

**BODY COMPOSITION
ASSESSMENT PROGRAM
FOR HIGH SCHOOL
WRESTLERS, 2010-11**

**INFORMATION PACKET
FOR SCHOOLS**



**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION**

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

This packet contains complete information for **schools** regarding the 2010-11 body composition assessment program for high school wrestlers. The rule, process, and all necessary forms are contained in this packet.

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IHSAA BODY COMPOSITION ASSESSMENT RULE, 2010-11

WEIGHT MANAGEMENT PHILOSOPHY

The Iowa High School Athletic Association believes one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program which encourages safe weight loss. Determining a formula to predict the safe, minimal wrestling weight of high school wrestlers has been a priority of the IHSAA since 1968. With such a formula established, the IHSAA began providing body composition assessment to every high school in Iowa with a wrestling program in 1987. The Board of Control of the Iowa High School Athletic Association implemented mandatory body composition assessment, effective with the 1998-99 wrestling season. The National Federation of State High School Associations (NFHS) wrestling rules now mandate hydration assessment, body composition assessment and the rate at which a wrestler may lose weight. The primary purpose for these rules is to provide a safe wrestling environment for all high school wrestlers.

The NFHS and IHSAA are NOT encouraging wrestlers to attain their minimum wrestling weight. Many wrestlers actually perform better while weighing more than their minimum wrestling weight. A wrestler's minimum wrestling weight may not be his optimal competitive weight, it is simply the lowest, safe weight at which a wrestler may compete.

BODY COMPOSITION ASSESSMENT

1. All high school wrestlers (grades 9-12) must have their body composition assessed by an approved assessor **BEFORE THEIR FIRST COMPETITION. They must have had their body composition assessed and be entered into the NWCA on-line weight management system to be eligible to compete at any level.** BODY COMPOSITION ASSESSMENT MAY NOT BEGIN BEFORE OCTOBER 25, 2010. Approved assessors may conduct unofficial assessments **BEFORE** the official assessment period begins, but assessments conducted by approved personnel **after** the official assessment period begins are official assessments.

2. **EACH WRESTLER IS ONLY ALLOWED ONE OFFICIAL BODY COMPOSITION ASSESSMENT**, unless an appeal is granted by the Athletic Association. Any subsequent assessments, except approved appeals, will NOT change a wrestler's minimum wrestling weight.

3. A list of approved body composition assessors can be found on the IHSAA website under the “Wrestling” heading. Assessors must 1) be approved by the IHSAA, 2) follow the instructions provided by the IHSAA, and, 3) use one of the assessment methods approved by the IHSAA.

APPEALS

APPEALS MAY ONLY BE PERFORMED WITH PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION. APPEALS PERFORMED WITHOUT PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION ARE NOT VALID.

THE WRESTLER, AND/OR SCHOOL, ARE RESPONSIBLE FOR ANY & ALL COSTS RELATED TO THE APPEAL.

ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS OF THE SCHOOL RECEIVING THE ASSESSMENT RESULTS FROM THE ASSESSOR AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.

APPEAL METHOD:

The wrestler must have the same body composition assessment agency perform the appeal that performed the original assessment and the same assessment method must be used. The wrestler must pass the hydration assessment at the time the appeal is performed. Wrestlers may use their weight at the time of the original body composition assessment unless they have gained more than 1.5% of their body weight (rounded **UP** to the nearest pound) between the time of the original assessment and the appeal. If they have gained more than 1.5%, they must use their weight at the time of the appeal.

Example: A wrestler weighs 137# at the time of the original assessment and chooses to appeal. $137\# \times 1.5\% = 2.1\#$, rounded up that is 3#. If he weighs 140#, or less, at the time of appeal, he can use his original weight at the appeal.

NOTE: Before a wrestler decides to appeal he/she may, but is not required to, ask their body composition assessor to review the data related to the original assessment. If an error is detected, the assessor should contact the Iowa High School Athletic Association with the correction. Correcting an error does not constitute an appeal.

BODY COMPOSITION ASSESSMENT PROTOCOL

1. It is the coaches' and athletic administrators' responsibility to make sure wrestlers follow the established assessment protocol. The protocol for each assessment method will be provided to each wrestling school and assessor by the Athletic Association. When the assessment protocol is not followed, it is nearly impossible for an assessment to be accurate. This may place a wrestler's health in jeopardy and/or reduce their performance.

BODY COMPOSITION ASSESSMENT METHODS

1. One of the following body composition assessment methods shall be used.
 - A. Tanita Professional Series Body Composition Analyzer/Scale
Models: TBF-300A - using the "Standard Mode" only
TBF-300WA - using the "Standard Mode" only
 - B. Futrex Near-Infrared Photo Spectrometry
Models: 5000 A/WL & 5500 A/WL
 - C. Skin Calipers - Metal alloy calipers only
 - D. Hydrostatic (Underwater) Weighing
 - E. Bod Pod Air Displacement

2. The IHSAA will provide detailed instructions and protocol for all body composition assessment methods.

HYDRATION ASSESSMENT

1. Hydration assessment must immediately precede body composition assessment. Any wrestler not passing the hydration assessment must wait a minimum of 24 hours before they can have their hydration level reassessed. Wrestlers cannot have their body composition assessed until they pass the hydration assessment.

HYDRATION ASSESSMENT METHODS

1. One of the following hydration assessment methods shall be used.
 - A. Urine Color Chart - **primary method**
 - B. Reagent Litmus Strips - *secondary method*
 - C. Refractometer - *secondary method*

2. The IHSAA will provide detailed instructions and protocol for all hydration assessment methods.

NWCA OPTIMAL PERFORMANCE CALCULATOR (NWCA-OPC)

1. Hydration and body composition assessment information must be entered into the NWCA Optimal Performance Calculator by the body composition assessor **BEFORE A WRESTLER CAN COMPETE AT ANY LEVEL.**

2. The NWCA OPC will be used to monitor each wrestler's descent plan. The descent plan will determine which two weight classes a wrestler is eligible to compete in each week without causing their descent plan to be recalculated. As per NFHS rules, a wrestler may wrestle one weight class above the class for which he weighs in without breaking certification.

MINIMUM WRESTLING WEIGHT

1. The minimum wrestling weight for each wrestler will be determined by predicting a wrestler's weight at 7% body fat. (12% for females)

MINIMUM WRESTLING WEIGHT CLASS

1. A wrestler's minimum wrestling weight class **CANNOT** be less than their minimum wrestling weight as predicted by body composition assessment.

A. If a wrestler's **minimum wrestling weight is between two weight classes**, the wrestler must certify, and wrestle, at, or above, the higher weight class.

B. If a wrestler's **minimum wrestling weight is exactly that of one of the weight classes**, the wrestler may certify, and wrestle, at, or above, that weight class.

C. If a wrestler's **percent body fat at the time of body composition assessment is BELOW 7% (12% for females) the wrestler has two choices**. First, he/she can wrestle at their minimum wrestling weight class as determined by body composition assessment at 7%/12% body fat. Second, if their sub-7% body fat weight is exactly that of one of the weight classes, the wrestler may wrestle at that weight providing they have a physician's written release stating he/she is naturally below 7%/12%. A wrestler having less than 7%/12% at the time of body composition assessment **CANNOT** certify, or wrestle, at a weight class less than his/her weight at the time of assessment, even with a physician's written release.

CERTIFYING MINIMUM WRESTLING WEIGHT CLASS

1. Wrestlers must certify their minimum wrestling weight class (*certified weight class*), by making **scratch weight* in that weight class at least one time. (**Scratch weight must be actual scale weight WITHOUT the addition of any kind of scale allowance.*) **If a coach enters an actual scale weight from a weigh-in into the NWCA Optimal Performance Calculator, the weigh-in counts as an official weigh-in and also counts towards the wrestler's 15 date limitation.** Wrestlers must be eligible to compete before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in who are not eligible to compete will not be allowed to count the weigh-in as scratch weight and they, and their coach, will be subject to further sanctions by their school and the Athletic Association. **Wrestlers not**

certifying their minimum weight class before their first post-season competition must weigh-in at scratch weight for that competition. They will receive the growth allowance at all future weigh-ins.

GROWTH ALLOWANCE

1. **Wrestlers who have certified their minimum weight class before January 1 will receive the 2-pound growth allowance after January 1.** Wrestlers who have not certified their minimum weight class by January 1 will receive the growth allowance the first time they weigh-in after certifying. **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.** *For example, a wrestler's body composition assessment will allow him to wrestle at 130 pounds. He makes scratch weight at 135 pounds before January 1, and in the first meet after January 1 uses the growth allowance to weigh-in for the 135# weight class for a meet. He cannot recertify at 130 pounds because he used the growth allowance for the first time at 135 pounds and declared his intent NOT to wrestle below 135 pounds. A wrestler CANNOT use the growth allowance to achieve a lower minimum wrestling weight class than his/her 7%/12% weight permits because the wrestler MUST make scratch weight one time at their minimum wrestling weight class before receiving the growth allowance.*

WEIGHT LOSS DESCENT PLAN

1. All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. The descent plan will be monitored as follows:

A. Before each weigh-in session, coaches must provide a Weight Management Reporting Form to the Administrator of Weigh-Ins, or his/her designee. This form will show the weight classes for which every wrestler is eligible to weigh in on that date without causing their descent plan to be recalculated.

B. **A wrestler is NOT eligible to wrestle at a weight class below the minimum weight class determined by their descent plan regardless of their actual weight.** Rule 4.4.2 which states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor," still applies. *If a wrestler whose lowest eligible weight class for a given week according to the descent plan is 135 pounds weighs in for the 125 pound weight class, or less, the wrestler is not eligible to compete in that meet at any weight class because of Rule 4.4.2.*

2. A wrestler cannot weigh-in above their highest eligible weight class listed for a specific date without having his/her descent plan recalculated ***IMMEDIATELY (beginning the next day)***. For example, a wrestler's highest eligible weight class listed on the weight management form for a specific date is 135 pounds. If the wrestler weighs in excess of 135 pounds (137 with the growth allowance) their descent plan will be ***IMMEDIATELY (beginning at 12:01am the next day)*** recalculated by the NWCA OPC. They will not be able to compete again at 135 pounds, or below, until their descent plan allows them to.

CONSEQUENCES FOR VIOLATIONS OF WEIGHT MANAGEMENT RULES

1. **Any wrestler weighing in below his/her lowest eligible weight class for a given week according to his/her descent plan will forfeit all matches won at that meet.**
2. **The first time** a school's wrestler(s) compete below his/her lowest eligible weight class for a given week according to the descent plan, the school will receive a letter of reprimand from the Athletic Association. This letter will explain the consequences for future violations.
3. **The second time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next scheduled, or rescheduled date at that level of competition, which could include post-season competition.
4. **The third time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next FOUR (4) scheduled, or rescheduled dates at that level of competition, which could include post-season competition.
5. **The fourth time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the school's wrestling program will be placed on probation and NOT be allowed to compete the remainder of the season, including post-season competition, with the head coach coaching.
6. Any other violations of the weight management program will result in sanction of the school's coach or wrestling program as determined by the IHSAA Board of Control.

IHSAA MEDICAL RELEASE FOR WRESTLERS BELOW 7% BODY FAT

THIS FORM MAY ONLY BE COMPLETED BY MEDICAL PROFESSIONALS WHO ARE PERMITTED BY IOWA LAW TO PERFORM PRE-PARTICIPATION ATHLETIC PHYSICALS: (Medical Doctor, MD; Doctor of Osteopathic Medicine, DO; Doctor of Chiropractic, DC; Physician's Assistant, PA; or Advanced Registered Nurse Practitioner, ARNP)

This is the **ONLY** form accepted as a "MEDICAL RELEASE FOR WRESTLERS BELOW 7% BODY FAT." **A copy of this completed form must be mailed or faxed to the Iowa High School Athletic Association, PO Box 10, Boone, IA 50036 (515-432-2961), by the school for whom the wrestler competes, after the last signature is obtained.**

Any wrestler whose body fat percentage at the time of body composition assessment is below 7% for males and 12% for females must obtain, in writing, a medical clearance stating the wrestler is naturally at this sub-7% or 12% body fat level, if he/she wants to wrestle at their natural weight. This release is valid for only one season and expires following the State Dual Team Tournament each year. A wrestler always has the option of wrestling at their weight predicted at 7%/12% body fat.

The sub-7% male, or sub-12% female, who receives this clearance may **NOT** wrestle at a weight class below his/her weight at the time of body composition assessment. Example: A wrestler weighing 110 pounds at the time of body composition assessment with less than 7% body fat may **NOT** wrestle below the 112-pound weight class.

WRESTLER'S NAME: _____ GRADE: _____ SCHOOL: _____

OFFICIAL BODY COMPOSITION ASSESSMENT VERIFICATION - STEP #1

DATE OF OFFICIAL BODY COMPOSITION ASSESSMENT: _____

ACTUAL WEIGHT AT OFFICIAL BODY COMPOSITION ASSESSMENT: _____ pounds.

PERCENT BODY FAT AT OFFICIAL BODY COMPOSITION ASSESSMENT: _____ percent.

Signature of assessor & name of agency conducting the official body composition assessment DATE

EXAMINING MEDICAL PROFESSIONAL'S EVALUATION INFORMATION - STEP #2

DATE OF MEDICAL PROFESSIONAL'S EVALUATION: _____ WEIGHT AT MEDICAL EVALUATION: _____

LICENSED MEDICAL PROFESSIONAL'S APPROVAL (See top of form for approved medical personnel)

It is my medical opinion that the above-named wrestler is naturally below 7% (*for males*)/12% (*for females*) body fat and can compete in a safe and healthy manner at a weight class which may be below their weight predicted at 7%/12% body fat, but which is **NOT** below their actual body weight at the time their OFFICIAL body composition was assessment.

LICENSED MEDICAL PROFESSIONAL'S SIGNATURE

DATE

LICENSED MEDICAL PROFESSIONAL'S NAME (*typed or printed*)

DESIGNATION (MD, DO, DC, PA, ARNP)

ATHLETIC DIRECTOR/PRINCIPAL ACKNOWLEDGMENT

I acknowledge that the above named wrestler is permitted by his/her parent or guardian and the medical professional signing this form to compete at their natural weight which is below their 7%/12% weight as predicted by body composition assessment.

ATHLETIC DIRECTOR'S OR PRINCIPAL'S SIGNATURE

DATE

- OVER PLEASE -

TO THE MEDICAL PROFESSIONAL SIGNING THIS MEDICAL RELEASE:
(Medical Doctor, MD; Doctor of Osteopathic Medicine, DO; Doctor of Chiropractic, DC; Physician's Assistant, PA; or Advanced Registered Nurse Practitioner, ARNP)

National high school wrestling rules require a medical release for any wrestler whose body composition at the time of body composition assessment is less than 7% for males, or 12% for females, and who wishes to compete at a weight less than their weight predicted at 7%/12% body fat. **The wrestler named on this release form is requesting that he/she be allowed to wrestle at a weight that is less than his/her weight at 7%/12% body fat. A wrestler with less than 7%/12% body fat CANNOT wrestle at a weight less than their actual weight at the time of the original body composition assessment.** Most adolescents require a minimum of 7% body fat for males, or 12% body fat for females, to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

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

By signing this release, you are indicating that, in your medical opinion, it is safe and healthy for this wrestler to compete at a weight which is below his/her weight at 7%/12% body fat, but is NOT less than his/her actual weight at the time of the original body composition assessment.

Questions or comments about this release should be directed to Alan Beste, ATC, LAT, Assistant Executive Director, Iowa High School Athletic Association. 515-432-2011 or <abeste@iahsaa.org>.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING BODY COMPOSITION ASSESSMENT PROGRAM
ASSESSMENT PROTOCOL SHEET
(BIO-ELECTRICAL IMPEDANCE ANALYSIS)**

No male wrestler may certify at a weight class below his weight at 7% body fat!

No female wrestler may certify at a weight class below her weight at 12% body fat!

*In order to receive accurate assessment results, it is imperative that wrestlers having their body composition assessed follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition assessment on any given day. In order to control as many of those factors as possible, each wrestler to be assessed should be provided with the following information several days before the assessment and **the coach is responsible for ensuring that each athlete follows this protocol.***

- 1) ***Exercising immediately prior to the assessment will yield completely inaccurate results. ATHLETES MUST NOT EXERCISE WITHIN EIGHT HOURS OF HAVING THE ASSESSMENT PERFORMED!***
- 2) ***Athletes must not eat a large meal within 4-6 hours of being assessed.***
- 3) Athletes should not fast within 3 days of having the assessment performed.
- 4) ***DO NOT COME TO THE ASSESSMENT DEHYDRATED!***
- 5) Wear a T-shirt and shorts to the assessment.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE ASSESSMENT IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE WRESTLER IS DEHYDRATED DURING THE ASSESSMENT. WRESTLERS MUST COME TO THE ASSESSMENT WELL HYDRATED!

FOR ACCURATE ASSESSMENT RESULTS, WEIGHTS MUST BE ACCURATELY OBTAINED AT THE TIME THE ASSESSMENTS ARE PERFORMED.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING BODY COMPOSITION ASSESSMENT PROGRAM
ASSESSMENT PROTOCOL SHEET
(BOD POD AIR DISPLACEMENT)**

No male wrestler may certify at a weight class below his weight at 7% body fat!

No female wrestler may certify at a weight class below her weight at 12% body fat!

*In order to receive accurate assessment results, it is imperative that wrestlers having their body composition assessed follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition assessment on any given day. In order to control as many of those factors as possible, each wrestler to be assessed should be provided with the following information several days before the assessment and **the coach is responsible for ensuring that each athlete follows this protocol.***

- 1) **DO NOT COME TO THE ASSESSMENT DEHYDRATED!**
- 2) Do not exercise immediately prior to having the assessment performed.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE ASSESSMENT IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE WRESTLER IS DEHYDRATED DURING THE ASSESSMENT. WRESTLERS MUST COME TO THE ASSESSMENT WELL HYDRATED!

FOR ACCURATE ASSESSMENT RESULTS, WEIGHTS MUST BE ACCURATELY OBTAINED AT THE TIME THE ASSESSMENTS ARE PERFORMED.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING BODY COMPOSITION ASSESSMENT PROGRAM
ASSESSMENT PROTOCOL SHEET
(HYDROSTATIC “UNDER WATER” WEIGHING)**

No male wrestler may certify at a weight class below his weight at 7% body fat!

No female wrestler may certify at a weight class below her weight at 12% body fat!

In order to receive accurate assessment results, it is imperative that wrestlers having their body composition assessed follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition assessment on any given day. In order to control as many of those factors as possible, each wrestler to be assessed should be provided with the following information several days before the assessment and ***the coach is responsible for ensuring that each athlete follows this protocol.***

- 1) **Athletes must not eat for 3 hours prior to the assessment.** Eating foods causing gas, such as beans and cauliflower, is not recommended for 24 before the test.
- 2) **DO NOT COME TO THE ASSESSMENT DEHYDRATED!**
- 3) **Do not exercise immediately prior to having the assessment performed.**
- 4) **Athletes should have a bowel movement before the assessment, if possible.**
- 5) **Athletes must wear swim trunks or swim suit to the assessment.** (Girls should wear a two-piece swim suit.)

ACCURATE RESULTS CANNOT BE OBTAINED IF THE ASSESSMENT IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE WRESTLER IS DEHYDRATED DURING THE ASSESSMENT. WRESTLERS MUST COME TO THE ASSESSMENT WELL HYDRATED!

FOR ACCURATE ASSESSMENT RESULTS, WEIGHTS MUST BE ACCURATELY OBTAINED AT THE TIME THE ASSESSMENTS ARE PERFORMED.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING BODY COMPOSITION ASSESSMENT PROGRAM
ASSESSMENT PROTOCOL SHEET
(NEAR-INFRARED PHOTOSPECTROMETRY)**

No male wrestler may certify at a weight class below his weight at 7% body fat!

No female wrestler may certify at a weight class below her weight at 12% body fat!

In order to receive accurate assessment results, it is imperative that wrestlers having their body composition assessed follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition assessment on any given day. In order to control as many of those factors as possible, each wrestler to be assessed should be provided with the following information several days before the assessment and ***the coach is responsible for ensuring that each athlete follows this protocol.***

- 1) Wear a T-shirt and shorts to the assessment.
- 2) **DO NOT COME TO THE ASSESSMENT DEHYDRATED!**

ACCURATE RESULTS CANNOT BE OBTAINED IF THE ASSESSMENT IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE WRESTLER IS DEHYDRATED DURING THE ASSESSMENT. WRESTLERS MUST COME TO THE ASSESSMENT WELL HYDRATED!

FOR ACCURATE ASSESSMENT RESULTS, WEIGHTS MUST BE ACCURATELY OBTAINED AT THE TIME THE ASSESSMENTS ARE PERFORMED.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING BODY COMPOSITION ASSESSMENT PROGRAM
ASSESSMENT PROTOCOL SHEET
(SKIN FOLDS)**

No male wrestler may certify at a weight class below his weight at 7% body fat!

No female wrestler may certify at a weight class below her weight at 12% body fat!

In order to receive accurate assessment results, it is imperative that wrestlers having their body composition assessed follow the guidelines listed below. Certain factors can adversely affect the accuracy of body composition assessment on any given day. In order to control as many of those factors as possible, each wrestler to be assessed should be provided with the following information several days before the assessment and ***the coach is responsible for ensuring that each athlete follows this protocol.***

1) **EXERCISING IMMEDIATELY PRIOR TO THE ASSESSMENT WILL YIELD COMPLETELY INACCURATE RESULTS** due to the increased volume of blood beneath the surface of the skin. The athlete's skin should be dry, as sweating makes it very difficult to obtain accurate skinfolds.

2) **DO NOT COME TO THE ASSESSMENT DEHYDRATED.**

3) Wear a T-shirt and shorts to the assessment.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE ASSESSMENT IS PERFORMED IMMEDIATELY FOLLOWING A WORKOUT.

ACCURATE RESULTS CANNOT BE OBTAINED IF THE WRESTLER IS DEHYDRATED DURING THE ASSESSMENT. WRESTLERS MUST COME TO THE ASSESSMENT WELL HYDRATED!

FOR ACCURATE ASSESSMENT RESULTS, WEIGHTS MUST BE ACCURATELY OBTAINED AT THE TIME THE ASSESSMENTS ARE PERFORMED.

INSTRUCTIONS FOR CONDUCTING WRESTLING HYDRATION ASSESSMENT USING THE IHSAA URINE COLOR CHART

THIS IS THE **PRIMARY METHOD** OF
HYDRATION ASSESSMENT.

HYDRATION ASSESSMENT MUST BE PERFORMED
IMMEDIATELY **BEFORE** THE BODY
COMPOSITION ASSESSMENT.

1. **IDENTIFY THE PERSON RESPONSIBLE FOR CONDUCTING THE HYDRATION ASSESSMENT.** This could be a school administrator or another person designated by the school administrator (school nurse, science teacher, PE teacher, etc.), or the assessor conducting the body composition tests. **It is NOT required that registered body composition assessors perform the hydration assessments.** (*WRESTLING COACHES MAY **NOT** BE INVOLVED IN THE HYDRATION, OR BODY COMPOSITION, ASSESSMENT PROCESS.*)
 - ◆ Use only **CLEAR, PLASTIC CUPS** when collecting urine samples.
 - ◆ Have each wrestler provide an adequate urine sample so there is approximately 1-2 inches of urine in the cup.
 - ◆ **WHILE IT IS NOT NECESSARY TO OBSERVE THE WRESTLER ACTUALLY GIVING THE URINE SAMPLE, IT IS NECESSARY TO VERIFY THAT EACH WRESTLER IS PROVIDING HIS/HER OWN URINE SAMPLE.** These suggestions may be helpful:
 - ▶ Closely monitor the area where wrestlers are providing the urine sample
 - ▶ Allow only one wrestler to give a sample at a time
 - ▶ Place blue sanitizer tablets in all stools and urinals
 - ▶ Turn off water to sinks near collection area

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- ◆ **Have only the athlete giving the sample handle the cup containing their urine sample**, if at all possible. The person responsible for hydration assessment should always wear protective gloves in the rare event he or shee will be touching cups containing another person's urine.
- ◆ Have the athlete **place the cup containing their urine sample on a WHITE sheet of paper and place the IHSAA Urine Color Chart next to the cup** to compare colors. If the color of the urine is in the “ **WELL HYDRATED**” range of **1-5** on the chart the wrestler passes the hydration assessment. If not, he/she fails the hydration assessment using this method.

GOOD LIGHTING IS ESSENTIAL TO GETTING ACCURATE RESULTS.

- ◆ **IF A WRESTLER FAILS THE HYDRATION ASSESSMENT USING THE URINE COLOR CHART**, his/her urine sample may be assessed using a reagent (litmus) strip. **If the wrestler fails the hydration assessment using a litmus strip, or it is not available**, his/her urine sample may be assessed using a refractometer or he/she must wait a minimum of 24 hours before he can be reassessed. **If the wrestler fails the hydration assessment using a refractometer, or it is not available**, he/she has failed the hydration assessment and must wait a minimum of 24 hours before he/she can be reassessed.
- ◆ Have the wrestler discard his/her urine sample in a urinal, or toilet, NOT in the same location where other wrestlers are giving urine samples.
- ◆ Have the wrestler discard his/her collection cup in a trash bag that can be disposed of immediately after all assessments are concluded.
- ◆ Wrestlers who fail the hydration assessment should not be allowed into the area where body composition assessment is taking place. ***It may be a good idea to place a check mark on the back of the right hand of those passing the hydration assessment.***

INSTRUCTIONS FOR PERFORMING WRESTLING HYDRATION ASSESSMENT USING REAGENT STRIPS FOR URINALYSIS (*LITMUS STRIPS*)

THIS IS A **SECONDARY METHOD** OF HYDRATION ASSESSMENT. IT SHOULD ONLY BE USED IF A WRESTLER FAILS THE ASSESSMENT USING THE URINE COLOR CHART.

HYDRATION ASSESSMENT MUST BE PERFORMED IMMEDIATELY **BEFORE** BODY COMPOSITION ASSESSMENT.

- ◆ **IDENTIFY THE PERSON RESPONSIBLE FOR CONDUCTING THE HYDRATION ASSESSMENTS.** This could be a school administrator or another person designated by the school administrator (school nurse, science teacher, PE teacher, etc.), or the assessor conducting the body composition tests. **It is NOT required that registered body composition assessors perform the hydration assessments.** (*WRESTLING COACHES MAY NOT BE INVOLVED IN THE HYDRATION, OR BODY COMPOSITION, ASSESSMENT PROCESS.*)
- ◆ Use only **CLEAR, PLASTIC CUPS** when collecting urine samples.
- ◆ Have each wrestler give an adequate urine sample so there is approximately 1-2 inches of urine in the cup.

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- ◆ **WHILE IT IS NOT NECESSARY TO OBSERVE THE WRESTLER ACTUALLY GIVING THE URINE SAMPLE, IT IS NECESSARY TO VERIFY THAT EACH WRESTLER IS PROVIDING HIS OWN URINE SAMPLE FOR TESTING.** These suggestions may be helpful:
 - ▶ Closely monitor the area where wrestlers are providing the urine sample
 - ▶ Allow only one wrestler to give a sample at a time
 - ▶ Place blue sanitizer tablets in all stools and urinals
 - ▶ Turn off water to sinks near collection area

- ◆ The person responsible for hydration assessment should always wear protective gloves when touching cups containing another person’s urine.

- ◆ Have the person conducting the hydration assessment **dip the reagent (litmus) strip into the urine sample for 1-2 seconds.** When removing strips from urine, run the entire length of the strip against the rim of the collection cup to remove excess urine.

- ◆ **Hold the strip in a horizontal position for 40 seconds and “read” the strip at 45 seconds.** To “read” the strip, hold it close to, **BUT NOT TOUCHING**, the color blocks on the bottle and match the colors carefully. **A urine specific gravity of 1.025, or less, is a passing hydration level.**

GOOD LIGHTING IS ESSENTIAL TO GETTING ACCURATE RESULTS.

- ◆ **If the wrestler fails the hydration assessment using a litmus strip, or it is not available,** his urine sample may be assessed using a refractometer. **If the wrestler fails the hydration assessment using a refractometer, or it is not available,** he has failed the hydration assessment and must wait a minimum of 24 hours before he can be reassessed.

- ◆ Have the wrestler discard his urine sample in a urinal, or toilet, NOT in the same location where other wrestlers are giving urine samples.

- ◆ Have the wrestler discard his collection cup in a trash bag that can be disposed of immediately after all assessments are concluded.

- ◆ Wrestlers who fail the hydration assessment should not be allowed into the area where body composition assessment is taking place. ***It may be a good idea to place a check mark on the back of the right hand of those passing the hydration assessment.***

INSTRUCTIONS FOR PERFORMING WRESTLING HYDRATION ASSESSMENT USING A REFRACTOMETER

THIS IS A **SECONDARY METHOD** OF HYDRATION ASSESSMENT. IT SHOULD ONLY BE USED IF A WRESTLER FAILS THE ASSESSMENT USING THE URINE COLOR CHART **AND** LITMUS STRIP.

HYDRATION ASSESSMENT MUST BE PERFORMED IMMEDIATELY BEFORE BODY COMPOSITION ASSESSMENT.

- ◆ **IDENTIFY THE PERSON RESPONSIBLE FOR CONDUCTING THE HYDRATION ASSESSMENT.** This could be a school administrator or another person designated by the school administrator (school nurse, science teacher, PE teacher, etc.), or the assessor conducting the body composition tests. **It is NOT required that registered body composition assessors perform the hydration assessments.** (*WRESTLING COACHES MAY **NOT** BE INVOLVED IN THE HYDRATION, OR BODY COMPOSITION, ASSESSMENT PROCESS.*)
- ◆ Use only **CLEAR, PLASTIC CUPS** when collecting urine samples.
- ◆ Have each wrestler give an adequate urine sample so there is approximately 1-2 inches of urine in the cup.
- ◆ Always wear protective gloves when touching cups containing another person's urine.

- over please -

- ◆ **WHILE IT IS NOT NECESSARY TO OBSERVE THE WRESTLER ACTUALLY GIVING THE URINE SAMPLE, IT IS NECESSARY TO VERIFY THAT EACH WRESTLER IS PROVIDING HIS OWN URINE SAMPLE FOR TESTING.** These suggestions may be helpful:
 - ▶ Closely monitor the area where wrestlers are providing the urine sample
 - ▶ Allow only one wrestler to give a sample at a time
 - ▶ Place blue sanitizer tablets in all stools and urinals
 - ▶ Turn off water to sinks near collection area

- ◆ **Have only the athlete giving the sample handle the cup containing their urine sample**, if at all possible. The person responsible for hydration assessment should always wear protective gloves in the rare event he or shee will be touching cups containing another person's urine.

- ◆ Have the person conducting the hydration assessments perform them according the instructions received with the refractometer.

- ◆ **If the wrestler fails the hydration assessment using a refractometer, or it is not available AFTER failing the assessment using a litmus strip**, he has failed the hydration assessment and must wait a minimum of 24 hours before he can be reassessed.

- ◆ Have the wrestler discard his urine sample in a urinal, or toilet, NOT in the same location where other wrestlers are giving urine samples.

- ◆ Have the wrestler discard his collection cup in a trash bag that can be disposed of immediately after all assessments are concluded.

- ◆ Wrestlers who fail the hydration assessment should not be allowed into the area where body composition assessment is taking place. ***It may be a good idea to place a check mark on the back of the right hand of those passing the hydration assessment.***

SCHOOL RESPONSIBILITIES FOR THE HYDRATION ASSESSMENT PROCESS

- ◆ Plastic urine collection cups
- ◆ IHSAA Urine Color Chart - IHSAA provides this chart to each school and body composition assessor
- ◆ **White** paper to set urine collection cups on while verifying hydration status
- ◆ Personnel for assessing each wrestler's hydration status
- ◆ Personnel to verify each wrestler is providing a valid urine sample (*Wrestling coaches may **NOT** be involved in any part of the hydration, or body composition assessment, process.*)

The body composition assessor may be the person designated as responsible for determining hydration status, and providing the supplies needed for assessing, but it should **NOT** automatically be assumed they will do so. It is reasonable for the body composition assessor to charge a fee for providing the supplies needed for hydration assessment.

The following information is provided for those schools, or assessors, wishing to use the litmus test as a secondary hydration assessment method.

- ◆ Reagent strips for urinalysis (***litmus strips to assess urine specific gravity / hydration status***) - (i.e. Multistix 8SG, 10SG, Reagent Strips for Urinalysis (or similar litmus strips for assessing urine specific gravity / hydration status) **OR** UriDynamics, Inc. HydraTrend Test Strips for Specific Gravity and pH in Urine **OR** equivalent)

Contact information:

HydraTrend Test Strips for Specific Gravity and pH in Urine are available from UriDynamics, Inc.; 6786 Hawthorn Park Drive; Indianapolis, IN 46220. (866) 748-7463 <www.uridynamics.com> The cost is approximately \$30 for 50 strips.

Multistix Reagent Strips for Urinalysis (*or similar litmus strips for assessing urine specific gravity / hydration status*) are available at most drug stores. The cost is approximately \$90 for 100 strips.

TIPS FOR PASSING THE WRESTLING HYDRATION ASSESSMENT

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition assessment results.

Two days before hydration and body composition assessment:

- **DRINK AT LEAST 8-10, 8-OUNCE GLASSES OF FLUIDS DURING THE DAY.** (Remember, water has no calories.)
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Increase the intake of high fiber foods to help eliminate excess waste from the body. (Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)
- Eat smaller, more frequent meals.
- **AVOID** foods high in fat. (Fried foods, fatty meats, french fries, pizza, nuts, regular salad dressings)
- **AVOID** salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Discontinue the use of vitamins, and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

One day before hydration and body composition assessment:

- **CONTINUE DRINKING PLENTY OF WATER.** You should be urinating several times during the day and your urine should be clear, if you are fully hydrated.
- Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Avoid eating foods high in chocolate.
- Continue eating smaller meals, more frequently meals.
- Continue to eat foods high in fiber.
- **CONTINUE TO AVOID FOODS HIGH IN FAT AND SALT!**

The day of hydration and body composition assessment:

Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.

Early morning assessment:

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **DO NOT DRINK LARGE AMOUNTS OF WATER** IN ORDER TO BECOME HYDRATED AS IT MAY ADVERSELY EFFECT YOUR HYDRATION ASSESSMENT AND WILL ALMOST CERTAINLY CAUSE UNWANTED WEIGHT GAIN!
- **DRINK A GLASS OF WATER WHEN YOU FIRST GET OUT OF BED.**
- Do NOT urinate until you get the test site and so you can provide a urine sample.
- Do NOT eat until after the assessment.

Late morning, or afternoon, assessment:

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **CONTINUE TO DRINK NORMAL AMOUNTS OF WATER THROUGHOUT THE DAY.**
- **DO NOT DRINK LARGE AMOUNTS OF WATER IMMEDIATELY BEFORE THE ASSESSMENT** IN ORDER TO BECOME HYDRATED AS IT MAY ADVERSELY EFFECT YOUR HYDRATION ASSESSMENT AND WILL ALMOST CERTAINLY CAUSE UNWANTED WEIGHT GAIN!
- Urinate several times during the day until 1-2 hours before the assessment.
- Eat small portions and eat lighter foods. (Fruits, cereals, juices)
- DO NOT EAT fatty or salty foods.
- DO NOT DRINK salty drinks, such as pop & sports drinks.
- DO NOT EAT within several hours of the assessment.

EMERGENCY IHSAA WRESTLING WEIGHT EXCHANGE FORM **TO BE USED ONLY IN THE EVENT THE NWCA-OPC COMPUTER GENERATED WEIGH-IN FORM IS NOT AVAILABLE**

This form is ONLY to be used in an EMERGENCY when a coach CANNOT provide the completed NWCA On-Line Weigh-in Form.

If this form is used, the coach using it MUST enter the information into the NWCA-OPC the day after the meet and this form MUST be faxed to the IHSAA at 515-432-2961 the day after the meet.

Complete School Name _____

WEIGHT CLASS	NAME OF CONTESTANT (For ease of reading, print only one name in each space.)	ACTUAL SCALE WEIGHT	GRADE
103			
112			
119			
125			
130			
135			
140			
145			
152			
160			
171			
189			
215			
285			

Signature of the Coach Using This Form: _____

Signature of Administrator Conducting Weigh Ins or Opposing Coach: _____

Date of the Meet: _____

REQUEST FOR APPEAL OF ORIGINAL IHSAA WRESTLING BODY COMPOSITION ASSESSMENT

This form **MUST** be faxed or mailed to the Iowa High School Athletic Association, PO Box 10, Boone, IA 50035 (515) 432-2961, after the school administrator has signed the form. The IHSAA must approve the request for appeal and return this form to the school **BEFORE** any appeal is valid. THIS FORM IS MUST BE GIVEN TO THE ASSESSOR AS PERMISSION TO PERFORM THE APPEAL.

_____ High School is requesting an appeal of the original body composition assessment for _____

_____ *Name of Wrestler*
Weight at the Time of the Original Assessment _____ **%Fat at Original Assessment** _____

Date of the Original Assessment _____ **Date School Received Assessment Results** _____

We understand the following rules apply to all appeals.

- **Appeals may only be performed with prior approval from the Iowa High School Athletic Association.** Appeals performed without prior approval from the Iowa High School Athletic Association are invalid.
- The **wrestler's school administration must request and acknowledge the appeal.**
- All **appeals must be conducted WITHIN 14 DAYS** of the school receiving the assessment results from the assessor and before a wrestler competes at any level.
- The **wrestler, and/or school, are responsible for any & all costs** related to the appeal.

ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS OF THE SCHOOL RECEIVING THE ASSESSMENT RESULTS FROM THE ASSESSOR AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.

THIS FORM MUST BE GIVEN TO THE ASSESSOR AS PERMISSION TO PERFORM THE APPEAL.

APPEAL METHOD:

The wrestler must have the same body composition assessment agency perform the appeal that performed the original assessment and the same assessment method must be used. The wrestler must pass the hydration assessment at the time the appeal is performed. Wrestlers will use their weight at the time of the original body composition assessment **unless they have gained more than 1.5% of their body weight (rounded UP to the nearest pound)** between the time of the original assessment and the appeal. If they have gained more than 1.5% of their original weight they must use their weight at the time of the appeal. **If a wrestler has lost weight between the time of the original assessment and the appeal, the weight at the time of the original assessment must be used for the appeal. Wrestlers cannot lose weight for the appeal as they are only appealing if their percent fat was accurately determined.**

NOTE: Before a wrestler decides to appeal he/she may, but is not required to, ask their body composition assessor to review the data related to the original assessment. If an error is detected, the assessor should contact the Iowa High School Athletic Association with the correction. Correcting an error does not constitute an appeal:

Signature and Title of School Administrator Requesting Appeal

Date

School Fax Number: _____

IHSAA USE ONLY

Appeal must be conducted by this date: _____

Maximum weight at appeal in order to use weight at original assessment for appeal: _____

If a wrestler has lost weight between the time of the original assessment and the appeal, the weight at the time of the original assessment must be used for the appeal.

IHSAA Administrator's Signature Approving the Appeal

Date