



**2017-2018
COACHES WRESTLING
WEIGHT MANAGEMENT
PROGRAM MANUAL**



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. 1-3), 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 3202 & Blue Pages)

Instructions for using **TrackWrestling.com** can be found in the tan text boxes that look like this one.

THE PROGRAM

Components

The program consists of three components:

1. CIF Assessors
2. The Body Composition Assessment Program
3. The Nutrition Education Program

CIF Master Assessors and CIF Assessors

1. In-service Instruction for CIF Assessors
 - a. The State CIF will conduct an online training for at least one Head Master Assessor for each CIF section. The meeting will be a face-to-face training if determined as necessary by the State Head Master Assessor.
 - 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 Assessors in the procedures of the CIF Weight Certification Program and specifically the body composition testing. Assessors may renew their certification through the online training if their section approves of online recertification.
 - 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 or take the online recertification program.
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. Financial responsibility:
 - a. Schools will be responsible to pay no more than \$10 per wrestler for an assessment immediately prior to the assessment.

- b. Costs for each BIA assessment, BIA re-assessment for failed hydration (CIF Blue Page II.B.2.) and for BIA re-assessment for appeals (CIF Blue Page II.G., Step 1) shall not exceed \$10 per wrestler.

4. 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.*

5. 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 to control 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.
 - 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.
6. 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.
7. 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 Assessment

- 1. TrackWrestling.com
 - a. Prior to any wrestlers being presented for assessment, it is mandatory that each school receive a Login ID and Password from their CIF Section Office. **Upon successful registration with TrackWrestling.com, each school will be issued its Login ID and Password by its CIF Section for the use of the AD and Coach to access the weight management website – www.TRACKWRESTLING.com.** This registration requires an annual fee per school. *Each section will establish a procedure for collecting this fee.*
 - b. Track Wrestling (www.trackwrestling.com) is 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.



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 Blue Page II.B.(3))
- e. Wrestlers requesting an appeal of assessment results, must do so within 14 days of the assessment they are appealing (CIF Blue Page II.G.)

3. School's Responsibilities for the Assessment Process

- a. Secure from your CIF Section your Login ID and Password.
- 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:
 - i. 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.
 - ii. 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 bring to each competition their TRACKWRESTLING Pre-Match Weigh-in Form. (CIF Bylaw 3102.C.) [See Appendix for example]
- l. Appeal Process—CIF Blue Page II.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 equal to 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

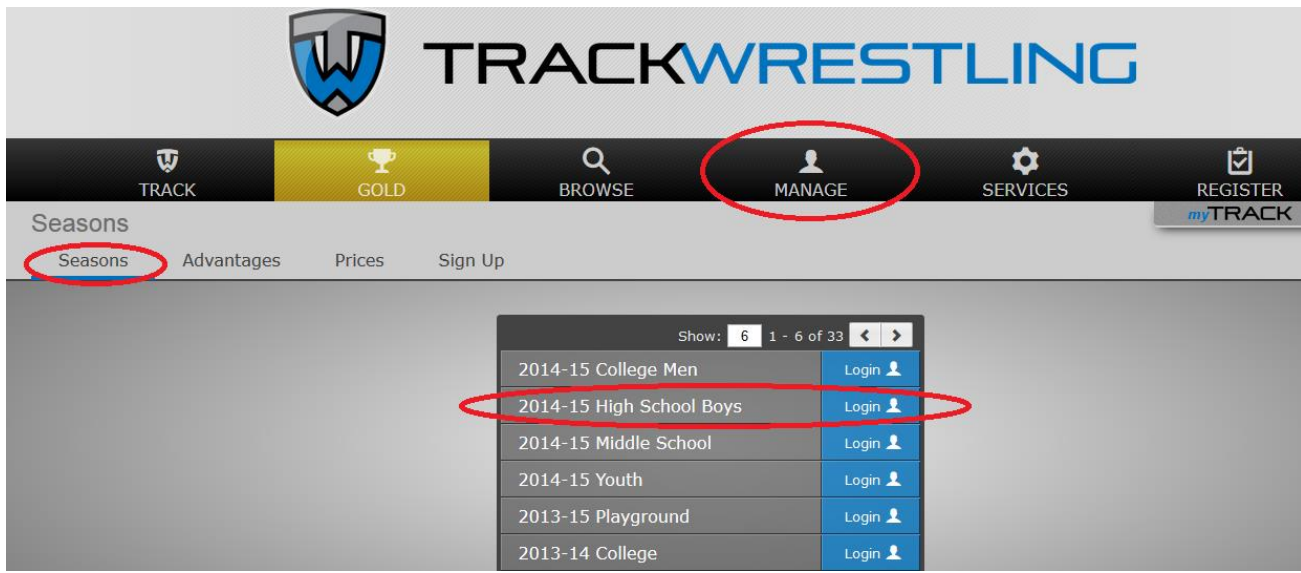
Personnel must insure that the wrestler has provided a sample of their own urine. Reasonable supervision is the key.

- 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 wrestlers 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.



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.

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 TRACKWRESTLING Pre-Match 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 TRACKWRESTLING Pre-Match Weigh-In Form.
 - c. If the wrestler weighs in two or more weight classes below their lowest allowable weight class per their TRACKWRESTLING Pre-Match 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 TRACKWRESTLING Pre-Match 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 school is required to present their TRACKWRESTLING Pre-Match Weigh-in Form at all competitions up to and including the CIF State Championship. Wrestlers who are not on the TRACKWRESTLING Pre-Match Weigh-in Form are not eligible for that competition. **(combination of e. and what was 3. – TRACKWRESTLING Pre-Match Weigh-In Form)**

3. Growth Allowance (CIF Blue Page II E)
 - a. Growth allowance will be two pounds per weight class on January 15th.

4. Appeal Process (CIF Blue Page II.G.)

Appeal Process #1 may be bypassed and only Appeal Process #2 completed. Appeal Process #2 is final.

- a. Appeal Process #1 - Repeat Initial Assessment. This must be done in accordance with CIF Blue Page II.G.

All athletes will be able to appeal his or her body composition measurements one time by bio-impedance reassessment on the Tanita Scale:

1. After a minimum 24-hour period, the wrestler repeats the BIA 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. Reassessment includes hydration assessment, Tanita measurement, and the same body composition method as previously utilized.
5. Wrestler may not lose weight during the first 7 days or more than 1 ½ percent body weight within 8 to 14 days of the initial assessment.
6. Failure to comply with these regulations will result in a denial of the appeal.

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

1. If dissatisfied with the results of initial bio-impedance assessment or Appeal Process #1 bio-impedance Reassessment on the Tanita Scale, the wrestler may choose air displacement measurement (BodPod) to assess body fat percentage from a list of approved facilities (Call your Section Office to confirm approved testing site found on this list <http://www.cosmed.com/en/test-site-locator>).
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. Sites will be found by visiting: <http://www.cosmed.com/en/test-site-locator>
6. Wrestler may not lose weight during the first 7 days or 1 ½ percent body weight within 8 to 14 days of the initial assessment.

5. Clearance for Wrestler 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 completed form is approved by the CIF Section Office and updated on the TrackWrestling website, the wrestler remains ineligible.

Using TrackWrestling.com Frequently Asked Questions:

<http://www.trackwrestling2.com/tw/FAQDisplay.jsp?staticCats=137036009>

How do I view the Alpha Master Report?

Click [here](#) for a video on this topic.

1. Click on 'Weight Management' in the grey top menu
2. Click 'Alpha Master' from the grey top menu
3. Use the [Search] button to search the Alpha Master list
4. **Use the print icon in the grey bar to preview and print the Alpha Master**

How do I view a weight loss plan?

Click [here](#) for a video on this topic.

1. Click on 'Roster' or 'Alpha Master' in the grey top menu
2. Click on the scale icon next to the wrestler's name
3. **The weight loss plan will open in a new window**

How do I create a weigh in form?

****NOTE** - Some of the steps in this process will vary slightly.**

1. Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins' **OR** click the blue scale icon next to an event.
2. Click the [Add Weigh In] button
3. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add]
****Note** - hold the CTRL or SHIFT button to select multiple wrestlers
4. Use the drop-downs in the 'Weight' column to change the weight class if necessary and click [Save Form]
5. Click the [Print] button to print the weigh in form to take to the weigh in
****Note**** - You can use CTRL + P to open a print dialogue

WRESTLING WEIGHT MANAGEMENT PROGRAM CIF ASSESSOR MANUAL

APPENDIX

- TERMS-DEFINITIONS
- CIF STATE CONSTITUTION & BYLAWS BLUE PAGES
- PARENTAL PERMISSION FORM (SAMPLE)
- CIF INDIVIDUAL PROFILE FORM (SAMPLE)
- BODPOD APPEAL RESULTS FORM (SAMPLE)
- PHYSICIANS CLEARANCE FORM (-7%/-12%) (SAMPLE)

Terms and Definitions

COACH LOGIN 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 registration fee) with TRACKWRESTLING. STUDENTS, PARENTS, NO ONE ELSE should ever have access to this Coach Login ID #. This Login 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.

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 registration fee) with TRACKWRESTLING. This along with the Coach Login 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 password may be changed once on the site. AGAIN, we recommend that the new password be shared with the Principal, Athletic Director and Coach ONLY. STUDENTS, PARENTS, ASSESSORS, NO ONE ELSE should ever have access to this password.

ELIGIBLE WEIGHT:

This indicates the eligible weight class the wrestler may wrestle on a particular date according to the TRACKWRESTLING Pre-Match Weigh-in Form in conjunction with the wrestlers Individual Weight Loss Plan.

MWW: MINIMUM WRESTLING WEIGHT

This is the minimum weight a wrestler may safely descend to or maintain mandated through the assessment process.

MWC: MINIMUM WEIGHT CLASS

This is the minimum weight class a wrestler may safely descend to or maintain mandated through the assessment process. The wrestler may not drop below this MWC for the season.

WLP: WEIGHT LOSS PLAN

This is a daily weight loss plan specific to the wrestlers assessment data to ensure the wrestler descends to a lower weight at a healthy, safe rate.

CIF STATE CONSTITUTION & BYLAWS BLUE PAGES

II. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment. The CIF will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

A. Establishing Certified Minimum Weights

- (1) For all initial assessments, Bioelectrical Impedance will be the only method utilized to determine each wrestler's body fat percentage. Refractometers will be utilized to determine hydration levels through analysis of urine. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and it appears on the school's NWCA Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (2) 1% Variance: The formula incorporated by the NWCA for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- (3) The lowest weight class at which a wrestler may compete will be determined as follows:
 - a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
 - b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

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.

(Revised May 2013 Federated Council)

B. Time Period for Assessments

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school NWCA Pre-Match Weigh-In Form and Alpha Master Report.
- (2) The specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.
- (3) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
 - a. Hardship Exceptions
Appeals may be submitted to the Section office for the following two (2) exceptions only:
 - (i) Assessment Exception One (1): A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.
 - (ii) Assessment Exception Two (2): A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- (4) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

C. School Responsibilities for the Measurement Process

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
 - a. Bioelectrical Impedance Assessment Data Forms.
 - b. Plastic collection cups to conduct urine specific gravity tests.
 - c. Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:
 - (i) Assist with measuring height (in feet and inches);

- (ii) Assist with the recording of data;
- (iii) Assist with urine specific gravity testing.
- (3) Bioelectrical Impedance assessments shall not be conducted by any active wrestling coach at any level.

D. Wrestlers Below 7% or 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

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.

(Revised May 2013 Federated Council)

E. Growth Allowance

- (1) The NFHS Wrestling Rules provide a two (2) pound growth allowance on January 15 of each wrestling season.

F. Weight Loss Per Week

- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

- NOTE:**
- a. A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
 - b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her NWCA Pre-Match Weigh-In Form.
 - c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
 - d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her NWCA Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

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.

(Revised May 2013 Federated Council)

G. Appeal of Assessment Results

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
 - (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):
 - STEP 1: The athlete shall repeat the assessment as described in the regulation.
 - a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14 day period. The 14 day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
 - b. Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.
 - c. Reassessment includes hydration and Bioelectrical Impedance assessment.
- PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.
- STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14 day period. The 14 day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

H. Costs

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for Bioelectrical Impedance assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF-adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

I. Training the Assessor

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.
- (4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) **Recertification**
 - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.
 - b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - c. Recertification of CIF Certified Assessors will require a minimum of one (1) hour training.
- (8) **Data Collection**
 - a. The CIF will provide the reporting forms.
 - b. The assessor will conduct all Bioelectrical Impedance measurements.
 - c. The assessor will provide the supplies to conduct the urine specific gravity test.
 - d. The assessor will be responsible for posting all wrestler data to the NWCA website within 72 hours after the initial assessment is made.
 - e. Failed urine tests will not be reported to the CIF.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

TO: All parents/guardians of CIF student-athletes involved in the sport of wrestling

FROM: Roger Blake, CIF Executive Director

SUBJECT: CIF WRESTLING WEIGHT CERTIFICATION PROGRAM
* Required procedure for 2017-2018 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 letter 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 wrestlers are safely allowed to 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 (National Wrestling Coaches Association) data base. Each wrestler will only have access to their own information posted on the web site and related, individual nutritional information through a personal password. 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

TRACKWRESTLING (www.TrackWrestling.com)



(SCHOOL NAME/ LOGO/ ADDRESS)

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 2016-2017 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 _____, 201____

TO: *(INSERT SCHOOL INFORMATION HERE)*



CIF Southern Section
10932 Pine Street
Los Alamitos, CA 90720
Phone: 562-493-9500
Fax 562-493-6266
Web Site: www.cifss.org

California Interscholastic Federation

INDIVIDUAL PROFILE FORM

WRESTLER'S IDENTIFICATION INFORMATION:

Please complete the requested information immediately below, prior to arriving at your weight certification assessment:

**Coaches: Please make a copy of this form for each of your wrestlers. This form must be given to your Certified Assessor to complete the assessment for each wrestler. The Certified Assessor will retain this form.

Parental Permission Form signed: **yes** _____ **no** _____ (if no, do not assess wrestler)

(Check one) Initial Assessment _____ Retest Failed Hydration _____ Appeal of Initial Assessment _____
Date of Initial Assessment _____

Please complete (PRINT) the first three lines.

Name: _____ Grade: **9** **10** **11** **12**
Last, First MI

School: _____

Gender: **M** / **F** Age: _____ Date of Birth: _____

DATA COLLECTION INFORMATION

To be completed ONLY by the CIF Assessor or designated Assistant

1. HYDRATION TEST:

Specific Gravity of urine: **READING** _____ **PASS** _____ **FAIL** _____

*(must be 1.025 or LOWER for assessment to continue)

2. HEIGHT MEASUREMENT:

Height: _____ (nearest 1/2") _____

3. BODY COMPOSITION TESTING (Tanita Scale)

Weight: _____ lbs Tanita FAT % _____

CIF Assessor's signature _____ Alpha Date _____

CIF Assessor's Name _____

*If a wrestler is dehydrated and does not meet the standard (1.025 or lower), any further testing stops. The wrestler cannot be tested again for 24 hours from the time he/she failed the previous test.

Assessors must forward completed Student Profile Forms with Tanita thermal printouts attached to:

CIF Southern Section
10932 Pine Street, Los Alamitos, CA 90720

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 CIF Southern 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

Height _____

Weight _____

Age _____

% Body fat: _____

Signature of Person Conducting Test

Title

Print Name

Phone Number

Submit this completed form to: CIF Southern Section, 10932 Pine St., Los Alamitos CA, 90720

(FAX) 562-493-6266

(Phone) 562-493-9500

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 or email to susanm@cifss.org**

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 ± 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, Southern Section, CIF

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

DATA REVIEW

Alpha Date: ____ / ____ / ____ **Height:** _____ **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. Wrestler may not compete until form has been received and posted on the team's "Alpha Master". Each coach should carry a copy of this Physician's Clearance until the Section Office updates the Alpha Master List.