



2015-16

WRESTLING

WEIGHT MANAGEMENT PROGRAM

CIF COACHES MANUAL



10-29-15



TO: ATHLETIC DIRECTORS
HEAD WRESTLING COACHES

FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER

**SUBJECT: WEIGHT MANAGEMENT PROGRAM FOR THE 2015-16
WRESTLING SEASON**

DATE: OCTOBER 6, 2015

Here is some information on the process involved with the Wrestling Weight Management Program for the 2015-16 wrestling season. For more detailed information, please review the 310 Series, the Wrestling section of the 2015-2016 C.I.F. Southern Section Blue Book, pages 237-245.

NFHS Rules require that each state adopt a Weight Management Program for all wrestlers in that state. Therefore, it will be mandatory that all wrestlers in California participate in the National Wrestling Coaches Association Weight Management Program, which includes:

- Hydration testing
- Body composition assessment
- Establishment of a lowest allowable weight class for each wrestler
- Establishment of a safe weight loss program to arrive at the lowest allowable weight class
- Nutritional education

This program is mandatory under NFHS Rules. Wrestlers must get assessed using this program, and must follow the recommendations of their assessment, or they will not be allowed to compete during the regular season, or in the C.I.F. Southern Section Championships, Masters Meet or State Championships.

- 1) All wrestlers in California must be assessed using this program.
- 2) Each wrestler must abide by the recommendations of their assessment for their lowest allowable wrestling weight and the timeline to arrive at that weight.
- 3) Each wrestling coach must present proof of each wrestler's assessment, on what is called the Trackwrestling.com Weigh-In Form, prior to that wrestler competing in any dual meet, tournament or League Finals during the 2015-16 wrestling season.
- 4) Each wrestler must present, at weigh-in, their Weigh-In Form, which details the lowest allowable weight a wrestler can compete in at that particular event, prior to that wrestler competing in any dual meet, tournament or League Finals during the 2015-16 wrestling season.

If a wrestler competes without being assessed, showing proof of that assessment, or not following the recommendations on their TrackWrestling Weigh-In Form, that wrestler is ineligible.

- 1) The cost for each school to join the TrackWrestling Program is \$30.00 annually and includes membership in that organization. This allows coaches and wrestlers to be included in the TrackWrestling database. (www.trackwrestling.com). **Your school has been invoiced \$80.00 (\$50.00 to field the sport and \$30.00 for TrackWrestling Membership) with your C.I.F. Annual Dues Statement. Please make sure to remit payment to this office as soon as possible.**
- 2) Here is a summary of the Weight Management Program and the assessment process...
 - A) The wrestler is to provide a urine sample to have their hydration level tested. A drop of their urine will be examined on a refractometer, by a trained assessor, to determine hydration level. If a wrestler is not properly hydrated, they will not be allowed to proceed further. (Wrestlers must wait a minimum of 24 hours after a failed hydration test before they can be tested again.)
 - B) After a wrestler passes the hydration test, their height will be measured and they will proceed to the bio-impedance scale to be weighed, under the supervision of a certified assessor.
 - C) Within 72 hours, their weight will immediately be entered into a computer and the wrestler will be assigned a number and a password to enter the TrackWrestling database. This database will contain information on the lowest allowable weight class for that wrestler, along with a safe weight loss program to get to the lowest allowable weight and a nutrition plan for that weight loss.
 - D) After all of their wrestlers have been certified, each wrestling coach will be able to access on the TrackWrestling database, the TrackWrestling Weigh-In Form for all of their wrestlers, with information on each wrestler regarding lowest allowable weight, a timeline for safe weight loss and nutrition information. Throughout the 2015-16 wrestling season, coaches will be required to bring the TrackWrestling Weigh-In Form, for each of their wrestlers, with them to every competition their team enters.

Reminders

- E) 1% Variance – The assessment program will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (See 3103 A.2).
- F) Appeals – Wrestlers who wish to appeal their assessment may do so utilizing an air displacement machine, known as a Bod Pod. (See 3103 G).
- G) Wrestlers who are assessed and have a body fat percentage below 7% for males and 12% for females – Males who have a body fat percentage below 7%, and females who have a body fat percentage below 12%, must get a physician's clearance prior to competing. (See 3103 D).

If you have any questions, please do not hesitate to contact me.

CIF WRESTLING WEIGHT CERTIFICATION

OVERVIEW

The California Interscholastic Federation believes that one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. As required by the NFHS (Rule 1, Sec. 3, Art. 1-2), the CIF has instituted body composition testing programs in the past several years. The primary purpose of a body composition-testing program is to determine the lowest certifiable, safe and healthy weight for each wrestler in order to provide a safe wrestling experience for all high school wrestlers. The wrestler's lowest certifiable weight may not be his or her optimal competitive weight; it is simply the lowest, safe weight at which a wrestler may compete.

In addition to this Weight Certification Program, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and in a healthy and safe manner. This program has been developed in response to the need for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly, often in an unhealthy and unsafe manner, to gain a perceived advantage over their opponent. This Weight Certification Program is designed to assist wrestlers and coaches in avoiding potentially harmful, rapid weight reduction practices utilized to achieve specific weight class participation. Our CIF Assessors are a critical component of this program.

CIF member-schools sponsoring the sport of wrestling are required to participate in the assessment portion of the weight certification program established by the California Interscholastic Federation for all competing wrestlers, regardless of the level of competition. Any wrestler who has not completed the assessment process is ineligible for competition.

(NFHS Rule 1-3 & CIF Bylaws 3102 & 3103)

Approved by CIF Federated Council:

Bylaws 3103.A, 3103.D and 3103.F.

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

THE PROGRAM

Components

The program consists of two components:

1. CIF Assessors
2. The Body Composition Testing Program

CIF Master Assessors and CIF Assessors

1. In-service Instruction for CIF Assessors
 - a. The State CIF will conduct the in-service education program for at least one Head Master Assessor for each CIF section.
 - b. The Head Master Assessor(s) in each CIF Section will then certify individuals as Master Assessors who will in turn subsequently train, certify and register additional CIF Master Assessors in the procedures of the CIF Weight Certification Program and specifically the body composition testing.
 - c. The CIF and Section Assessor's program is designed to identify, select, train, certify and register individuals capable of training the CIF Assessors for the administering of the hydration testing and bioelectrical impedance aspect of the program.
 - d. Both CIF Master Assessors and CIF Assessors will be registered with the State CIF and will be the only individuals qualified to conduct assessments for CIF-member schools.
 - e. All CIF Certified Assessors are required to attend an annual in-service education class.
2. Professionalism/Privacy
 - a. When an individual is certified and registered with the CIF as a CIF Assessor, it is his/her professional responsibility to protect the integrity of the testing program, and ultimately, our student-athletes. There is an expectation of the highest professional and ethical conduct relative to performing assessments on our high school wrestlers in California. These student-athletes should be treated with the highest regard for their "right to privacy" and for the confidentiality of all data collected about them for this program.
 - b. CIF Assessors are expected to conduct themselves in a manner above reproach in regards to the professional standards of those working with athletes. There will be times when professional judgment will be necessary to clarify and validate the assessment process. The greater the depth of the CIF Assessor's understanding of body composition testing, the more competent he/she will be in representing the CIF, serving our student-athletes and administering the program in a professional and consistent manner.
3. Assessor's Responsibility: Assessors shall:
 - a. Annually be trained by CIF to be a CIF Certified Assessor.
 - b. Make themselves available to provide the assessment process for schools in their area in a reasonable time frame for the conduct of school academic and wrestling programs.

- c. Coordinate and schedule dates, times and appropriate locations for assessments of CIF-member schools.
- d. Conduct the assessments in a professional manner, treating each participant with respect, dignity and honesty.
- e. Insure the availability of the proper equipment in good working order prior to any scheduled assessment.
- f. Input, or cause to be inputted by someone not associated with the school being assessed, the measurements for each student-athlete within **72 hours** of the completion of the assessment.
- g. Collect and account for the assessment fees collected, distributing the breakdown of the fee as required.
- h. The following is a recommended list of supplies for the Assessor to have:

_____ Tanita TBF Model 300WA scale*	_____ Masking tape
_____ Refractometer*	_____ Clipboards or a suitable hard surface on which athletes can complete their forms
_____ Latex or Rubber Gloves *	_____ Extra rolls of thermal tape for readout unit*
_____ (do not have to be changed after every hydration test)	_____ Extra Individual Profile Forms*
_____ Paper cups (used for collection of urine samples)*	_____ Black pen, pencil, and black marker*
_____ Stir straws or pipettes (for obtaining drops of urine for hydration test)*	_____ Stapler--staples
_____ Towel(s) (to clean feet)	_____ Hand sanitizer
_____ Tissues (for wiping clean the refractometer after each individual reading)*	_____ Disinfectant cleaning spray(for cleaning scale)*
_____ Tape measure (for measuring height)*	_____ Eye shields/face shields (optional)
_____ Right angle square* (used for accuracy in measuring height) *	_____ Food Coloring or tidy bowl or dry urinals (to protect the integrity of the sample)

*Note: Each CIF Assessor and school should discuss what supplies the school must provide (e.g. if on-school site, computer hookup, tables etc.) CIF Assessors are expected in most cases to supply the basics needed for assessment.(items identified with a *) Some of the non-* items may be available at the school site. It is the Assessor's responsibility to make sure all equipment and supplies needed are on-hand and available for use.*

4. Set-Up for Assessment

- a. School shall provide volunteers to help with the assessment process, (school nurses, biology or health teachers, athletic trainers or persons with similar training are excellent assistants). At no time should the wrestling coach be allowed to assist in the assessment except as to control of wrestlers.
- b. Prior to the assessment of the wrestlers the assessor should set-up and/or inspect the area where testing will occur.
- c. It is critical that the Assessor insure the security of the facility and quickly evaluate the best way to protect the integrity of the assessment process.
- d. During the testing, wrestlers should move in an assembly style fashion through the testing process if their numbers dictate.
- e. Wrestlers should enter a secured restroom supervised by school personnel without being out of the sight of any monitors or being in a position to pass urine samples among other wrestlers. The wrestler shall then proceed to the CIF Assessor who will determine, with a refractometer, if the wrestler is properly hydrated.

5. Meeting with All School-Provided Personnel

It is suggested that after the set-up is completed, the Assessor shall meet with all personnel who will be involved with the assessment process and review their location and responsibilities during the assessment process.

6. Meeting with Wrestlers Prior to Testing

Once the set-up is completed and the Assessor has met with each of the school personnel who will be involved with the assessment process, it is suggested that the Assessor meet with the wrestlers and review with the wrestlers the entire process. A recommended sample agenda is:

1. Welcome
2. Assessor's Role
3. Authority of School Personnel and Assessor
4. Individual Profile Form
5. Testing Process
 - a. Collection of Urine Sample
 - b. Record Height
 - c. Bio-impedance Assessment

Body Composition Testing

1. National Wrestling Coaches Association

- a. Prior to any wrestlers being presented for assessment, it is mandatory that each school register with the National Wrestling Coaches Association. Upon successful registration with the TRACKWRESTLING, each school will be issued its User ID and Password by its CIF Section for the use of the AD and Coach. This registration requires an annual fee of \$30 per school.
- b. The CIF will utilize the TRACKWRESTLING Optimal Performance Calculator on their web page (www.TrackWrestling.com) as the mechanism to calculate the certified minimum weight and Individual Weight Loss Plan for each wrestler as well as the alpha-master report for each school.
- c. The \$30 registration fee allows each coach or AD to access all of their individual wrestler's information. In addition, following the assessment and entry of their data into the computer by the CIF Assessor, each wrestler will have access, via their own password, to their individual information and the nutritional information available on the TRACKWRESTLING site.



www.TrackWrestling.com

2. Time Period for Assessments
 - a. Assessments may begin on October 15th.
 - b. Wrestlers may be measured on or following that date.
 - c. All wrestlers, including those coming out late, must be assessed and have their minimum weight established before competing.
 - d. The deadline for assessment is January 15th. Assessors shall not conduct assessments after January 15th unless a hardship waiver has been granted by the CIF Section. (CIF Bylaw 3103.B.(3).a)
 - e. Wrestlers requesting an appeal of the assessment results, must do so within 14 days of the assessment they are appealing (CIF Bylaw 3103.G.)

3. School's Responsibilities for the Assessment Process
 - a. Register with your CIF Section to receive your User ID and password. The wrestling coach or other school personnel should bring this school ID# to any and all assessments.
 - b. Each CIF Section Office will outline the procedures for assessment of wrestlers.
 - c. The school administration or their designee must take reasonable precautions to insure the accuracy and validity of the entire assessment process (see procedures below). If the assessments are to be conducted on school grounds, the school will need to provide a facility that is adequate and has immediate access to bathroom facilities. That would include, but not be limited to the following:
 1. A school official(s) (e.g. A.D., non-wrestling coach, teacher, VP, Dean, etc.) who will help with the assessment. Urine sample collection **MUST** be supervised by school personnel.
 2. Schools having female wrestlers are responsible for providing a female school official to assist in securing the urine sample.
 - d. Each CIF Section Office will provide a packet of information to each school.
 - e. Prior to the assessment the school administration, or their designee, shall inform each wrestler of the importance of hydration for the assessment process.
 - f. Each Wrestler shall be provided with an Individual Profile Form that will be used for the assessment (ATTACHED).
 - g. Schools should confirm that they have a Parental Permission Form for each wrestler (ATTACHED). The completed Parental Permission Form should be kept on file at the school for one year.
 - h. Wrestlers should have their Individual Profile Form completed with all their personal information prior to arriving at the scheduled assessment.
 - i. Assessments should not be performed after practice or after a workout.
 - j. Each school is responsible for ensuring that **ALL WRESTLERS** have completed the assessment process and have their own Individual Weight Loss Plan prior to competition. They are considered an ineligible athlete until this aspect of their eligibility is confirmed by the school.
 - k. It is mandatory that coaches carry their school's current TRACKWRESTLING Weigh-In Form Report to every competition. (CIF Bylaw 3102.C.)
 - l. It is mandatory that each wrestler present their TRACKWRESTLING Weigh-In Form at weigh-in for all competitions. (CIF Bylaw 3102. D.)
 - m. Appeal Process—CIF Bylaw 3103.G.

Hydration

Testing to determine a wrestler's hydration status as part of a minimum competitive weight assessment process has been embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations. In part due to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthful nutrition habits, hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers. Therefore:

- a. Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can proceed further with the CIF Weight Management Assessment process.
- b. Refractometers will be used to measure the hydration level of each wrestler through the testing of a urine sample prior to the assessment process continuing.
- c. Only a CIF Assessor, who has successfully completed the CIF in-service education program, may conduct body composition assessments for CIF wrestlers.
- d. Wrestlers who fail the hydration test will be instructed that they will need to reschedule their assessment no sooner than 24 hours following the time of test failure and will be responsible for the payment of another assessment fee.

Hydration testing **MUST** be done immediately prior to and at the same site where the body composition testing (using the Tanita scale) occurs.

Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessments requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is 1.026 or higher) assessments are **NOT** to be taken. Re-testing may occur **NO SOONER THAN 24 HOURS AFTER THE FAILED HYDRATION TEST.**

1. Obtaining a Urine Sample

To assure an appropriate urine sample has been collected for testing the following procedures are required

- a. AREA: A bathroom with toilet(s) or urinal(s) can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriately disposing of the urine must be available as well.
- b. SAFETY: Use gloves when measuring the urine and appropriately dispose of the urine.
- c. COLLECTION CONTAINERS: Disposable cups of sufficient size to provide a 20-30 ml (1-2 oz) urine sample can be used by the wrestler to collect the sample.
- d. COLLECTING THE SAMPLE: Wrestlers should report to the assessment in weigh-in attire only (singlet or t-shirt and shorts).

2. School Personnel

Personnel must insure that the wrestler has provided a sample of their own urine. Reasonable supervision is the key.

- a. Wrestlers should not have access to sinks where water can be added to their samples.
- b. Colored dye, tidy-bowl or other agents to color the toilet water may be added to the toilet so that wrestlers will not be tempted to dip their cup in the toilet water.

- c. School personnel must:
 - i. supervise the process of urine sample collection. However, this does not mean witnessing the sample going from the body into the cup.
 - ii. insure that conditions do not exist that could compromise the integrity of the urine sample collection (bulky clothes, other containers, dipping the cup into the toilet water, horseplay, etc).
 - iii. be in all traffic areas between the collection area and the testing area if they are in different places.
- d. Any problems in the urine collection of a wrestler necessitates voiding their sample and the collection of another sample under closer supervision.
- e. Normally one to three wrestlers can be supervised at one time by school personnel.

3. Recommended Procedures

The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and maximize the wrestler's right to privacy.

- a. Mark each urine collection cup to identify each wrestler.
- b. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
- c. Instruct the wrestler to begin urinating; first allowing a small amount to fall into the toilet bowl (this clears the urethra contaminants). Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
- d. After collection of the urine by the wrestler, appropriate personnel should insure that the urine is warm by feel on the outside of the collection cup.
- e. If the urine is cold or suspect, reject that sample and require the wrestler to provide another sample under closer supervision.
- f. Once completed, the wrestler will give their sample to the proper authority and move along through the assessment process.
- g. When directed, wrestlers shall dispose of their own urine sample.

4. Testing the Sample

Only urine specific gravity refractometers will be used to measure hydration levels.

- a. CHECK CALIBRATION of the refractometer prior to the first test of any assessment day.
 - i. Open the daylight plate and place a few drops of distilled or tap water on the face of the prism. Close the daylight plate gently.
 - ii. Adjust the scale into focus by turning the eyepiece.
 - iii. If the boundary line does not coincide with the 1.000 line, make an adjustment by turning the scale adjusting screw.
 - iv. DO NOT turn the scale adjustment screw unreasonably. If it is excessively turned, it may cause breakdown of the refractometer!
- b. The Assessor shall mix the urine well by swirling the collection container
- c. The Assessor shall place a drop or two of urine on the lens of the refractometer and read the specific gravity for that sample.
- d. The following scale will be used by the Assessor to mark the specific gravity measurement:

Specific Gravity	<u>PASS</u>						<u>FAIL</u>
	1.000	1.005	1.010	1.015	1.020	1.025	1.026

- e. The Assessor will then record the reading on the wrestler's Individual Profile Form by checking Pass or Fail.
- f. Measurements greater than 1.025 will disqualify the athlete from continuing with the rest of the assessment. Any wrestler not properly hydrated may not be assessed further and must wait a minimum of **24 hours** before being assessed again. They will not be refunded their assessment fee and must pay another assessment fee the next time they appear for assessment.
- g. Wrestlers who pass the hydration test, will move on to the next step in the assessment process.
- h. **CLEAN AFTER EACH USE**
 - i. Wipe clean after each sample using a tissue
 - ii. If the surface is smeared with oil or similar liquids it will repel the sample. Wipe off such an oil smear with warm water.
 - iii. Do NOT run the refractometer under the faucet to clean—you should never splash water on the unit.

Measurement of Height

The next step in the process is to accurately measure the height of the wrestler.

Assessors or their assistants shall measure the wrestler's height to the nearest $\frac{1}{4}$ " and record that height on the wrestler's Individual Profile Form; $\frac{1}{4}$ " and below round down; above $\frac{1}{4}$ " and below $\frac{3}{4}$ " should be entered as $\frac{1}{2}$ "; $\frac{3}{4}$ " and over should be rounded up to the next inch.

Wrestlers should be measured in their bare feet.

EXAMPLES	
From 6' < 6" $\frac{1}{4}$ " = 6'0"	Entered as 6.00
Between 6' $\frac{1}{4}$ " and < 6' $\frac{3}{4}$ " = 6' $\frac{1}{2}$ "	Entered as 6.05
From 6' $\frac{3}{4}$ " to 6' 1" = 6'1"	Entered as 6.10

Body Composition Measurement

1. Tanita Scale Set-up

Prior to the first assessment on any day or after the scale has been turned off for more than 30 minutes or so, you must follow steps a-c below.

- a. **SETTING THE NUMBER OF PRINTOUTS AND LANGUAGE**
(pg. 25 Tanita Instruction Manual). This should be defaulted and already set for two printouts. It is a requirement that assessors print a minimum of one tape printout for each wrestler per assessment and one printout for the assessor's records. You may be asked to printout directions on page 25. Otherwise skip to (b) below.
- b. **SET TO WRESTLER'S MODE** (pg. 21 Tanita Instruction Manual).
 - i. While holding down the 9 key, push the on/off button to turn the control box on.
 - ii. The screen should show "rse" on the screen. This is your confirmation that you are in wrestler's mode.
 - iii. "rse" will flash off and you should see the arrow pointing to "clothes" flashing and a 0.0 next to lb/st.lb.
 - iv. If the 0.0 is next to kg, push the blue kg/lb button immediately below the screen. This should move that 0.0 to lbs/st.lb on the screen

- c. SET TO THE “GOAL” MODE-7% (pg 22 Tanita Instruction Manual)
 - i. Turn the control box off by pushing the on/off button.
 - ii. Hold down the 7 key while pushing the on/off button.
 - iii. The screen should now display “rse goal 07” This shows that you are in the high school mode for the lowest % of body fat (7%).
 - iv. “rse goal 07” will flash off and you should see the arrow pointing to “clothes” flashing and a 0.0 next to lb/st.lb
- d. ENTER “0.0” for WEIGHT OF CLOTHING
- e. After setting up the scale per instructions in a-e, the remaining instructions will be followed for every assessment:

2. Tanita Scale Assessments

- a. The control panel will be flashing arrows next to male female and standard. Push the appropriate blue “**standard male**” or pink “**standard female**” button below the screen.
- b. Wrestler’s age arrow will flash—enter the two digit age of the wrestler
- c. Wrestler’s height arrow will flash next to ft.in (if flashing next to cm push blue kg/lb button below screen)--enter the height to the $\frac{1}{2}$ ”. The scale will wait for you to enter the height to the $\frac{1}{2}$ ”. If the student is exactly six feet tall you must enter “6.00” (6 point 00); $\frac{1}{4}$ ” and below round down; above $\frac{1}{4}$ ” and below $\frac{3}{4}$ ” should be entered as $\frac{1}{2}$ ”; $\frac{3}{4}$ ” and over should be rounded up to the next inch.

EXAMPLES

From 6’ to < 6’ $\frac{1}{4}$ ” = 6’0”

Entered as 6.00

Between 6’ $\frac{1}{4}$ ” and < 6’ $\frac{3}{4}$ ” = 6’1/2”

Entered as 6.05

From 6’ $\frac{3}{4}$ ” to 6’ 1” = 6’1”

Entered as 6.10

- d. The screen will now flash “Goal”. This is in no way related to the wrestling mode and by entering 0.0 you can bypass this.
- e. The screen will now flash “Step On”. The athlete should be dressed properly and be barefoot.
- f. Have the athlete wipe their feet on a towel prior to stepping on the scale.
- g. The wrestler remains on the scale until you hear a “beep”, after which the wrestler steps off of the scale.
- h. The scale will automatically provide both tape printout profile of the wrestler.
- i. After testing each wrestler wipe the scale surface with cleaning solution.
- j. Record Tanita FAT % and weight on the Individual Profile Form. An additional person can be used to record measurements on the Individual Profile Form.
- k. Staple the thermal paper assessment printout to the Individual Profile Form.
- l. Sign and Date the Individual Profile Form.

Link to Instructions on how to navigate TrackWrestling.com

<http://www.trackwrestling.com/tw/FAQPlan.jsp?planId=141049009>

During the Season

1. Individual Weight Loss Plan
 - a. A weight loss limit of 1.5 percent of their alpha weight per week has been established.
 - b. A wrestler will not be allowed to wrestle at any time in a weight class that would require them to lose more than 1.5 percent of their alpha weight per week from the original date of assessment.
 - c. Each wrestler is required to weigh-in with his/her TRACKWRESTLING Weigh-In form at all competitions up to and including the competition that begins the CIF State Championship series.
 - d. Protests will be handled according to CIF Section guidelines.
2. Requirements at weigh-ins:
 - a. Per NFHS Rule 4-4-2 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.
 - b. If the wrestler weighs in one weight class below their lowest allowable weight class per their Weigh-In Form, they are eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two weight classes listed for that week on their Weigh-In Form.
 - c. If the wrestler weighs in two or more weight classes below their lowest allowable weight class per their Weigh-In Form, they are ineligible to wrestle in any weight class at that competition.
 - d. If the wrestler weighs in at a weight class higher than their allowable weight classes per their Weigh-In Form, they may wrestle in compliance with NFHS Rule 4-4-2; 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.
 - e. Each wrestler is required to weigh in with his/her TRACKWRESTLING Weigh-In Form at all competitions up to and including the competition that begins the CIF State Championship series. Wrestlers who do not have their Individual Weight Loss Plan are not eligible for that competition.
3. Alpha Master Report
 - a. Each coach is required to bring his/her team's TRACKWRESTLING Weigh-In Form to all competitions, including the CIF State Wrestling Championships.
 - b. PENALTLY: The entire team is ineligible to compete and charged with a forfeit of that competition.
 - c. Wrestlers not appearing on the TRACKWRESTLING Weigh-In Form will NOT be permitted to wrestle.
4. Growth Allowance (CIF bylaw 3103 E)
 - a. Growth allowance will be two pounds per weight class after January 15th.

5. Appeal Process (CIF bylaw 3103 G.)

All athletes will be able to appeal his or her body composition measurements one time by reassessment.

a. Appeal Process #1 - Repeat Initial Assessment. This must be done in accordance with CIF Bylaw 3103 G. Appeal Process #1 may be bypassed and only Appeal Process #2 completed. The steps of the Appeal Process #1 are as follows:

1. The wrestler repeats the initial assessment process.
2. The same CIF Assessor may conduct the reassessment or the school may contact another CIF Assessor to do the reassessment.
3. The fee for this reassessment is the responsibility of the athlete and/or school.
4. Provide wrestler ID# from the TRACKWRESTLING Weigh-In Form.
5. Reassessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
6. Failure to adhere to these regulations will result in a denial of the appeal.

b. Appeal Process #2 - Air Displacement Body Composition.

1. If dissatisfied with the results, the wrestler may choose air displacement measurement (BodPod) to assess body fat percentage from a list of approved facilities (attached).
2. Results of this step shall be final and no further appeal will be allowed.
3. The school should file an "Air Displacement Body Composition Report Form" prior to BodPod assessment.
4. Air displacement may be performed within the 14 days of initial assessment at any time prior to the wrestler's first competition but must be reported to and approved by the Section Office 72 hours prior to competition. A wrestler may not wrestle until the appropriate Section Office has updated the team's Alpha Master List.
5. It will be the responsibility of the appellant to contact a facility that has a Bod Pod to perform the test and will be required to pay the fee for the assessment.
6. Weight loss during the 14-day appeal period is governed by CIF Bylaw 3103.G.

6. Clearance for Student Under Minimum % Body Fat

Any wrestler whose body fat percentage at the time of assessment (Alpha Date) is below 7% for boys or 12% for girls, must obtain in writing a licensed physician's (M.D. or D.O.) clearance also signed by the school principal, parent and wrestling coach stating that the athlete can compete at this sub-7% body fat for boys or sub-12% body fat for girls. **Until such form is completed, received and clearance is input into TrackWrestling.com by the CIF Section Office, the wrestler remains ineligible.**

WRESTLING WEIGHT MANAGEMENT PROGRAM

CIF ASSESSOR MANUAL

APPENDIX

- TERMS-DEFINITIONS
- PARENTAL PERMISSION FORM (SAMPLE)
- PARENTAL PERMISSION FORM (IN SPANISH)
- TIPS FOR HYDRATION
- CIF INDIVIDUAL PROFILE FORM (SAMPLE)
- LIST OF APPROVED CIF BODPOD FACILITIES
- BODPOD APPEAL RESULTS FORM (SAMPLE)
- PHYSICIANS CLEARANCE FORM (-7%/-12%) (SAMPLE)
- CURRENT LIST OF CIF-SS MASTER ASSESSORS

WRESTLING WEIGHT MANAGEMENT PROGRAM

Terms-Definitions-Contacts

PASSWORDS—USER ID'S ETC.

ASSESSOR ID Each CIF Assessor has an assigned User ID, received directly from CIF upon completion of training. This should not be used by anyone other than the Assessor him/herself. This # along with the password below allows for input of data into TRACKWRESTLING web page. Obviously, compromise of privacy and accuracy would be jeopardized if anyone other than a trained CIF Assessor had such access.

ASSESSOR PASSWORD Each CIF Assessor has an assigned password, received directly from CIF upon completion of training. This password should not be used by anyone other than the Assessor him/herself.

SCHOOL ASSESSOR PASSWORD (SAP)—Each CIF member school is assigned such a number by TRACKWRESTLING upon completion of the registration of their school. The Section will provide Assessors with the SAP for each school in the area they will be serving. These **SHOULD NOT BE SHARED WITH SCHOOLS/COACHES/PARENTS** or anyone else other than the CIF Assessor to whom they have been given—again this provides access to input and view data on the TRACKWRESTLING site. Schools have no reason to have access to anything on the site other than their own school information, which is protected by the School User ID# and Coach password described below. No Assessor should need to get this from another as all have been provided with a complete list and they are available from the Section staff if needed.

SCHOOL USER ID # —These are issued to our CIF member schools by the Section Office. They are issued by TRACKWRESTLING upon satisfactory registration by a school (including payment of the \$30 registration fee) with TRACKWRESTLING. STUDENTS, PARENTS, NO ONE ELSE should ever have access to this School User ID #. This ID number and password below provides access, on the TRACKWRESTLING web site, to all that school's wrestler's individual information. We suggest that the Principal, AD and Coach are the only ones with access to this number. (This number is sometimes referred to as the TRACKWRESTLING Card #)

COACH PASSWORD— These are issued to our CIF member schools by the Section Office. They are issued by TRACKWRESTLING upon satisfactory registration by a school (including payment of the \$30 registration fee) with TRACKWRESTLING. This along with the School User ID # immediately above, provides access, on the TRACKWRESTLING web site, to all of that school's wrestler's individual information. We suggest that the Principal, AD and Coach are the only ones with access to this number. (This number is also sometimes referred to as the TRACKWRESTLING Card password). This password can be changed once on the site. AGAIN, we recommend that the password be shared with the Principal, Athletic Director and Coach ONLY. STUDENTS, PARENTS, ASSESSORS, NO ONE ELSE should ever have access to this password.

WRESTLER INDIVIDUAL PASSWORD—These will be assigned to each individual wrestler once they access the TRACKWRESTLING web site AFTER the Assessor has entered their data on the web site.



To: Wrestling Parents
SUBJECT: CIF WRESTLING WEIGHT CERTIFICATION PROGRAM
* Required procedure for 2015-2016 Wrestling Season.

The CIF is committed to the safety of our student-athletes as one of our highest priorities. After careful and thorough discussion and analysis, we have adopted the CIF Weight Certification program that is required by NFHS Wrestling Rules. This program follows guidelines embraced in recent years by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and other various athletic associations.

CIF believes this weight certification program will provide a healthy weight management regiment for your son or daughter. This nationally-recognized program has been adopted and is required for All CIF wrestlers, with the hope that it will decrease the probability of health risks to any CIF wrestler who might be instructed or choose to utilize unhealthy practices in order to “make weight.”

This is to inform you of the basic components of the program and also obtain your permission as parents for your son or daughter to participate in the CIF Weight Management Certification process, as a requirement to participate in wrestling competition in the CIF at any level for this coming season. After you read through this material, if you have additional questions, please contact your school’s Athletic Director or Principal. They should be able to provide you with additional details as requested.

The CIF Weight Certification program has two basic components:

- 1) Nutrition Education and
- 2) Establishment of a healthy minimum weight for each wrestler

The CIF Weight Certification program does not allow the body fat percentage of student-athletes to fall below a certain level:

- Male wrestlers must maintain a minimum of 7% body fat
- Female wrestlers must maintain a minimum of 12% body fat

The CIF Weight Certification Program sets a healthy limit for how much and how quickly they are allowed to safely reduce their weight. The CIF Weight Certification Program controls the rate of weight loss and also establishes an acceptable, healthy minimum weight for each wrestler through the use of a bioelectrical impedance measurement (Tanita scale).

The first step in the CIF Weight Certification Program is to test the hydration level of each wrestler. Wrestlers who are not properly hydrated will not be able to participate in the assessment, as the assessment equipment will not measure the correct percentage of body fat if a wrestler is dehydrated. The initial step in this weight certification program, therefore, requires that a sample of urine from every wrestler be tested to confirm that each wrestler is properly hydrated and can proceed with the measurement of that wrestler’s current percentage of body fat. If the wrestler is not sufficiently hydrated (i.e. specific gravity of the urine is over 1.025) the assessment for percentage of body fat will not be conducted, and will require a re-assessment at a later date (no sooner than 24 hours after the first hydration assessment).

The second step is to measure the current percentage of body fat of the wrestlers. This will be measured when the wrestler steps on the Tanita scale. This scale uses bioelectrical impedance analysis techniques. A low level electrical signal is sent through the lower extremities and the body’s electrical resistance is recorded. Using this information, the body fat of the individual is determined.

It is recommended by the National Institute of Health that individuals who have implanted defibrillators should not participate in this test. In addition, there is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy

If your son or daughter is planning to participate in wrestling this school year in any CIF-member school program at any level, you must read, sign and return, to your son or daughter's school, the attached Parental Permission Form before an assessment can be performed.

These minimum weight assessments must take place between October 15 and January 15. Each school's wrestling coach and athletic director will be scheduling these assessments on behalf of all the wrestlers at your school. EARLY assessment is better as no student-athlete will be allowed to compete in any wrestling competition for their school until the assessment is completed and entered into the TRACKWRESTLING data base. Each school's coach or athletic director will have access to all of their wrestler's information protected by a password. While we are recommending to you as parents that wrestlers follow the program for healthy weight loss this school year, we are mandating that every wrestler be assessed prior to ANY competition. If a wrestler is not assessed they will not be able to compete in any CIF wrestling competition for this school year.

Wrestling is a great CIF sport and we continue to work together with wrestling experts across the country and locally to provide your son or daughter with information on how to manage their wrestling weight goals in a safe and healthy manner.

PARENTAL PERMISSION FORM ATTACHED



10932 Pine Street, Los Alamitos, CA 90720-2428
(562) 493-9500 Fax (562) 493-6266

PARENTAL PERMISSION FORM

I hereby grant _____ high school permission to allow a hydration assessment to be performed by a CIF Certified Assessor on a urine sample provided by my son/daughter for the purpose of determining if the appropriate hydration level has been met under the CIF Wrestling Weight Certification Program. I understand that the CIF requires this assessment to be completed in order for my son/daughter to be eligible to compete in wrestling in any CIF competition for the 2015-2016 school year.

By my signature below I understand that my son/daughter agree to the following:

- A 20-30ml (1-2 oz) urine sample will be provided by my /son/daughter in a restroom facility for the sole purpose of being analyzed for the hydration (specific gravity) to be measured and recorded by a CIF Assessor.
- My son/daughter's sample will remain in their possession and under their direct supervision throughout the assessment. They will dispose of their own sample upon completion of the assessment.

I further understand the following:

- The location where the sample is being provided will be supervised by school personnel to ensure that the wrestler has provided a sample of his/her own urine without any contamination (females will supervise locations used by female wrestlers; males will supervise locations used by male wrestlers).
- Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
- Other than for the hydration testing, the urine sample provided will not be used for any other type of analysis or testing.
- The National Institute of Health recommends that individuals who have implanted defibrillators should not participate in this test. There is no scientific evidence that bioelectrical impedance is safe on the fetus during pregnancy.

I hereby agree to release, discharge and forever hold harmless the CIF, the school and CIF Certified Assessors from any and all claims, which I might now, or hereby have with respect to the urine testing I am consenting to herein. I am free to deny any consent for my son/daughter both now and at any point during the testing.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the hydration testing procedure in which my son/daughter will be engaged. I consent and give permission for my son/daughter to participate in this hydration testing.

DATE _____

NAME OF STUDENT-ATHLETE _____

STUDENT SIGNATURE _____

NAME OF PARENT/GUARDIAN _____

PARENT/GUARDIAN SIGNATURE _____

PLEASE RETURN NO LATER THAN _____, 2015____

TO: (INSERT SCHOOL INFORMATION HERE)



PARA: Todos los padres/tutores de los estudiantes atletas de CIF que participan en el deporte de la lucha

La CIF está comprometida con la seguridad de nuestros estudiantes atletas como una de sus prioridades más importantes. Después de un debate y análisis cuidadoso, hemos adoptado el programa de Certificación de Peso de CIF que es requerido por el reglamento de lucha NFHS. Este programa sigue los lineamientos adoptados en años recientes por la comunidad de medicina deportiva, así como las entidades dirigentes de deportes (NFHS, NCAA), entrenadores y otras varias asociaciones atléticas.

CIF está convencida de que su programa de certificación de peso proporcionará un plan de control de peso sano para su hija o hijo. Este programa reconocido nacionalmente ha sido adoptado y se les requiere a TODOS nuestros luchadores de CIF, con la esperanza de que disminuirá la probabilidad de riesgos a la salud de cualquier luchador o luchadora de CIF quien podría ser instruido(a) o elija utilizar prácticas no saludables con el propósito de "ganar peso."

Esta carta tiene el objetivo de informarles los componentes básicos del programa y también obtener su permiso como padres para que su hijo o hija pueda participar en el proceso de Certificación de Control de Peso de la CIF como un requisito para participar en competencias deportivas de lucha en la CIF en cualquier nivel para la próxima temporada. Después de que lean este material informativo, si tienen preguntas adicionales, por favor comuníquense con el Director Atlético o con la Directora o Director de su escuela. Ellos podrán proporcionarles detalles adicionales a sus preguntas específicas.

El programa de Certificación de Peso de la CIF tiene dos componentes básicos:

- 1) Educación de nutrición y
- 2) Establecimiento de un peso mínimo saludable para cada luchador/luchadora.

El programa de Certificación de Peso de la CIF no permite que el porcentaje de grasa corporal de los estudiantes atletas sea menor de un cierto nivel:

- los luchadores varones deben mantener un mínimo del 7% de grasa corporal.
- las luchadoras deben mantener un mínimo del 12% de grasa corporal.

El Programa de Certificación de Peso de la CIF establece un límite saludable en relación a cuánto y qué tan rápido se les permite a ellos reducir de manera segura su peso. El Programa de Certificación de Peso de la CIF controla la tasa de pérdida de peso y también establece un peso mínimo aceptable y saludable para cada luchador/luchadora a través del uso de un análisis de impedancia bioeléctrica (báscula Tanita). El primer paso en el Programa de Certificación de Peso de la CIF es examinar el nivel de hidratación de cada luchador/luchadora. Los luchadores que no estén adecuadamente hidratados, no podrán participar en la evaluación, ya que el equipo de evaluación no medirá el porcentaje correcto de grasa corporal si un luchador/luchadora está deshidratado. Por lo tanto, el paso inicial en este programa de Certificación de Peso de la CIF, requiere que a cada luchador/luchadora se le haga un examen de orina para confirmar que esté adecuadamente hidratado(a) y pueda proseguir con la medida de su porcentaje de grasa corporal actual. Si el luchador/luchadora no está suficientemente hidratado(a) (por ej.: la densidad específica de la orina es más alta de 1.025) no se llevará a cabo la evaluación del porcentaje de la grasa corporal, y se requerirá una reevaluación en una fecha posterior (no antes de 24 horas después de la primera evaluación de hidratación).

El segundo paso es medir el porcentaje actual de la grasa corporal de los luchadores. Éste se medirá cuando el luchador/luchadora se suba a la báscula Tanita. Esta báscula usa técnicas de análisis de impedancia bioeléctricas. Una señal eléctrica de bajo nivel es enviada a través de las extremidades inferiores y de esa manera se registra la resistencia eléctrica del cuerpo. Usando esa información, se determina la grasa corporal del individuo.

El Instituto Nacional de la Salud recomienda que los individuos que tengan desfibriladores implantados no deberán participar en este examen. No existe evidencia científica de que la impedancia bioeléctrica sea segura para el feto durante el embarazo.

Si su hijo o hija está planeando participar en el deporte de lucha este año escolar en cualquier programa de escuela miembro de la CIF, a cualquier nivel, usted debe leer con atención, firmar y devolver a la escuela de su estudiante el Formulario de Permiso de los Padres aquí incluido antes de que se pueda realizar una evaluación.

Estas evaluaciones de peso mínimo deben llevarse a cabo entre el 15 de octubre y el 15 de enero. El entrenador del deporte de lucha de cada escuela y el director atlético programarán estas evaluaciones para todos los luchadores en su escuela. La evaluación TEMPRANA es mucho más recomendable ya que a ningún estudiante atleta se le permitirá participar en ninguna competencia de lucha para su escuela hasta que se haya completado su evaluación y los resultados se hayan registrado en el banco de datos de la TRACKWRESTLING (Asociación Nacional de Entrenadores de Lucha). Cada luchador o luchadora tendrá acceso únicamente a su propia información publicada en la página de Internet y a la información relacionada con su nutrición individual por medio de una contraseña (password) personal. Cada entrenador o director atlético tendrá acceso a toda la información de los luchadores de su escuela la cual estará protegida por una contraseña. Mientras que nosotros les recomendamos a ustedes como padres que los luchadores sigan el programa para una pérdida de peso saludable este año escolar, solicitamos como requisito obligatorio que cada luchador/luchadora sea evaluado(a) antes de que se lleve a cabo CUALQUIER competencia. Si un luchador o luchadora no es evaluado(a) definitivamente no podrá participar en ninguna competencia de lucha de la CIF durante este año escolar.

La lucha es un magnífico deporte de la CIF y continuamos trabajando en colaboración con expertos en el deporte de lucha de todo el país y localmente con el fin de proporcionarle a su hijo o hija la información adecuada para controlar sus metas de peso en dicho deporte de una manera segura y saludable.

FORMULARIO DE PERMISO DE LOS PADRES INCLUIDO

FORMULARIO DE PERMISO DE LOS PADRES

Por medio de la presente otorgo a la escuela preparatoria _____ mi permiso para que un Asesor Certificado por la CIF lleve a cabo una evaluación de hidratación en una muestra de orina que proporcione mi hijo/hija con el propósito de determinar si se ha cumplido el nivel de hidratación apropiado bajo el Programa de Certificación de Peso para el deporte de Lucha de la CIF. Yo entiendo que la CIF requiere que se lleve a cabo esta evaluación con el fin de que mi hijo/hija sea elegible para competir en el deporte de lucha en cualquier competencia de la CIF durante el año escolar 2014-2015.

Mi firma al calce de este documento indica que yo entiendo que mi hijo/hija está de acuerdo con lo siguiente:

- Mi hijo/hija proporcionará un muestra de orina de 20-30 ml (1-2 oz) en una instalación sanitaria o baño con el único propósito de hacer que una gota de dicha muestra de orina sea analizada para constatar su hidratación (densidad específica) con el fin de que un Asesor Certificado por la CIF la mida y registre los resultados.
- La muestra de mi hijo/hija permanecerá en su posesión y bajo su supervisión directa a lo largo de toda la evaluación. Ellos desecharán su propia muestra cuando se complete y finalice la evaluación.

Además entiendo lo siguiente:

- El lugar donde se proporcione la muestra de orina será supervisado por personal de la escuela con el fin de asegurar que el luchador/luchadora ha proporcionado una muestra de su propia orina sin ninguna contaminación (personas adultas del sexo femenino supervisarán los lugares que usen las luchadoras; adultos varones supervisarán los lugares que usen los luchadores varones).
- Se tomarán todas las medidas razonables para asegurar la privacidad del luchador/luchadora cuando él o ella entregue su muestra de orina.
- Aparte de el examen de hidratación, la muestra de orina proporcionada no se usará para ningún otro tipo de análisis o examinación.
- El Instituto Nacional de la Salud recomienda que los individuos que tengan desfibriladores implantados no deberán participar en este examen. No existe evidencia científica de que la impedancia bioeléctrica sea segura para el feto durante el embarazo.

Por medio de la presente estoy de acuerdo con librar y para siempre eximir de cualquier responsabilidad a la CIF, a la escuela y a los Asesores Certificados de la CIF de cualesquiera y todos las reclamaciones, que pudiera yo tener ahora, o después, con respecto al análisis de orina que estoy autorizando y para el cual estoy dando mi consentimiento como lo indica mi firma al calce de este documento. Soy libre de negar cualquier consentimiento, permiso o autorización para mi hijo/hija tanto ahora mismo como en cualquier punto o momento durante la examinación.

Reconozco que he leído este formulario completamente o que alguien me lo ha leído, y entiendo el proceso de análisis de hidratación en el cual participará mi hijo/hija. Doy mi consentimiento y permiso para que mi hijo o hija participe en este análisis de hidratación.

FECHA _____

NOMBRE DEL ESTUDIANTE-ATLETA _____

FIRMA DEL ALUMNO _____

NOMBRE DE LOS PADRES O TUTOR(ES) _____

FIRMA DE LOS PADRES O TUTOR(ES) _____

FAVOR DE ENTREGAR A MÁS TARDAR EL _____, 201_____

INSERT SCHOOL INFORMATION HERE

STAYING HYDRATED FOR TOP PERFORMANCE *(And Passing the Hydration Test for Body Composition Assessment)*

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical to optimal athletic and wrestling performance. *Dehydration compromises muscular endurance and strength.* Dehydration also decreases blood volume, which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).

The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your measurements are taken.

Below are some guidelines:

- * Two hours prior to hydration test have wrestler drink 24 ounces of water (three cups).
Drink 8 to 10 (8 ounces) glasses of water, milk, juice, or non-caffeinated beverages daily.
- * **Drink another 4 cups for every hour you workout. If you have a 2-hour wrestling practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverage for each hour they workout.**
- * 2 hours before the game, match or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The 2-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test.
- * **These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of “feeling full” or bloated. This sensation may be counter-productive, as it will likely diminish the thirst drive.**

Carefully following these guidelines, along with the recommendations in *The Wrestler's Diet* will increase your chances for a healthy, safe and successful high school wrestling season.

For more information visit: www.TrackWrestling.com

BOD POD Appeal Sites for the California High School Wrestling Program

**University of Southern California
Institute for Prevention Research
Keck School of Medicine
2250 Alcazar St., Room 213
Los Angeles, CA 90033
Dr. Jaimie Davis
323-442-3066**

**Dr. Jeffrey Hirsch
1125 S. Beverly Dr., #603
Los Angeles, CA 90035
310-551-6562**

**California State University at Chico
Chico, CA
Dr. David Swanson
530-898-4841**

**California State University at Fresno
Human Performance
South Gym, Room 129
Fresno, CA 93740
Dr. Michael Coles
559-278-4166**

**California Pacific Medical Center
Davies Campus
Occupational Health Services
Castro at Duboce St
San Francisco, CA 94114
Belinda Rule
415-600-5089**

**Riekes Center
Nutrition Department
3455 Edison Way
Menlo Park, CA 94025
Darrin Freitas
650-364-2509**

**Lifestyle RX (Valley Care Health System)
1119 E. Stanley Rd
Livermore, CA 94550
Katelyn Johnson
925-454-6349**

**UC Davis Medical Center
Physical Medicine & Rehabilitation
Ellison Ambulatory Care Center
2315 Stockton Blvd., Room G0503
Sacramento, CA 95817
Dr. Lana Widman
916-734-0384**

**Humboldt State University
Health & Physical Education Department
1 Harpst St
Arcada, CA 95521
Dr. Patrick Hyland
707-826-4979**

APPEAL FORM

AIR DISPLACEMENT BODY COMPOSITION REPORT FORM

STEP 1

A wrestler may choose, at his/her own cost, to appeal the Tanita scale body composition test. The appeal may only utilize air displacement measurements to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school, or coach may not appeal further. The _____ Section Office must be notified that the wrestler had chosen to appeal the Tanita scale body composition test.

A. Student to be weighed: _____ Grade: _____

School: _____

B. AIR DISPLACEMENT WEIGHING FACILITY: _____

Technician CONDUCTING THE WEIGHING: _____

Home Phone: _____

Work Phone: _____

C. We understand that the results of the air displacement weighing will replace all previous Tanita results, cannot be appealed, cannot be modified by the Physician's Clearance form, or any other action, and will remain the reference for this student during this school year.

Parent Signature: _____ Date ____/____/____

Print Name: _____

D. Results of the air displacement weighing measurement

% Body fat: _____

Signature of Person Conducting Test

Title

Print Name

Phone Number

Submit this completed form to CIF Southern Section,
10932 Pine Street
Los Alamitos, CA 90720
(FAX) 562 493-6266
(Phone) 562-493-4500

Physician Clearance
For
WRESTLER BODY FAT ALLOWANCE

**This form shall be completed and filed with CIF Southern Section, prior to the athlete competing.
Fax – 562-493-6266**

TO THE PHYSICIAN:

The CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF) has instituted the California Weight Monitoring Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a CIF Certified Assessor through BIA measurements. The standard error for this method is $\pm 4\%$ for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (or 12% for females). The athlete is requesting that he or she be allowed to wrestle at his or her present weight – (alpha weight). Because this weight is less than 7% (for males) and 12% (for females) body fat, CIF guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (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 your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development, and good health.

Thank you, North Coast Section, CIF

Wrestler's name: _____ **School:** _____ **Grade:** _____

DATA REVIEW

Alpha Date: ____/____/____ **Alpha Weight:** _____ lbs. **Body fat:** _____ %

Weight class that immediately exceeds the Alpha Weight: _____ lbs.

I have examined the above named student-athlete and believe that based on the patient's history, and this examination, that his/her present weight is compatible with normal growth, development, and good health. I therefore approve of this student-athlete's participation at the weight class at or above the Alpha Weight listed above.

PHYSICIAN'S SIGNATURE: _____ **DATE:** _____

Print Name: _____

Address: _____ **City:** _____ **Zip:** _____

As the parent or guardian of the above named student-athlete I support our doctor's decision regarding our son's/daughter's participation at the weight class at or above the Alpha Weight listed above.

Parent signature: _____ **Date:** _____

Print Name: _____

As the coach for this athlete I support the doctor's and parent's decision regarding their patient's/son/daughter's participation at the weight class at or above the Alpha Weight listed above.

Coach's Signature: _____ **Date:** _____

Print Name: _____

As the principal of the above named student-athlete's high school I affirm that the process of Physician Clearance has been completed properly.

Principal Signature: _____ **Date:** _____

Print Name: _____

High School: _____

Note: This form is the only document accepted as a "Physician Clearance". Mail or fax a copy of this form to CIF Southern Section. Each coach should carry a copy of this Physician's Clearance to EVERY competition.

Wrestling Weight Assessors

First Name	Last Name	Email	Main Phone
Dave	Andersen	danderse@hemetusd.org	(951) 317-1532
Rey	Aquino	reyaquino86@verizon.net	(951) 570-6468
Kurt	Barcenilla	Barcinella@pvpusd.net	(310) 938-7175
Mike	Castillo	sanferwrestling@aol.com	(818) 424-4635
Jim	Clover	jimclover1@me.com	(909) 641-1711
Jennifer	Croll	jcroll@syvuhsd.org	(805) 598-4607
Randall	Edwards	edwunlimited@cox.net	(949) 280-0621
Brittany	Frymire	bnfrymire@aol.com	(714) 883-8665
Tiffany	Gordon	tiffany_gordon@cjudsd.net	(909) 374-7322
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