



2020-2021
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. 5, 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 1-5 & CIF 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 bioelectrical impedance/Ultrasound 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 assessment, 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 when using the BodyMetrix wand

(Ultrasound BodyMetrix Wand will be the only method used for assessments in the 2020-21 season:

- | | |
|-------|--|
| _____ | BodyMetrixWR Ultrasound Wand |
| _____ | Certified scale |
| _____ | Computer |
| _____ | Latex or Rubber Gloves * |
| _____ | Tissues (for wiping clean the wand) |
| _____ | Tape measure (for measuring height)* |
| _____ | Right angle square* (used for accuracy in measuring height) * |
| _____ | Clipboards or a suitable hard surface on which athletes can complete their forms |
| _____ | Extra Individual Profile Forms* |
| _____ | Black pen, pencil, and black marker |
| _____ | Hand sanitizer |
| _____ | Disinfectant cleaning spray(for cleaning scale)* |

*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 ensure 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.

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.

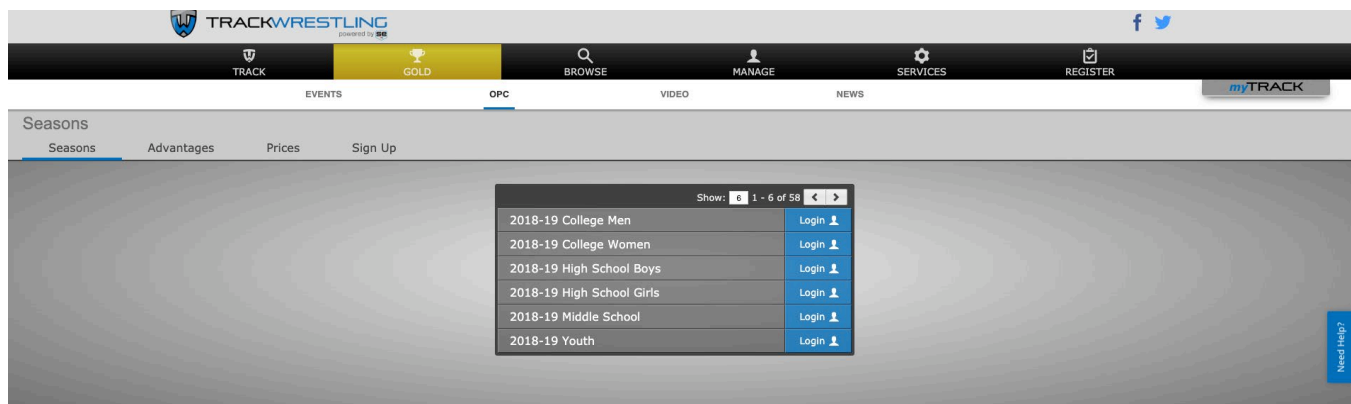
7. Meeting with Wrestlers Prior to Testing

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. Record Height
 - b. **Ultrasound BodyMetrix Wand will be the only method used for assessments in the 2020-21 season**

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 **January 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 **May 15th**. Assessors shall not conduct assessments after **May 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 ensure the accuracy and validity of the entire assessment process (see procedures below). **Ultrasound BodyMetrix Wand will be the only method used for assessments in the 2020-21 season.**
- 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 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. 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.
- j. It is mandatory that coaches bring to each competition their TRACKWRESTLING Pre-Match Weigh-in Form. (CIF Bylaw 3102.C.) [See Appendix for example]
- k. Appeal Process—CIF Blue Page II.G.

Ultrasound BodyMetrix Wand will be the only method used for assessments in the 2020-21 season

1. Ultrasound BodyMetrix Wand Set-Up

Measuring Body Composition with the **BodyMetrixWR™** System

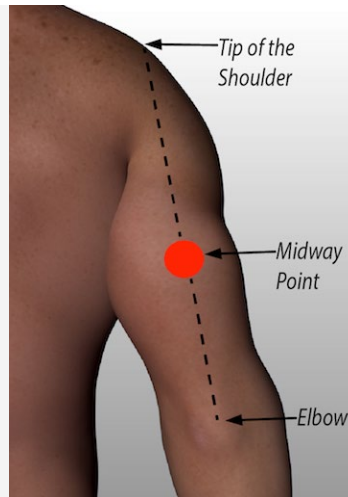
Subcutaneous fat thickness is measured directly using the BodyMetrix™ device at multiple anatomical sites as shown below. Unlike calipers the BodyMetrix™ measures actual thickness and not a skinfold. This eliminates the need to grab and pinch the skin. Using the measured values, the percentage of Body Fat (%BF) is automatically calculated.

The time to complete a multiple site body composition measurement is 1 -3 minutes.

- a. <http://bodymetrixwr.com/index.html>

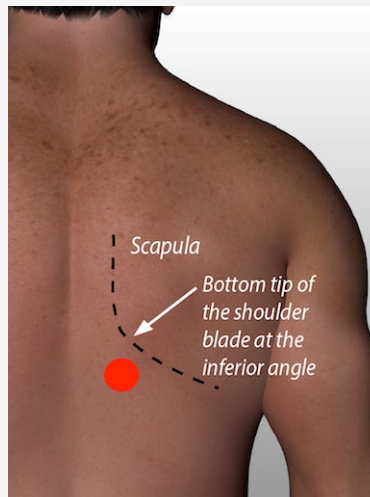


Male Wrestler Measurement Sites



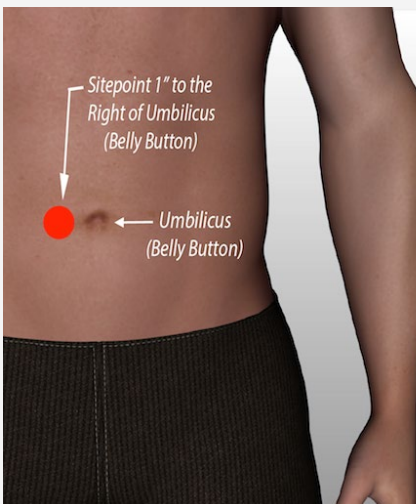
Tricep

After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point midway between the tip of the shoulder and the elbow. Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device up and down 1/4" to 1/2" through the site.



Scapula

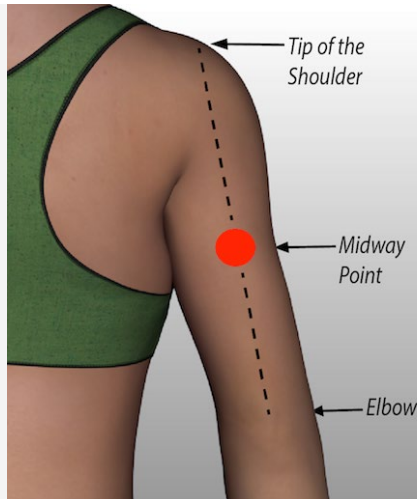
After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point just below the bottom tip of the shoulder blade at the inferior angle. Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device up and down 1/4" to 1/2" through the site.



Waist

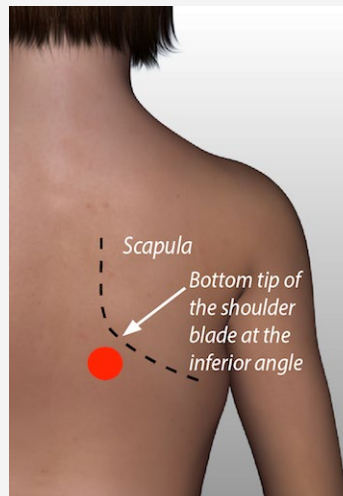
After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point one inch to the right of the umbilicus. (belly button) Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device side-to-side 1/4" to 1/2" through the site.

Female Wrestler Measurement Sites



Tricep

After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point midway between the tip of the shoulder and the elbow. Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device up and down 1/4" to 1/2" through the site.



Scapula

After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point just below the bottom tip of the shoulder blade at the inferior angle. Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device up and down 1/4" to 1/2" through the site.

TRACKWRESTLING

TRACK GOLD BROWSE MANAGE SERVICES REGISTER

EVENTS OPC VIDEO NEWS myTRACK

Seasons

Seasons Advantages Prices Sign Up

| Show: 8 1 - 6 of 56 | |
|---------------------------|-------|
| 2018-19 College Men | Login |
| 2018-19 High School Boys | Login |
| 2018-19 High School Girls | Login |
| 2018-19 Middle School | Login |
| 2017-18 College Men | Login |
| 2017-18 College Women | Login |

Inputting Data on the TRACKWRESTLING Web Site

The CIF Assessor or designee will input the data for each wrestler on the TRACKWRESTLING within 72 hours of the assessment. Each CIF Master Assessor and CIF Assessor will be provided an Assessor ID and Assessor Password. These will be provided via e-mail to the Assessors by the CIF after completion and registration of the CIF Assessors training. Do not share this information with any other person. Protect this information at all times. Never use any other Assessor's Login ID number or Password.

NOTE: Female wrestlers will now be entered into the FEMALE database ONLY even though they sometimes compete against Males during regular season.

How to enter assessments? Click [here](#) for a video on this topic.

****NOTE 1**** - Some of the steps in this process will vary slightly.

****NOTE 2**** - If you are adding an appeal the process will be the same. The system will detect and identify the assessment as an appeal.

- Log in with your username and password
- Click on the team for whom you want to enter assessments.
- Click the [Add Transaction] button to create a new transaction.
- Make sure your name is displayed as the assessor and that the transaction mode is set to LIVE. Then click[Add].
- Click the [Add Assessment] button
- Select the wrestler from the drop down menu. **(See below for instructions on importing a roster if they have not been done by the coach or admin of the school).** If the wrestler is not in the list click the [NEW] button to add them to the roster. Otherwise wrestlers will need to be added from the 'Roster' page.
- Enter the data as follows:

| | |
|--|------------|
| <input type="radio"/> First Name <input type="radio"/> Last Name <input type="radio"/> Gender <input type="radio"/> Grade | Click Next |
|--|------------|

| | |
|---------------------------------------|------------|
| <input type="radio"/> Assessment Date | Click Next |
|---------------------------------------|------------|

| | |
|--|------------|
| <input type="radio"/> Weight – to one tenth of a pound <input type="radio"/> Height – to on half of an inch <input type="radio"/> Body Fat – to one tenth of a percent | Click Next |
|--|------------|

| |
|--|
| <input type="radio"/> Verify data entry <input type="radio"/> Click Next Wrestler or Finish |
|--|

****NOTE** - For all assessments completed using the BodyMetrix system simply click PASS.**

How to add a roster from the assessment

How to import a previous season roster from the assessment:

- Click on the [Add Assessment]
- Click on the [New] button next to the wrestler drop down
- Click 'here' to import a roster from previous seasons.
- Select the season and team you wish to import from and then click the [Next] button
- Place a check mark in the box next to any wrestlers you wish to import and then click the [Next] button
- The imported wrestlers will then appear in the wrestler drop down

How to add team members manually from the assessment:

- Click on the [Add Assessment]
- Click on the [New] button next to the wrestler drop down
- Fill out the form with information about the wrestler you are adding
- Click the [Next] button
- The added wrestler will then appear in the wrestler drop down

How does an assessor commit a transaction? Click [here](#) for a video on this topic.

- Once you are finished entering assessments you will need to commit the transaction.
By committing a transaction you are verifying that all of the information is correct on each assessment.
Once a transaction has been committed you will no longer be able to add or make changes to the assessments.
- Wrestler's assessments cannot be used until the transaction has been committed.
- Click the [Commit] button and type 'commit' to sign off on the assessments in the transaction.

How can an assessor see their teams and transactions? Click [here](#) for a video on this topic.

NOTE - Some of these steps may vary slightly.

- Click MY ACCOUNT => My Teams to see any teams you can access. Click on a team to see a team's roster, transactions and assessments.
- Click MY ACCOUNT => My Transactions to see your transactions. Click on a transaction to view assessments.

How can I edit assessments? Click [here](#) for a video on this topic.

- If you are going back to an existing **uncommitted** transaction click My Account => My Transactions to see current transactions. Click on a transaction to view assessments.
- If a transaction has not been committed you will be able to add assessments to it.
- Assessments can be modified by clicking the wrestler's name.
- If a transaction has been committed you will not be able to edit or add assessments to it.

How do I report an error on an assessment?

- Submit a ticket to TrackWrestling: <http://www.trackwrestling.com/tw/tickets/CreateTicket.jsp>

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 **May 2nd.**
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 BodyMetrix Wand:

1. After a minimum 24-hour period, the wrestler repeats the assessment process.
2. The same CIF Assessor MUST conduct the reassessment, or the school may contact the SECTION MASTER ASSESSOR to do the reassessment.
3. The fee for this reassessment is the responsibility of the athlete and/or school.
4. Reassessment may include BodyMetrix 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 assessment or Appeal Process #1 reassessment on the BodyMetrix Wand, the wrestler may choose air displacement measurement (Bod Pod) to assess body fat percentage.
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 Bod Pod 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. 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.

WRESTLING WEIGHT MANAGEMENT PROGRAM CIF ASSESSOR MANUAL

APPENDIX

- TERMS-DEFINITIONS-EQUIPMENT
- 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

ASSESSOR LOGIN ID:

Each CIF Assessor has an assigned Login 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.

COACH LOGIN ID AND 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. Coach login ID and password information are confidential. This Login ID and password 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, NO ONE ELSE should ever have access.

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.

TRANSACTION:

Transactions are typically grouped by the date the assessor enters the information into the TrackWrestling website.

WLP: WEIGHT LOSS PLAN

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

CERTIFIED SCALE:

Typically, the assessor would use the same certified scale used during weigh-ins for competition.

CIF STATE CONSTITUTION & BYLAWS BLUE PAGES

III. 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 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, Ultrasound Wand will be the only method utilized to determine each wrestler's body fat percentage. 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 Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form. (Alpha Sheet) 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 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 Pre-Match Weigh-In Form and Alpha Master Report.
- (2) Assessments may begin on January 15 of each school year. Wrestlers may be measured any time on or following this date and no later than May 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 May 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 May 15 may be assessed after May 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- (3) 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 or arranged to have available at the time of assessment:
 - a. Individual Profile Data Forms.
 - b. All recommended supplies listed in WWM Program Manual
 - 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;
- (3) Ultrasound 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 June 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 **May 2** 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 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 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 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 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 same Individual Profile Data Form.
 - c. Reassessment may only be done via Ultrasound BodyMetrix Wand assessment. The same assessor or section master assessor must perform the reassessment on the athlete using the original form.

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 Optimal Performance Calculator are the responsibility of the school.
- (2) Charges for assessments conducted by a CIF Certified Assessor may not exceed \$10 per wrestler per assessment.
- (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 of \$20 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/Ultrasound measurements.
 - c. The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING website within 72 hours after the initial assessment is made.

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

PARENTAL PERMISSION FORM

I hereby grant _____ High School permission to allow an assessment to be performed by a CIF Certified Assessor provided for my son/daughter for the purpose of determining body fat 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.

I hereby agree to release, discharge and forever hold harmless the CIF, the school and CIF Certified Assessors from any and all claims, 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 testing procedure in which my son/daughter may be engaged. I consent and give permission for my son/daughter to participate in this assessment.

DATE _____

NAME OF STUDENT-ATHLETE _____

STUDENT SIGNATURE _____

NAME OF PARENT/GUARDIAN _____

PARENT/GUARDIAN SIGNATURE _____

PLEASE RETURN NO LATER THAN _____, 20__

TO: Head Wrestling Coach

INDIVIDUAL PROFILE DATA 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)

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

(Date of) Initial Assessment _____

(Date of) Appeal of Initial Assessment _____

(Circle One) **BODYMETRIX**

1. HEIGHT MEASUREMENT:

Height: (Actual) _____ (nearest 1/2") _____

2. BODY COMPOSITION TESTING (BODYMETRIX)

Weight: _____ lbs BODY FAT % _____

CIF Assessor's signature _____ Alpha Date _____

CIF Assessor's Name _____

APPEAL FORM #2

AIR DISPLACEMENT BODY COMPOSITION REPORT FORM

STEP 1

A wrestler may choose, at his/her own cost, to appeal the 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 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 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 Head Coach

Print Head Coach

Signature of Person Conducting Test

Title

Print Name

Phone Number

The Head Coach should submit this completed form to the athletes Section office.

PHYSICAL CLEARANCE FOR WRESTLER BODY FAT ALLOWANCE

This form should be completed and submitted to your Section Office, prior to the athlete competing.

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. 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,

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

FOR ASSESSOR TO COMPLETE DATA REVIEW

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

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

Assessor Initials _____

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: _____