

CAA Wrestling Weight Management Program and Guidelines

PURPOSE: The primary purpose of this body fat testing program is to determine the lowest, safe minimum weight for each wrestler in order to provide a safe wrestling environment for all high school wrestlers in Arizona. The CAA is NOT encouraging wrestlers to attain their lowest minimum wrestling weight. Wrestlers may find that they actually perform better while participating in a weight class that may be higher than their minimum weight class. A wrestler's minimum weight may not be his/her optimal competitive weight; it is simply the lowest weight at which a wrestler may compete.

RATIONALE FOR A CAA WEIGHT MANAGEMENT PROGRAM: The Association identified the following reasons for the program:

1. It is important to use a medical basis for establishing a wrestler's minimum wrestling weight;
2. It is important to develop a program that focuses on the health of the students participating in wrestling;
3. NFHS Wrestling Rule 1-5 mandates each state association to utilize a weight management program that assesses both body fat percentage and hydration;
4. It is important that CAA member schools and wrestling coaches continue efforts to respond to weight management concerns to protect the integrity of the sport;
5. It is important to continue efforts in order to reduce the liability exposure to schools, coaches, and the CAA;
6. Changes in the weight management methods in the sport of wrestling must be reasonable in cost and within member schools ability to administer;
7. The CAA Weight Management Program and any subsequent changes in the weight management rules will support current efforts of CAA member school coaches to teach/coach athletes in a responsible manner, and;
8. The CAA and its member schools have a responsibility to safely promote the sport of wrestling.

CAA WEIGHT MANAGEMENT REGULATIONS: The establishment of a minimum wrestling weight class based on 7% body fat for males and 12%, for females, as set by the NFHS, is required for all high schools in Arizona. The CAA will utilize the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler. This is managed by Trackwrestling. CAA Approved Assessors will use the Optimal Performance Calculator as a data-reporting tool. Schools will utilize the site to receive and enter data. The NWCA program will also serve as nutritional supplement for coaches and athletes.

I. HYDRATION TESTING

A. Hydration testing must be the first step the assessment process. It is essential for coaches to stress to wrestlers the importance of hydrating prior to the scheduled assessment date.

B. Specific gravity assessment of the urine will determine whether a candidate may participate in the body fat assessment. If the wrestler has a specific gravity above the predetermined level, he/she may NOT be assessed for body composition. This is a pass/fail assessment based on a specific gravity 1.025 g/ml or less. The school will provide individuals to conduct the specimen collection and assist with the testing. Schools should make sure that each wrestler is tested individually to prevent urine exchange (the right to privacy must be respected).

C. If the wrestler passes the specific gravity test, only then may he/she continue to the body fat test.

D. If the wrestler fails the specific gravity test, he/she may not be assessed for 24 hours and must meet the Hydration requirement before the body fat test takes place.

E. Once a wrestler has passed the Urine Specific Gravity Test, he/she must be body fat tested immediately, on that date, without any exercise or delays.

F. Hydration Testing will be done using one of two methods: 1. Refractometer; or 2. HydraTrend Test Strips for specific gravity and pH in urine

G. The athlete will use a cup to collect a urine sample for testing. CAA Approved Assessors will then conduct the Hydration Test.

H. CAA Approved Assessors will follow the CAA hydration testing protocol.

I. The hydration test is NOT a drug test!

J. It is possible that an athlete cannot reach the proper hydration level due to medical reasons. Verification by a medical professional would be necessary. Please contact the CAA office.

II. BODY FAT TESTING AND ESTABLISHING MINIMUM WEIGHTS **NOTE: An athlete may not proceed to the Body Fat Test until they have passed the Hydration Test.

A. One of the following body fat testing methods will be utilized to determine each wrestler's body fat percentage:

1. Bioelectrical Impedance Analysis (BIA) by use of a Tanita Scale (TBF-300WA or TBF-300WA PLUS). If using the Tanita scale the assessor must use the ATHLETIC mode.

2. Skin Fold Calipers: Plastic calipers will not be permitted.

III. CAA APPROVED ASSESSORS:

A. Only CAA Approved Assessors will be allowed to conduct the testing and enter the results online into the OPC.

B. Every school or school district will have the opportunity to register individuals that will be responsible for Hydration and Body Fat Testing. Persons eligible to be trained as CAA Approved Assessors include physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians' assistants, nutritionists, health educators, exercise physiologists or other persons approved by the CAA. However, wrestling coaches may not assess their own wrestlers, and parents of wrestlers may not assess wrestlers from their son or daughter's school.

IV. DATA COLLECTION:

A. The CAA will provide all of the reporting forms on the CAA web site.

B. The CAA Approved Assessors will conduct all of the Hydration and Body Fat Tests.

C. If necessary, schools will provide the strips, cups or other approved instruments to conduct the urine Specific Gravity Test.

D. The CAA Approved Assessors will record and post all data in the Trackwrestling website.

E. Wrestlers failing the hydration component will not be recorded in the OPC on the Trackwrestling website.

V. COSTS:

All costs incurred for initial Hydration and Body Fat Tests, appeal process, and OPC are the responsibility of the school or parent.

A. Testing of Athletes: \$5 per wrestler (recommended by the CAA)

B. Test Strips for Specific Gravity Hydration Testing should be purchased and provided by the school.

C. Disposable cups and gloves for hydration assessor.