

## **Weight Management and Growth Allowance – important information!**

Coaches,

Please read the information below, as it pertains to weight management and growth allowance. Be sure to look at each of your wrestler's descent plans, paying attention to their Minimum Weight Class (MWC), their Eligible Weight Classes (EWC) and knowing what your plans are for their next 4-6 weeks of wrestling regarding their weight management.

### **Eligible Weight Classes**

Wrestlers can weigh-in at either of their two eligible weight classes listed on the weigh-in form without negatively affecting their descent plan. Wrestlers can NEVER weigh-in below the lowest weight class listed on the weigh-in form. If a wrestler's two eligible weight classes are 132# and 138#, but they are listed on the 138# line of the weigh-in form, they CANNOT weigh-in at 132#! They must weigh-in with the 138# wrestlers and make weight at 138#, or above, if they want to compete. If they weigh in above the 138# weight class, their descent plan will be IMMEDIATELY recalculated and they must follow it to reach the 138# and 132# weight classes.

Wrestlers may only compete at the weight class for which their actual scale weight qualifies them, or one weight class above. In a dual meet, if a wrestler's two eligible weight classes are 132# and 138# they may weigh-in for the 138# weight class and compete at either 138# or 145# without affecting their descent plan. They cannot weigh-in for the 132# weight class and compete at 145# because that is more than one weight class above the weight class for which their actual scale weight qualifies them.

If a wrestler who is listed on the weigh-in form does not make weight, the coach can use a pen or pencil to change the line the wrestler is on as long as the weigh master and/or opposing coaches are notified, it is done before the weigh ins are over, and before the weigh-in sheet is signed.

### **Growth Allowance**

Wrestlers who have certified their minimum weight class (making scratch weight) before January 1 can receive the 2-pound growth allowance after January 1. Wrestlers who have not certified their minimum weight class by January 1 can receive the growth allowance the first time they weigh-in after certifying (making scratch weight). The first time a wrestler uses the growth allowance they declare their certified weight class and their intent not to wrestle at a lower weight class. A wrestler CANNOT recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows them to go. Wrestlers who have made scratch weight at least one time at the lowest weight they intend to compete for the remainder of the season can receive the growth allowance for the remainder of the season. For example, if a wrestler has made scratch weight at 132#, they receive the growth allowance at either 132# or 138# without losing their certification at 132# or negatively affecting

their descent plan. In addition, they can use the growth allowance at 138# before using it at 132# with no adverse effects.

For wrestlers who have made scratch weight, and whose coaches have indicated in the weight management system they are using the growth allowance, its use is mandatory for the remainder of the season. To weigh-in for the 132# weight class a wrestler who receives the growth allowance needs to weigh more than 128# (126# weight class with the 2# growth allowance). IF A COACH DOES NOT WANT A WRESTLER TO RECEIVE THE GROWTH ALLOWANCE THEY SHOULD BE SURE THE WEIGH-IN FORM INDICATES "NO" UNDER "RECEIVES 2LB. GROWTH ALLOWANCE". If the weigh-in form indicates this wrestler is NOT using the growth allowance he simply needs to weigh more than 126# to weigh-in for the 132# weight class.

If a wrestler is never going to weigh-in at their MINIMUM WEIGHT CLASS, be sure to raise their MWC so their descent plan is accurate. REMEMBER, ONCE THE DECISION IS MADE THAT A WRESTLER WILL USE THE GROWTH ALLOWANCE, OR RAISE HIS MWC, IT CANNOT BE CHANGED! Changing the MWC is done on the Roster page of the OPC system in Track Wrestling. Simply click on the blue number, then update the MWC.

Coaches should indicate on the printed weigh-in sheet whether a wrestler is using his growth allowance or not. If it says NO on the weigh-in sheet, then that wrestler needs to make scratch weight. If the coach has changed the NO to a YES, then the wrestler can have the 2-pound growth allowance. Coaches, be sure to get this changed prior to weighing-in, as it is important for all coaches to know who gets and does not get the growth allowance.

### **Eligible Weight Classes and Scale Allowance**

The on-line weight management system will indicate which two weight classes a wrestler is eligible to weigh-in for each week according to their descent plan. If a wrestler's Minimum Wrestling Weight for a given week is 145.5#, he is eligible to weigh-in for the 152# and 160# weight classes that week. If a scale allowance is given for consecutive days of competition or weather postponements, that does NOT change the wrestler's two eligible weight classes. UNDER NO CIRCUMSTANCE IS THIS WRESTLER ELIGIBLE TO WEIGH-IN FOR THE 145# WEIGHT CLASS DURING THE WEEK INDICATED.

Don't hesitate to email me ([lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)) or call the IHSAA office at 515-432-2011 if you have questions or concerns about these weight management issues.

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