allow for mechanical inconsistencies in the scale.

9.1.3 Subsequent-Day Weigh-Ins. Dual meets and multiday dual meets shall be conducted with no weight allowance permitted, nor can an allowance be mutually agreed upon.

9.1.4 Tournaments. All tournament directors shall follow NCAA weigh-in guidelines and playing rules. In addition, currently enrolled student-athletes listed on an institution's squad list shall adhere to NCAA rules relating to weighing in.

Wrestlers reporting to medical exams/weigh-ins for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed, wearing no less than a suitable undergarment and ready to step onto their assigned scale. (See Rule 9.1.1.) For example, clean-shaven and with hair not longer than allowed by rule.

For individual or team-advancement tournaments, weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days.

The actual weights from the first and second day weigh-ins shall be recorded on the NCAA Official Weigh-In Form and recorded in the NWCA OPC system.

A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

In two-day team-advanced tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition. Wrestlers must weigh in at the same weight class for the second day of competition as they weighed in on the first day of competition. The 1-pound allowance will only be granted to individuals who make weight the first day of competition. A wrestler who does not weigh in and compete on the first day of competition shall not weigh in and compete on the second day of competition.

In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound allowance for each consecutive day of competition shall be granted.
At the scheduled time for medical exams, all student-athletes who wish to compete shall present themselves properly groomed. During the medical exam and weigh-in period, contestants may not leave the medical exam/weigh-in area, and activities that promote dehydration are prohibited. The medical exams/weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class.

If a contestant fails to make weight on one of the designated scales, the contestant may not leave the weigh-in area. The contestant may step on each additional official scale one time in an attempt to make weight immediately after the heavyweight class. At this time, weigh-ins are concluded.

9.1.5 *NCAA Official Weigh-In Form.* For dual meets, both coaches shall retain on file a copy of the completed *NCAA Official Weigh-In Form*, the only acceptable form permitted by rule and generated by the NWCA OPC system, for a recommended five years. A copy of the *NCAA Official Weigh-In Form* shall be hand carried or electronically submitted to each site of dual meet and team-advancement competition. For NCAA registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and weight classes of all rostered wrestlers entered in the tournament. In tournament competition, the host site shall be responsible for retaining the *NCAA official weigh-in form(s)* with the actual weights of each participant. A copy of the completed *NCAA Official Weigh-In Form* shall be made available to each competing institution. The actual weight and results of all student-athletes listed on the institution’s roster including those who compete unattached at open tournaments shall be entered into the NWCA OPC system before a new weigh-in sheet can be built for the next scheduled competition for each wrestler.

9.2 Failure to Make Weight

Any contestant failing to make weight or pass medical exams at the designated time shall be ineligible for that weight class.

9.2.1 *Dual Meets.* For dual meets, failure to make weight shall be scored as a forfeit and team points awarded to the opponent. Failure to pass medical exams shall be scored as a medical forfeit and team points awarded to the opponent. (See Rules 2.19 and 6.5.)

The actual weight for each contestant who did not make weight shall be recorded on the *NCAA Official Weigh-In Form* and in the NWCA OPC system. If the contestant is listed on the *NCAA Official Weigh-In Form* but did not attempt to make weight, then it shall be recorded on the *NCAA Official Weigh-In Form* as Did Not Enter (DNE).

9.2.2 *Tournaments.* In individual advancement tournaments, failure to make weight shall be awarded as a forfeit to the opponent and points for the forfeit and advancement shall be scored. Failure to pass medical exams shall be awarded as a medical forfeit to the opponent and points for the medical forfeit and advancement shall be scored. Once the bracket has been drawn and the deadline for withdrawals has lapsed, the bracket is considered closed and all entries are declared as final. Any subsequent withdrawal will be recorded as a forfeit or a medical forfeit. Forfeiting
wrestlers will retain all points earned previously, and all matches will count on the Individual Season Record Form. (See Rules 2.19, 3.17.5 and 6.5.)

The actual weight for each contestant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the contestant is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

9.3 Prohibited Practices and Substances
The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, and steam rooms is prohibited for any purpose.

The use of a sauna is prohibited at any time and for any purpose, on or off campus.

The use of diuretics (for example, water pills) at any time is prohibited by NCAA legislation for all sports. Regardless of purpose, the use of vapor-impermeable suits (for example, rubber, rubberized nylon or neoprene) or any similar devices or material used solely for dehydration is prohibited. Artificial means of rehydration (that is, intravenous hydration) are also prohibited, and to allow participation and use of such is a violation of weight management rules. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season. For additional information, refer to the NCAA Sports Medicine Handbook available online at NCAA.org/health-safety.

Note: Spot checks for body composition or dehydration should be used to assure compliance with the weight standard during the season. One method to estimate replacement fluid requirements is to weigh student-athletes before and after practice. For each pound of weight loss, one should replace the lost weight with one pint of extra fluid. Student-athletes themselves can assess their hydration level by observing the volume, color and concentration of their urine. Low volumes of dark, concentrated urine indicate a serious need for rehydration. Other signs of dehydration include a rapid resting or working heart rate, weakness, excessive fatigue and dizziness.

9.4 Practice-Room Temperature
The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. The penalty for this violation is the same as for using prohibited dehydration methods and is assessed against the coach. (See Rule 8.4.)

It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of the rule that every effort shall be made to maintain the 80-degree temperature throughout the practice.

Note: Competitive wrestling can generate approximately 15 kilocalories of heat each minute; practice sessions can average more than 600 kilocalories per hour. Additional heat can come from the environment if the wrestling room
is too hot. Complete evaporation of one liter of sweat removes 580 kilocalories of heat. To maintain thermal equilibrium, a wrestler needs to evaporate more than one liter (about one quart) of sweat for each hour of practice. Maintenance of body fluids is essential if sweating is to be maintained. This means that student-athletes must hydrate before, during and after practice. For additional information, refer to the NCAA Sports Medicine Handbook available online at [NCAA.org/health-safety](http://NCAA.org/health-safety).

### 9.5 CPR and First Aid Training

All coaches, including volunteers, shall be certified in cardiopulmonary resuscitation (CPR) annually by the date of the first practice. Similarly, coaches and volunteers must be certified in basic first aid every three years.

### Medical Examinations

#### 9.6 Medical Examinations

9.6.1 *Qualified Examiners.* A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix A, Skin Infections in Wrestling.) Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins. Medical professionals of both genders may participate in the medical examinations.

9.6.2 *Dress for Examinations.* Male student-athletes shall wear a suitable short that covers the entire buttocks, and female student-athletes shall wear shorts and a sports bra during examinations.

9.6.3 *Medical Examinations/Skin Checks.*

Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins. At the time of medical examinations/skin checks, all competitors are required to report to the designated area and all weight-loss activity shall cease.

At the scheduled time for medical exams, all student-athletes who wish to compete shall present themselves properly groomed. During the medical exam and weigh-in period, contestants may not leave the medical exam/weigh-in area, and activities that promote dehydration are prohibited. The medical exams/weigh-ins shall be conducted either in weight class order or by team in weight class order, starting at the lowest weight class. The medical examination/skin check is completed once all heavyweight wrestlers have been examined. The games committee may consider extenuating circumstances. (See Rule 3.16.4.) Medical examinations/skin checks shall be conducted each day of competition and shall take place 15 minutes or less before the scheduled time of weigh-ins at the site of competition.

9.6.4 *Presence of Communicable Skin Disease.* The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or certified athletic trainer, makes the participation of that individual inadvisable) shall be full and sufficient reason for disqualification. (See Appendix A for skin infections.) Disqualification
for communicable skin disease shall be listed as a medical forfeit in the bracket. The disqualified contestant shall retain advancement points and placement points previously earned. (See Rule 6.5.)

9.6.5 Written Documentation. If a student-athlete has been diagnosed as having a skin condition and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete, coach or athletic trainer shall provide a hard copy of current written documentation from the treating physician to the medical professional at the medical examination with the approved NCAA Skin Evaluation and Participation Status Form describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination.

9.6.6 Final Determination. Final determination of the participant’s ability to compete shall be made by the host site’s physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam. Appendix A contains communicable skin disease treatment protocol and direction as to who shall be permitted or denied participation.

9.7 Weighing In, Medical Examination and Individual Season Record Form Violations

The following penalties may be imposed by the NCAA Wrestling Rules Committee for any violation(s) of the wrestling medical examinations:

1) Public or private reprimand;
2) Financial penalty of $100 per institution or $50 per individual up to a $300 maximum penalty;
3) Disqualification of individual contest(s);
4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
5) Team records or performance adjusted;
6) Event excluded as an NCAA registered contest in the NWCA OPC system the subsequent season; and
7) Other penalties the NCAA Wrestling Rules Committee deems appropriate.

When warranted, the NCAA Wrestling Rules Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.

Individual Season Record Form

9.8 Individual Season Record Form (ISRF)

9.8.1 Correct Use. Institutions are required to use the NCAA Individual Season Record Form (ISRF) available only on the NWCA OPC system. When compiling a student-athlete’s win-loss record for the season, all matches against competitors who compete on intercollegiate teams at
four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted. Exhibition matches between teammates shall not be counted.

All matches competed during the season as defined in the NCAA bylaws of the current NCAA Manual, including open or unattached competition, must be listed. Unattached student-athletes must be listed with their college affiliation (for example, Unattached State University). Matches shall not be counted if the opponent is a student-athlete not listed on an institution’s roster, a club-level student-athlete or an armed services student-athlete.

Matches wrestled against competitors listed on an institution’s roster when the student-athlete is ineligible or redshirting at four-year, degree-granting institutions shall be counted. However, the ineligible student-athlete shall not count those matches wrestled during this period.

Should the student-athlete become eligible (for example, remove his or her redshirt status) at anytime during the season, matches wrestled while ineligible shall count on the wrestler’s ISRF.

9.8.2 ISRF Requirements. When completing the ISRF, the person(s) who is responsible for its accuracy is reminded to record all required information. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty.

Results shall be entered immediately after competition, which translates to as soon as possible after competition, but not more than 24 hours after a home event and not more than 48 hours after an away contest. It is imperative the results are entered in a timely manner and before the student-athlete wrestles in the next event. Each institution shall approve the results from each competition entered into the NWCA OPC system within 48 hours after a home event and not more than 96 hours after an away event.

A default shall be recorded as a loss and listed on the ISRF when a wrestler is unable to continue in a match due to injury. The opponent is credited with a win by default on the ISRF. (See Rule 4.6 for Scoring Abbreviations.)

A wrestler who is granted a medical forfeit during a tournament shall list the matches on the ISRF, but the match shall not count as a loss. The opponent winning by medical forfeit shall record and count the win on the ISRF.

Matches scheduled less than seven minutes in duration shall not count on the ISRF. (See Rule 1.1.)
Skin Evaluation and Participation Status Form

National Collegiate Athletic Association

SKIN EVALUATION AND PARTICIPATION STATUS
(Physician Release for Student-Athlete to Participate with Skin Lesion)

Student-Athlete: ___________________________  Date of Exam: __/__/___

Institution: ___________________________

Dua(s)/Tournament(s): ___________________________

Number of Lesion(s): ___________________________

Cultured: [ ] No   [ ] Yes  Location: ___________________________  Date: __/__/___

Diagnosis: ___________________________

Medication(s) and dosage used to treat lesion(s): ___________________________

Date Treatment Started: __/__/___  Time: ___________________________

Earliest Date student-athlete may return to participation: __/__/___

Physician Name (Printed): ___________________________

Physician Signature: ___________________________  (NSA or DAO)

Specialty: ___________________________

Office Address: ___________________________

Certified Athletic Trainer Notified: [ ] No   [ ] Yes  Signature: ___________________________

Note to Physician: Non-contagious lesions do not require treatment prior to return to participation. (e.g. eczema, psoriasis, etc.) Please familiarize yourself with NCAA Wrestling Rules which states (refer to the NCAA Wrestling Rules and Interpretations publication for complete information)

"9.6.4 .... The presence of a communicable skin disease shall be a disqualification for participation." 

"9.6.5 .... If a student-athlete has been diagnosed as having such a condition, and is currently being treated by a physician (skilled in dermatology) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete or his/her coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the time of the examination .... " 

"9.6.9 .... Final determination of the participant's ability to compete shall be made by the host site physician or certified athletic trainer who conducts the medical examination prior to the event to determine if there are any medical factors that would prevent that individual from adequately participating.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling (please refer to the NCAA Sports Medicine 1-handbook for complete information)

Adequately covered is defined as: the lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is effectively anchored and cannot be dislodged.

Bacterial Infections (Tuberculosis, Carbolistics, Folliculitis, Impetigo, Cellulitis or Impetigo, Staphylococcal Skin, CAIRS): Wrestlers must have been treated with an antibiotic for at least 24 hours before the event or tournament, completion of 72 hours of antibiotic therapy and have no new or recurrences of skin lesions at the time of the competition.

Herpetic Lesions (Simplex, Herpes Zoster): Skin lesions must be covered with a barrier adhesive bandage or dressing. Lesions involving the face or perianal region must be covered with a barrier adhesive bandage.

Toxin (diprosone): Oral topical treatment for 72 hours on skin and 14 days on scalp. Wrestlers with solitary, or closely clustered, localized lesions will be considered disqualified if lesions are in a body location that cannot be adequately covered.

Molluscum Contagiosum: Lesions must be covered or removed before the event or tournament and adequately covered.

Verruca: Wrestlers with multiple verruca verruciformis or genital warts will be disqualified if the infected areas cannot be covered with a bandage. Solely or scattered lesions can be covered away from the event or tournament but cannot be treated. Wrestlers with multiple verruca plana or verruca vulgaris must have the lesions adequately covered.

Hidradenitis Suppurativa: Wrestlers with multiple verruca verruciformis or genital warts will be disqualified if extensive or persistent draining lesions are present. Covering is not permissible.

Pediculosis: Wrestlers must be treated with appropriate pediculosis preparation before the event or tournament.

Scabies: Wrestlers must have negative scabies prep at meet or tournament time.

DISCLAIMER: The NCAA shall not be liable for any injury or illness resulting from an injury or illness sustained as a result of any treatment administered by a physician or athletic trainer. The NCAA shall have no liability for any injury or illness sustained as a result of any treatment administered by a physician or athletic trainer.
**NCAA Wrestling Individual Season Record Form**

Name: Joe Fortynine  
Institution: Cranberry University  
Certified Weight Class: 149

Year in School: JR  
Date of Certification: 10/18/2013

First date student-athlete can wrestle at the certified weight class listed above per the weight-loss plan form: 10/19/2013

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<th>Weight Class</th>
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**Season Totals:** 4 2

*** - Indicates a violation of the weekly Weight Loss Rule
NCAA Weight Management Program
Checklist for Coach

This checklist is to assist you in your assessment of student-athletes. When question arise please reference the full packet of information and/or the NCAA Wrestling Rules book.

**Date Completed**

_____ In the NWCA/Track OPC system not later than midnight September 15, as director of an individual advancement tournament(s) the coach registered the tournament(s) so the results will count on the participants’ Individual Season Record Form (ISRF).

_____ In the NWCA/Track OPC system not later than midnight October 1, the coach:

_____ Viewed the NCAA rules presentation

_____ Updated their (coach’s) contact information

_____ Completed the team roster by editing returning wrestlers’ information and adding new wrestlers’ information

*Note: Update all items listed for team roster, including:*

_____ Wrestler’s date of birth

_____ Wrestler’s year of eligibility

_____ Wrestler’s e-mail address

_____ Wrestler’s hometown and state

_____ Entered the first date of practice

_____ Entered the complete team competition schedule, including open tournaments all individual(s) will attend.

_____ Reviewed the NCAA Weight Management Program information and the NCAA rules presentation with all student-athletes whose names appear on the institution’s squad list. This was completed by the coach or the assessor.

_____ In the NWCA/Track OPC system not later than midnight October 1, the assessor:

_____ Viewed the NCAA rules presentation

_____ Completed OPC registration at the conclusion of the presentation

_____ Updated their (assessor’s) contact information

_____ Gained access to the NWCA OPC system

The assessor entered all assessment data into the OPC system within five days of collection and confirmed Section I Certification data of each student-athlete in the NWCA OPC system and recorded the data onto a standardized form to keep as a backup of original numbers. Each student-athlete’s assessment information is stored in the system for 48 hours.

_____ Head coach confirmed the assessment data for each student-athlete within the 48-hour window. *Note: Once the assessment data has been confirmed by the coach, it cannot be changed or altered. An incorrect entry may not be*
appealed.

The coach and assessor reviewed and discussed each student-athlete’s Certification data.

The coach reviewed and discussed each student-athlete’s certification data with that individual before confirming the assessment in the OPC during 48-hour window. *Note: When no action is taken to confirm the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file, which requires that the student-athlete be reassessed and the certification process repeated.* When a wrestler’s assessment is not completed before the team’s first day of practice, that individual shall not practice with the team until after the assessment is completed and confirmed.

The coach or assessor reviewed with each student-athlete their lowest allowable weight class and the first date the student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan.

This is a reminder that your wrestlers have until (on or before) February 15 to reach or descend back to the lowest certified weight class, as determined by their individual weight-loss plan (see Rule 8.3.3). There is no appeal for missing the February 15 deadline. The weight class as determined by their weight loss plan on that date is the lowest they can wrestle after February 15.

After February 15, if a wrestler weighs-in with an actual weight higher than their weight class as determined by the February 15 deadline, the wrestler will no longer be eligible for that weight class.

Example 1: Wrestler A has a Weight Loss Plan weight of 124.8 on February 15 which makes the wrestler eligible for 125. On February 18, the wrestler weighs-in with an actual weight of 126.00, the wrestler's new minimum weight class would be 133. They would not be able to descend back down to 125.

Example 2: Wrestler A has a Weight Loss Plan weight of 124.8 on February 15 which makes the wrestler eligible for 125. On February 18, the wrestler weighs-in with an actual weight of 125.2 for a dual meet, therefore NOT making weight for the 125 weight class. Since the wrestler stepped on the scale at the official weigh in, the weight of 125.2 **MUST BE RECORDED IN THE OPC** even though the wrestler missed weight and did not wrestle in the dual. The wrestler's new minimum weight class would be 133. They would not be able to descend back down to 125.

Please feel free to email or call Chuck Barbee at ncaaruleseditor@gmail.com or 480-772-2472 with any questions.
Logging into Trackwrestling

1. Go to http://www.trackwrestling.com
2. Select ‘Manage’ from the menu bar
3. Select ‘Season Teams’
4. Select your season and click the blue [Login] button
5. Enter your username/password
6. Update your account information and any other required information if prompted to do so.

Importing your roster

1. Click on the ‘Roster’ link in the grey top menu
2. Click on the [Import Roster] button
3. Select the season and team you wish to import from and then click the [Next] button
4. Place a check mark in the box next to any wrestlers you wish to import and then click the [Import] button
5. The imported wrestlers will then appear on your roster

Adding a new wrestler

1. Click the [Add Wrestler] button
2. Fill out the following fields: First Name, Last Name, Grade, Gender, Birth Date, Email, Hometown and Home State
3. Click the [Add] button
4. This will add your wrestler to the roster

Approving an assessment

1. You will receive an email when assessments are ready to review, and if you click the link in that email to review the assessments you will be taken to step 5.
2. Click ‘Weight Management’ in the grey top menu
3. Review the status of the assessments
   **The ‘Status’ column will indicate the status of all the assessments in the transaction. The question mark icon (?) below the grey menu will provide a key for the status icons**
4. Click the transaction you are approving assessments for
5. Review the weight loss plan by clicking the scale icon next to the wrestler’s name
6. Click the pending status icon that looks like a clock
7. Update the status to approved or denied and then click the [Next] button
8. To approve type the last name and minimum weight class. To deny type ‘denied’. Click the [Next] button.
9. Click the [Confirm] button to complete the approval process
Viewing Weight Loss Plans

1. Click on ‘Roster’ or ‘Alpha Master’ in the grey top menu
2. Click on the scale icon next to the wrestler’s name
3. The weight loss plan will open in a new window

Viewing your Alpha Master Report

1. Click on 'Weight Management' in the grey top menu
2. Click 'Alpha Master’ from the grey top menu
3. Use the [Search] button to search the Alpha Master list
4. Use the print icon in the grey bar to preview and print the Alpha Master

Adding a single dual meet

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed and then click [Next]
6. Click on the blue link for a dual and then click ‘Edit Dual’ if changes are necessary
7. Use the drop-down menu in the ‘Level’ column to change the level of competition

*NOTE 1* - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.

*NOTE 2* - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.
Adding a multi-dual or dual tournament

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for this event and then click 'Edit Event' if changes are necessary.
7. To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]
8. To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].
9. Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.

Adding an individual tournament or individual matches

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for an event and then click 'Edit Event' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
NCAA Weight Management Program
Checklist for Assessor

This checklist is to assist you in your assessment of student-athletes. When question arise please reference the full packet of information and/or the NCAA Wrestling Rules book.

**Date Completed**

In the NWCA/Track OPC system not later than midnight October 1, the coach:

- Viewed the NCAA rules presentation
- Updated their (coach’s) contact information
- Completed team roster by editing returning wrestlers’ information and adding new wrestlers’ information
- Entered the first date of practice
- Entered the complete team competition schedule, including open tournaments all individual(s) will attend
- Reviewed the NCAA weight management rules handout and rules presentation information with all student-athletes whose names appear on the institution squad list. This was completed by the coach or the assessor.

In the NWCA/Track OPC system not later than midnight October 1, the assessor:

- Viewed the NCAA rules presentation
- Registered at the conclusion of the presentation
- Updated their (assessor’s) contact information
- Gained access to the NWCA/Track OPC system.

The assessor conducted an initial weight assessment of each student-athlete not sooner than the first official day of class in the fall semester, trimester or quarter, and not later than the first official practice.

It is the assessor’s responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to Jim Thornton, Certified Athletic Trainer, Clarion University of Pennsylvania, at 814/393-2456 (office) or Chuck Barbee, NCAA Wrestling Secretary Rules Editor, 480/772-2472 (cell), or Ashlee Ferguson, playing rules liaison for wrestling, at the NCAA national office at 317/917-6222. All sources will be kept confidential.

The assessor retained a copy of each student-athlete’s individual assessment data collected for Section I certification. In addition, each institution shall keep on file a copy of its wrestlers’ NCAA Weight Management Program forms.

The assessor entered all assessment data into the OPC system within five days of collection and confirmed Section I Certification data of student-athletes in the NWCA OPC system and recorded the data onto standardized form to keep as a
backup of original numbers. Each student-athlete’s assessment information is stored in the system for 48 hours. Each coach must confirm the assessment data for each student-athlete within the 48-hour window. *Note: Once the assessment data has been confirmed by the coach, it cannot be changed or altered. An incorrect entry may not be appealed.*

The coach and assessor reviewed and discussed each student-athlete’s Section I Certification data.

The coach reviewed and discussed each student-athlete’s certification data with that individual before confirming the assessment in the OPC within 48-hour window. *Note: When no action is taken to confirm the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file, which requires that the student-athlete be reassessed and the certification process repeated. When a wrestler’s assessment is not completed before the team’s first day of practice, that individual shall not practice with the team until after the assessment is completed and confirmed.*

The coach or assessor reviewed with each student-athlete their lowest allowable weight class and the first date a student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan.
The following protocol has been established in conjunction with the standard operating procedures of the National Center for Drug Free Sport for the collection of urine for drug testing. It has been adapted for the sport of wrestling in regards to collection of urine to determine specific gravity for weight class certification.

Provision of a urine sample for determination of specific gravity must be done under the direct supervision of the designated assessor. Only the designated assessor shall act as validator (assuring integrity of urine specimen). Please refer to weight certification guidelines for appropriate personnel to conduct assessment of urine, body composition and weight class. Validators who are of the same gender as the student-athlete must observe the voiding process.

Once the student-athlete is ready to provide a specimen, he/she will be instructed to select a clean, unused container from the supply of such. Containers shall only be used once and shall be thrown away in an appropriate biohazard container following assessment of specific gravity.

The following protocol must be followed when collecting urine for specific gravity testing.

- The assessor/validator shall escort the student-athlete to the restroom.
- The student-athlete shall remove any bulky outer clothing before providing a specimen.
- The student-athlete shall wash his/her hands (without soap) prior to urinating.
- The student-athlete shall be instructed by the assessor/validator to raise his/her shirt to observe the midsection area and lower his/her pants to the knees.
- The assessor/validator shall monitor the voiding process to assure the integrity of the specimen.

There are many devices readily available and designed to discretely carry urine or a urine substitute into the collection area. Collection procedures require the assessor/validator to completely observe the voiding process; therefore, standing outside the immediate area or outside the restroom is prohibited and considered a violation of the urine collection procedures. The assessor/validator must observe the urine exiting the student-athlete and entering the collection container. For male student-athletes, the assessor/validator must stand to the side of the student-athlete or directly in front of the student-athlete to effectively view the voiding process. If a toilet stall is the only thing available, the assessor/validator must require the student-athlete to position himself in such a manner that the assessor/validator can visualize the voiding process (urine from body to cup). No exceptions. For female student-athletes, the assessor/validator must observe the urine exiting the student-athlete and entering the collection container from the front. Female student-athletes will be required to securely hold the collection container in front (not from behind) and urinate into the container. Any toilet stall door must be completely open during the observation of the voiding process.

In the event the student-athlete needs to have a bowel movement during the specimen collection process, the following procedures must be followed.

- Student must comply with all of the above procedures.
- Assessor/validator will allow the student-athlete to use an individual stall.
Student athlete must place the collection container on the floor in a position where both the student-athlete and the assessor/validator can fully observe the container.

Student-athlete can then close the stall door for privacy.

During the bowel movement process, if the student-athlete needs to urinate, he/she must open the stall door prior to touching the collection container.

Student-athlete must then pick up the container under the direct observation of the assessor/validator and may then urinate into the container in full view of the assessor/validator.

Student-athlete must place the container back on the floor in a position where both the student-athlete and the assessor/validator can fully observe the container.

Student-athlete can then close the stall door to clean up.

Student-athlete must open the stall door prior to picking up the container containing the urine sample.

The assessor/validator should be very alert and aware, observing the student-athlete for any strange or unusual behavior such as:

- Urinating on the hands or fingers.
- Having to use a specific stall or urinal.
- Extreme hesitation or hassle when asked to raise shirt and lower pants.
- Attempting to retrieve items from a pocket.

There should never be more than one student-athlete per assessor/validator in the restroom at any time. The assessor/validator has an extremely important job and should never take these duties lightly. It is also important for the assessor/validator to establish a rapport with the student-athlete in order to help put them at ease during a somewhat difficult situation.
PURPOSE
This handbook describes the procedures used to standardize skin-fold measurements and calculate minimal weight for collegiate wrestlers. This handbook has been developed as a part of the NCAA Wrestling Weight Management Program. The purpose is to standardize the site locations, measurement techniques and equations used in the calculation of minimal weight for NCAA wrestlers. Adapted from the *Wisconsin Interscholastic Athletic Association (WIAA) Handbook for Standardizing Skin-fold Measurements and Calculating Minimum Weight* written by Robert A. Oppliger, Ph.D. and R. Randall Clark, M.S.

BACKGROUND
Skin-fold measures assume there is a direct relationship between subcutaneous fat and overall body fatness. Through the use of a prediction equation, the skin-fold values are used to estimate an individual's percent of body fat. This value will then be used to calculate a collegiate wrestler's minimal weight at five percent body fat. The American College of Sports Medicine and the American Academy of Pediatrics have chosen five percent as the essential fat level in collegiate male athletes and the lower limit for safe and normal growth in this group.

The goal of this project is not to eliminate weight loss in wrestling. The objective is to encourage healthy weight loss through sound nutrition education. The prediction of percent body fat and calculation of minimal weight is an attempt to prevent an adolescent athlete from dropping below the level considered to be healthy. Many equations have been developed to predict percent of fat from skin-folds and their use in high school wrestlers is well documented in the exercise science and sports medicine literature. The equation selected for use by the NCAA was originally developed by Lohman (1981) and modified by Thorland, et.al (1991).

The reliability of the technique has been studied extensively and reviewed on several occasions. Research has shown coefficients of reliability >0.9 when the procedures are used by experienced investigators, and inexperienced but trained testers. The skin-fold technique has been demonstrated as a valid and reliable predictor of percent fat in this population when the techniques are standardized.

STANDARDIZATION
The key to success in skin-fold body composition assessment is standardization.
Standardization includes:
1. Standardization of skin-fold site locations and measurement techniques. All measurements must be taken at the same location and in the same way.
2. A standardized equation for predicting body density and percent fat. The Lohman three-site equation will be used to predict body density and the Brozek equation will be used to convert body density to percent body fat.
3. A minimal weight calculation based on 5 percent body fat.
**EQUIPMENT**

Instruments needed:

1. Quality (for example, Harpenden, Lange or Lafayette) skin-fold calipers.
2. A tape measure, preferably steel, is needed to measure the site locations from anatomical landmarks.
3. A felt tip pen for marking sites.
4. A calibrated scale for determination of body weight at the time of skin-fold measurement.

**RAISING SKIN-FOLDS**

1. Hold the skin-fold caliper in the right hand while raising the skin-fold with the thumb and index finger of the left.
2. The skin-fold should be grasped one centimeter from where the actual measurement will occur. Practice will be necessary to feel the underlying adipose tissue separate from the muscle. Hold the skin-fold firmly but do not pinch to the point of pain.
3. Measure midway between the surface and the crest of the fold. Allow the caliper paddles to gently come in contact with the skin-fold. Release the mechanism so that thumb, index finger, and caliper spring tension is supporting the skin-fold.
4. Leave the caliper paddles in contact with the skin from two to four seconds. Longer contact may actually decrease the skin-fold value due to fluid being forced from the tissue.
5. Position yourself so you are looking directly at the caliper dial, read and record the measurement to the nearest .5 millimeter.
6. Take three measurements at each site in serial fashion (for example, tricep, subscapular, abdomen, repeat). Take the median of the three values at each site and record in appropriate column.

*Note: See instructions for median definition.*
SKIN-FOLD LOCATIONS

**Triceps**
- The triceps skin-fold is measured on the midline of the posterior aspect of the upper arm, over the triceps muscle.
- The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.
- The elbow should be flexed to 90 degrees to locate these landmarks.
- Use a tape measure and mark the location.
- The arm should then be extended and fully relaxed at the side to raise the skin-fold.

**Subscapular**
- The subscapular fold is raised on a diagonal one centimeter below the inferior angle of the scapula.
- With the arms comfortably at their side palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula.
- To aid identification of the site in a well-muscled athlete, place the arm behind their back. The vertebral border and inferior angle of the scapula should become more evident. In most instances the location is identified by a natural hollowing of the skin when the arm is placed behind the back.
- Return the arms to their side and be sure the shoulders are level and relaxed while raising the skin-fold.

**Abdominal**
- The skin-fold is raised vertically on the right side of the subject's abdomen three centimeters from the midpoint of the umbilicus.
• The athlete should stand with the weight equally distributed on each leg.
• Encourage the subject to breathe normally and relax the abdominal wall.

CAUTIONS

Common Errors in Measuring Skin-folds

1. Be careful to measure and mark each site. Raise the skin-fold one centimeter above that site so the caliper paddles will be directly over the marked location. The paddles should be placed one centimeter from thumb and index finger grasping the skin-fold.

2. Be cautious to make the measurements when the skin is dry. When the skin is wet the tester may grab an excessive skin-fold resulting in larger values.

3. The measurements should not be taken immediately after a workout or when the subject is overheated. Fluid shifts to the skin occur as the body attempts to cool itself. This may increase the skin-fold measurement.

4. Take special care to look directly at the caliper to avoid errors in viewing from an angle.

Reliability

The ease at which you raise a skin-fold from the underlying muscle will vary by the site and the person being measured. You will discover that some athletes pose a special problem. Generally, the thicker the skin-fold the more difficult it is to reproduce the measurement. Reliability is critical to success, both within a given tester and between testers. This reliability can be improved through:

1. Careful site identification;
2. Quality training; and
3. Practice.

Once standardization is established for the measurement protocols, the tester must work to become proficient and comfortable with the procedures. Proficiency in measuring skin-folds will take many practice sessions on a variety of body types.
REFERENCES


Background. (Transferred from the skin-fold directions for consistency.) Through the use of a prediction equation, air displacement plethysmography values are used to estimate an individual’s percent body fat. This value will then be used to calculate a collegiate wrestler’s minimal weight at five percent body fat. The American College of Sports Medicine and the American Academy of Pediatrics have chosen five percent as the essential fat level in collegiate male athletes and the lower limit for safe and normal growth in this group.

Equipment/Operator Requirements.
1. The Bod Pod must be certified to be in good working order by the manufacturer annually.
2. The test operator must be certified as trained by the manufacturer or a qualified representative of the manufacturer.

System Evaluation Protocol. The following should be performed each day before subject testing is permitted:
1. Warm up with the power on for at least 30 minutes.
2. Perform Analyze Hardware. Result should read “No problems detected.”
3. Perform Test System. Mean volume should be within ±100ml of actual volume and S.D. <75ml.
4. Calibrate or Check Scale. Mass should be within ±0.02kg of actual mass.
5. Ensure room temperature and pressure are stable.

Subject Protocol. For accurate test results, it is important to ensure the subject:
1. Has refrained from exercise, eating or drinking two hours prior to test.
2. Is wearing either a form fitting “Speedo” style swimsuit OR lycra compression shorts. The use of wrestling singlets or other clothing items will introduce errors into the body composition results, and therefore are not allowed.
3. Is in a completely dry (hair, skin and clothing) and relaxed state.
4. Voids bladder before testing.
5. Removes all jewelry, watches and eyeglasses before being weighed.
6. Wears a form fitting swim cap while inside the bod pod (unless completely shaved).

Testing Procedure.
1. Subject met and recorded urine specific gravity requirement immediately before testing (SG ≤ 1.020).
2. Each subject weighted on a calibrated digital scale to the nearest tenth of a pound. No rounding.
3. Subject’s and technician’s data entered into the computer.
4. Brozek equation selected from the equation options.
5. Subject is seated within the ADP chamber for two measures of body volume, each lasting about 50 seconds. The subject is encouraged to sit relatively still and breathe normally.
6. Two body volume values should agree within 150ml; if not, a third body volume measure should be taken.
7. If two of the three volume measurements are not consistent; the system should be recalibrated and the test repeated.
8. System data should be transferred to the NCAA Weight Certification Form and the printout attached.