

# NEW MEXICO ACTIVITIES ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM 09-10



## A. INTRODUCTION

### 1. Authority and Framework

- The authority for the NMAA WWMP is found in NMAA Rule 7.23.1.F
- The framework for the NMAA WWMP is found in NFHS Wrest. Rule 1.3.1 & 1.3.2

### 2. Program Objectives

- Insure the health and safety of all participants
- Encourage participation of schools and student-athletes
- Maintain a fair and equitable competitive environment
- Flexible enough to accommodate annual changes in standards, protocols, etc.

### 3. Cautions

- The wrestler's minimum weight/weight class is not necessarily their optimum weight/weight class either individually or as a team member; a variety of factors, with health/safety being primary, must be considered when determining the best competitive weight/weight class for each individual.
- The same behavioral standards (1.5% descent/week, proper nutrition and hydration, etc.) that apply to the post assessment period should be applied prior to assessment. This process of evaluation, planning, execution, and monitoring should be careful, progressive, and deliberate, especially in transitioning from football to wrestling.
- Since the WWMP does not have daily/weekly actual weight reporting requirements, it is the responsibility of school personnel to monitor and insure the consistency of actual body weights to prevent unhealthy and/or dangerous weight loss practices (dehydration, bouncing, short term cutting, etc.) throughout the season.

### 4. Requirements

- Each school must present a weight management and nutrition education program for student athletes and parents.
- Each athlete must complete an NMAA weight management program assessment to determine their lowest allowable weight class and maximum weekly descent plan.
- Failure to comply with these guidelines shall result in penalties such as but not limited to: forfeiture of individual matches, adjustments to overall records and event team points earned as well as other penalties and sanctions authorized under the provisions of the NMAA handbook.

## B. GENERAL

1. Regulation Coverage. Weight management rules apply to all individuals who participate at any level (C, JV, V, etc.) in high school programs in-state or out-of-state.

2. Certified Scales. All scales used for minimum weight assessments or competition weigh-ins must have current New Mexico certification (after September 1<sup>st</sup>, same school year).

3. Weight Values. Mechanical scale measurements rounded up to the nearest quarter pound and digital scale measurements rounded up to the nearest 1/10<sup>th</sup> of a pound.

4. Weigh-in Procedures. Weigh-ins shall be conducted in accordance with NFHS rules.

- **Coaches must submit NWCA OPC generated weigh-in forms, unique to their school for that date. Only wrestlers eligible for that weight/date will be printed.** Actual weights at the weigh-in must be recorded for each athlete.
- NWCA OPC weigh-in forms must be kept on file by each participating and host school. These records may be requested at any time by the NMAA.
- Opposing coaches and tournament directors must check entry and weigh-in status as per weigh-in and NWCA minimum weight class data information.
- Meet referees shall rule (NFHS 3.1.2) in any situation which is not resolved by coaches and/or tournament directors.

5. State Tournament Qualifying. Each wrestler is required to have at least one-half of weigh-ins during the season at the minimum weight class (or below) the wrestler will compete in at the state tournament.

6. Dehydration/Environmental Conditions Caution. In accordance with NFHS rule 4-4-3, schools and individuals must refrain from the use of clothing and conditions which artificially and unnecessarily raise body temperatures and the risk of dehydration. This caution applies to practices/workouts as well as the pre-meet/weigh-in period.

## **C. WEIGHT MANAGEMENT AND NUTRITION EDUCATION PROGRAM**

1. WWMP & Nutrition Education. Each school must develop a weight management and nutrition education program for student-athletes **and parents** including information on the NMAA Wrestling Weight Management Program and nutrition education, etc.:

- Suggested Topics – WWMP policies and procedures, essential nutrients, meal planning, body composition and metabolism, hydration, supplements/ergogenic aids, weight control, eating disorders
- Include/promote NWCA online resources accessible to parents/athletes.
- Presenters might include coaches, athletic trainers, school nurses, health educators, dieticians, physiologists, etc.
- Documentation form and materials must be submitted by December 1<sup>st</sup>.

## **D. MINIMUM WEIGHT/WEIGHT CLASS ASSESSMENT**

1. Minimum Weight/Weight Class. Athletes may not participate in a weight class lower than the one determined by a hydration and body composition analysis with a minimum 7% criterion for males, 12% for females and an individualized maximum descent plan. (Exception – see D.6. “Naturally Occurring less than 7%/12%).

2. Assessment Procedures and Personnel. NMAA Wrestling Sport Specific Committee and NMATA shall establish procedures and personnel based upon current national standards.

- NMAA/NMATA will certify assessors and only those certified will be authorized to perform assessments and enter data.
- Assessment data will be entered into the National Wrestling Coaches Association Optimal Performance Calculator, tiered access via passwords will be established for assessors, NMAA staff, coaches, and participants/parents.

- Hydration test criterion of 1.025 specific gravity urine sample must be passed immediately prior to body composition assessment (reagent strips or refractometer). Athletes failing hydration test must wait at least 24 hours before re-testing.
- Body composition will be determined based upon leg to leg bio-electric impedance as measured by the Tanita TBF-300WA (In the interest of consistency, reliability, and equity, this will be the only method used).
- A fee of \$5.00 per athlete assessment will be charged and invoiced to the school by the NMAA based upon assessor's reports. Assessment fees shall be paid to assessors by the NMAA based upon assessor's reports.
- Any travel fees for cluster and regional assessments must be approved in advance by the NMAA shall be paid to the assessor by the NMAA.
- Travel fees for on-site school assessments must be arranged in advance and paid directly to the assessor by the host school.

**3. Fraudulent Behavior of Athletes. If an assessor deems an athlete to have cheated on the hydration, height, or weight assessments, he/she shall invalidate/delete that assessment and file an incident report to the NMAA (Scott Evans). Confirmed violations shall result in disciplinary action similar to a contest ejection. The athlete shall be suspended for the next contest, must comply with the *Pursuing Victory with Honor* program requirement (material review and essay), and will not be allowed to complete an assessment until the suspension and *PVWH* program requirements are met.**

4. Assessment Schedule. Assessments must be completed (including entry into the NWCA database) prior to participation in any wrestling event, at any level, in-state or out-of – state.

- Assessments may occur on an appointment basis anytime after the beginning of regular season practice (for 2009-10, November 2<sup>nd</sup>).
- Schools may request on-site assessments, but must pay applicable travel fees.
- Assessors should not, as a general rule, conduct assessments at their home school with only their own athletes in a single school, single assessor format.
- A cluster (see chart) location assessment shall be scheduled by certified assessors (with input from client schools) sometime during the 3<sup>rd</sup> week of regular season practice (for 2009-10, November 16-21). A second cluster/region assessment should be scheduled and advertised the first full week of the season following Thanksgiving. Additional assessments will be scheduled by assessors with input from client schools as needed, subject to availability of equipment and staff. Assessors are not “on call” 24/7.

5. Appeal Process. Student athletes may appeal by repeating the assessment process.

- Student-athletes are limited to one appeal and must pay applicable fees.
- Appeals must be completed between 1 and 14 days after the initial assessment
- Appeal weight shall not be less than 2% lower than original alpha weight (body weight from initial assessment). Appeal body weights lower than 2% will be adjusted upward by the assessor to meet the 2% restriction for NWCA OPC data entry.
- Pending an appeal, a student-athlete must compete in the weight class determined by the initial assessment and descent plan.

6. Criterion Variance. A variance of 1 lb. will be added to the 1 lb. clothing allowance (2.0 lbs. total) as part of the data entry into the Tanita TBF 300WA at the time of assessment.

7. Naturally Occuring less than 7% (M)/12% (F). Student athletes wishing to qualify for a lowest allowable weight class that is less than 7%/12% minimum weight because their “alpha” assessment was less than 7%/12% may qualify for a lower weight class not less than their “alpha” weight with a physician’s clearance. The physician’s clearance form must be submitted to NMAA (fax to 923.3114) immediately for adjustment of the NWCA OPC alpha master report. Please also note: a) The physician’s clearance form cannot be used to qualify an athlete for a minimum weight below their actual “alpha weight”, and b) The physician’s clearance form is not needed for an athlete whose body composition is less than 7%/12% but will wrestle at a weight class at or above their 7%/12% minimum wrestling weight. Coaches are reminded to check the actual minimum wrestling weight and weight class on their alpha master report before referring any athletes for Physician’s Clearance. Doing so will prevent unnecessary time and expense for forms that are not needed.

8. Data Management. NMAA will pay fees (currently \$30.00/school) enabling all certified assessors to enter weight management information into the NWCA OPC online system. Tiered access to data will allow NMAA staff, assessors, coaches, and participants/parents access to appropriate levels of weight calculation data as well as nutrition information.

## **E. MAXIMUM DESCENT PLANS**

1. Maximum Descent Plan (Weight Loss Per Week). NWCA online calculations will include a daily descent plan based upon a 1.5% weight loss maximum per week and a target date for achievement of the lowest allowable weight/weight class. Athletes may not compete at a weight class prior to the date indicated in their individual descent plan.

2. Cut-off Date. All descent plans will end on January 9<sup>th</sup>, 2010, prior to the award of a two pound growth allowance. Upon appeal to the executive director, a descent plan cut-off date may be extended for a participant descending to the 285 lb. weight class.

3. Late Assessments. Athletes with an initial assessment after the descent plan cut-off date will be limited to the minimum weight for which their actual body weight qualifies them without any growth allowance(s). An appeal is allowed, see D.4., above. Athletes will be limited to the minimum weight for which their actual appeal body weight qualifies them without any growth allowance(s), and is subject to the 2% maximum reduction in the alpha weight.

4. Growth Allowances. A two pound growth allowance will be awarded on January 10<sup>th</sup>, 2010. In no case will growth allowances be included in the calculation of the minimum wrestling weight.

5. 50% of Weigh-ins. Each wrestler is required to have at least one-half of weigh-ins during the season at the minimum weight class (or below) the wrestler will compete in at the state tournament.

6. Caution. It is the responsibility of the local school to insure that reasonable and healthy weight management practices are followed throughout the season. See section A.3.

