

# IHSAA BODY COMPOSITION ASSESSMENT RULE, 2007-08

## 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 establishment of a safe minimum wrestling weight and the development of a weight control program which encourages safe weight loss, if a wrestler chooses to lose weight.** 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 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 ASSESSMENTS

1. **All high school wrestlers (grades 9-12) must have their body composition assessed by an approved assessor BEFORE THEIR FIRST COMPETITION. Wrestlers cannot compete until they have had their body composition assessed and the results have been entered into the NWCA Optimal Performance Calculator.**

2. **Body composition assessment may not begin before Monday, October 29, 2007.**

3. **Wrestlers (9-12) must pass a hydration assessment before they can have their body composition assessed.**

4. **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. All assessments do not need to be performed on the same date.
5. It is permissible for assessors to perform an unofficial assessment BEFORE the official assessment period begins, but the information must NOT be entered into the NWCA OPC. Unofficial assessments may also be performed at any time by nonapproved assessors.
6. A list of approved body composition assessors will be provided to all schools with wrestling programs in the fall of each school year. 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**

1. **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.**
2. **THE WRESTLER, AND/OR SCHOOL, ARE RESPONSIBLE FOR ANY & ALL COSTS RELATED TO THE APPEAL.**
3. **ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS FROM THE DATE THE ASSESSMENT INFORMATION IS ENTERED INTO THE NWCA ON-LINE SYSTEM AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.**

**APPEAL METHOD: Appeals will be conducted and entered in the NWCA On-Line System by the original body composition assessment agency after they have been presented a Request for Appeal form approved by the Athletic Association.**

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 one-tenth of a 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. Wrestlers may**

**never have the advantage of losing weight for their 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. Bod Pod Air Displacement
  - B. Futrex Near-Infrared Photo Spectrometry  
Models: 5000 A/WL & 5500 A/WL
  - C. Hydrostatic (Underwater) Weighing
  - D. Skin Calipers  
Metal alloy calipers only
  - E. Tanita Professional Series Body Composition Analyzer/Scale  
Models: TBF-300A - STANDARD Mode  
TBF-300WA - ATHLETE Mode
2. The IHSAA will provide detailed instructions and protocol for all body composition assessment methods.

### **HYDRATION ASSESSMENTS**

1. **Body composition assessment may not take place unless the wrestler has first passed the hydration assessment. 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 IHSA will provide detailed instructions and protocol for all hydration assessment methods.

### **NWCA OPTIMAL PERFORMANCE CALCULATOR (NWCA-OPC)**

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| <ul style="list-style-type: none"><li>1. <b>Hydration and body composition assessment information (name, school, grade, weight, hydration level and percent fat) must be entered into the NWCA Optimal Performance Calculator by the body composition assessor NO LATER THAN 7 DAYS after the assessment AND BEFORE ANY WRESTLERS ASSESSED COMPETE AT ANY LEVEL.</b></li></ul> |
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- 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 weigh-in for 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 may **NOT** be less than their minimum wrestling weight as predicted by body composition assessment at 7% body fat (12% body fat for females).
  - 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. *(For example: If a wrestler's minimum wrestling weight as predicted by body composition assessment is 138 pounds, the wrestler's minimum wrestling weight class is 140 pounds.)*
  - 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.
- 2. **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%/12% body fat weight is exactly, *or less than*, that of one of the weight classes, the wrestler may wrestle at that weight class 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 may NOT certify, or wrestle, at a weight class less than his/her weight at the time of assessment, even with a physician's release.

### **CERTIFYING MINIMUM WEIGHT**

1. Wrestlers must certify their minimum wrestling weight class (*certified weight class*), by making *\*scratch weight* in that weight class (*& must wrestle or receive a forfeit in that weight class or one weight class above*) at least one time before receiving the growth allowance. (*\*Scratch weight must be actual scale weight WITHOUT the addition of a scale allowance for consecutive days of competition.*) Wrestlers not certifying their minimum weight class before their first post-season competition must weigh in at scratch weight for that competition and will receive the growth allowance from that date forward.

### **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. Once a wrestler uses the growth allowance they declare their intent not to wrestle at a lower weight class and they may NOT recertify at a lower weight class, regardless of what weight class their body composition assessment and/or descent plan permits. *For example, a wrestler's body composition assessment allows him to wrestle at 130 pounds. He makes scratch weight at 135 pounds before January 1, and after January 1 uses the growth allowance to weigh-in for the 135 pound weight class. He cannot recertify at 130 pounds because he has used the growth allowance at 135 pounds and declared his intent NOT to wrestle below 135 pounds.* A wrestler may NOT 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 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 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 at 125 pounds, the wrestler is not eligible to compete in that meet at any weight class because he would violate rule 4.4.2.*

A wrestler may not weigh-in above their highest eligible weight class listed for a specific date without having his/her descent plan recalculated immediately. *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 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 regularly scheduled meet at that level of competition, and all meets in the interim at all levels 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) regularly scheduled meets at that level of competition, and all meets in the interim at all levels 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, in addition, other penalties may be imposed by the IHSAA and/or the school.
6. Any other violations of the weight management program will result in sanction of the school's coach and/or wrestling program as determined by the IHSAA Board of Control.