



**2014-2015**

**WRESTLING  
WEIGHT MANAGEMENT  
PROGRAM**

**COACHES HANDBOOK**

Georgia High School Association  
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## GEORGIA WRESTLING WEIGHT MANAGEMENT PROGRAM

This booklet contains the protocols to be used to assess all wrestlers in your program. Participation in the weight management program is mandatory and results are binding. All wrestling coaches, athletic administrators and/or principals should take time to review the adopted regulations and supporting forms. Failure of schools to comply with the guidelines of this program may result in sanctions and/or fines.

Note: The Georgia High School Association does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the lowest weight at which the athlete will be allowed to compete.

Based on the National Federation of State High School Associations (NFHS) Rule 1-5, Georgia will follow a weight management program which includes:

- a) a urine specific gravity (hydration) test
- b) body fat assessment
- c) a monitored weekly weight loss plan

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### **NEW/POINTS OF EMPHASIS**

1. Prior to all competitions, coaches must present a properly dated weigh-in roster (created no more than 3 days prior to the event) to the head official. The head official will verify that the system-generated weigh in date matches the date of the competition. If the weigh in date does not match the date of the competition, the coach must go to the OPC and generate the correct form prior to competing. After the officials conduct skin checks, they must sign the weigh in form. A copy of the signed form shall be provided to the head official.
2. Schools must have all scales used for weigh-ins certified annually by the GA Dept. of Agriculture; Fuels & Measures; 404.656.3605.
3. Schools must enter weigh-in results in the OPC within 48 hours of each weigh-in or before the next scheduled contest (whichever comes first). The system will not allow the next weigh-in form to be printed until all previous weigh-ins are entered into the system & the weigh-in is checked as complete.
4. Once a weigh-in is checked as complete, it is locked and no further editing by the coach can be done.
5. The system will automatically adjust for the weight allowance given for a consecutive day of competition situation and may/may not change the original weight descent plan.
6. Schools which compete on the day prior to a post-season tournament do not receive a consecutive day weight allowance at the tournament.
7. Schools have until December 31, 2014 to enter their competition schedule; no entries can be made after this date without the written approval of the GHSA.
8. Use Form 4 when getting a simple “Medical Clearance” for wrestlers at or below 7% or 12% body fat. Form 4 does not need to be notarized and can be emailed/faxed to the GHSA.
9. Use Form 5 for a weight class Appeal for any wrestler. This form must be notarized and must be mailed, with payment, to the GHSA.
10. Weight descent plan ending date: 1/31/15.
11. Initial Assessment period: October 18 through December 20.
12. Weight Management Online Seminar: October 6 through October 27.

### **GENERAL GUIDELINES**

1. The GHSA has entered into a partnership with the National Wrestling Coaches Association (NWCA) and Trackwrestling and will utilize the Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. Schools will be assigned access codes by the NWCA/Trackwrestling in order to complete the reports and to view all athlete & school information.
2. All GHSA schools with wrestling programs MUST join the NWCA (see Form 6A & 6B or the memo on the wrestling page of the GHSA website).
3. Instructions for proper use of the NWCA/Trackwrestling OPC are available on the GHSA wrestling home page or at the back of this booklet (Attachment 2).
4. Each school accepts the responsibility of using the OPC correctly and must have at least one coach successfully complete the online Weight Management Training seminar. The school is subject to penalties and/or fines if the school does not follow the established guidelines.

5. All GHSA wrestlers who will wrestle varsity or junior varsity will be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. **NO WRESTLER MAY COMPETE** until they have successfully participated in an initial assessment and their name and data are included in the OPC. All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.
6. Schools will be assigned to “Regional Assessment Sites” where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GHSA office. Violation of this or any other component of the Weight Management Program may result in penalties and/or fines.
7. Schools must schedule their assessment date(s) and time(s) through the regional sites. Schedules will be controlled by the assessment site and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time. The GHSA office will be notified of any variance from this procedure.
8. Fees for the assessment must be paid to the assessment site at the time of testing.
9. Initial assessment data will be entered by the Regional Assessment Site. Schools will receive a calculation of the predicted 7% / 12% body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan for each athlete. The establishment of a lowest allowable wrestling weight based on 7% for males and 12% for females is **REQUIRED** for all high school wrestlers.
10. GHSA online training seminars: Weight Management **AND** NFHS Rules Clinic: October 6 through October 27, 2014.

### **TESTING PROCEDURES**

1. All wrestlers will complete the top section of the Individual Profile Form (Form 1) prior to arrival at the testing site.
2. Athletes **must** be dressed in shorts and a t-shirt to participate in the assessment. No sweat clothes or school clothes will be allowed. It is improper for athletes to disrobe further than t-shirts and shorts.

#### **STEP 1: HYDRATION**

Please pay close attention to the hydration requirement. It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date (see Attachment 1 for hydration tips). Those athletes failing the hydration test must wait at least 48 hours before they can be re-tested. The test fee of \$10 is owed at this time and an additional fee (\$10) will be charged if there is a need to re-test. There shall be no deviations from this requirement.

A urine specific gravity test will be conducted using a digital fiber optic refractometer. This is a pass/fail assessment and the sample must register a reading of less than or equal to 1.025 g/ml. If the wrestler fails the specific gravity test, he/she will not be allowed further evaluations that day.

**Note: If the athlete presents the assessor with a sample that is cool to the touch, the temperature will be measured. Urine samples must be WITHIN a range of 91-99 degrees to be considered valid. (Most pre-employment tests require the urine to be 96-99 degrees).**

**IF AN ATHLETE DOES NOT PASS THIS PORTION OF THE TEST, NO OTHER TESTING WILL BE CONDUCTED. NOTHING WILL BE ENTERED INTO THE OPC UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.**

#### **STEP 2: MEASUREMENT OF HEIGHT**

Done in bare feet and **rounded down** to the nearest ½ inch.

#### **STEP 3: BODY COMPOSITION**

This assessment must be conducted by the test site. The GHSA will not accept any body fat evaluation presented by other personnel. Body fat percentage assessments will be conducted using bioelectrical impedance (BIA) measurements using the “STANDARD” mode on the Tanita TBF-300WA body composition analyzer & scale. The Tanita TBF-300WA is the only approved instrumentation for the GHSA Weight Management Program.

In an attempt to insure reliability of the bio-electric impedance assessment:

- It is recommended that athletes follow the guidelines in Attachment 1.
- Females should not be tested during their menstrual cycle. Testing should be delayed for a period of 3-7 days afterward.

**Notes:**

1. If the Tanita scale gives an “Error” message on three (3) consecutive readings, skin fold measurements will be used to determine body fat percentage.
  - a. Only Lange calipers shall be used to measure skin fold thickness (Lohman sites: abdominal, triceps and subscapular)
  - b. Form 2 will be completed by the assessor and data will be sent to the GHSA for entry into the OPC.
2. Upon successful completion of all tests, the assessor will enter results into the NWCA/Trackwrestling OPC. The internet calculator will determine the wrestler’s minimum allowable weight and establish a daily weight descent plan including the allowed weight class for competitions. Per NFHS rule 1-5-2, wrestlers may lose a maximum of 1.5% of body weight per week.
3. After the initial entry of wrestlers, the coach may generate an “Alpha Master Roster” and the “Weight Loss Plan” for each wrestler on the team. These items will be used throughout the season for verification of compliance with Weight Management Program guidelines.

**ASSESSMENT EXPECTATIONS / NOTES**

1. It is the school’s responsibility to contact the assessment site and arrange for testing. Schools must cooperate with the test site and schedule assessments according to the sites’ work schedule.
2. Any athlete appearing for assessment *without his/her coach* or *without being properly scheduled* will be turned away.
3. A minimum of two (2) adults /coaches are to accompany the team. These persons are present to supervise the athletes and to assist the assessment site personnel with management tasks, if requested to do so.
4. School personnel shall not be involved in actual testing activities.
5. As stated earlier, athletes will be assessed wearing no more/no less than athletic shorts & t-shirts. It is improper for athletes to disrobe further than the shorts & t-shirt dress requirement. It is strongly recommended that athletes wear shower shoes or other footwear between testing stations.
6. Height and BIA measurements will be taken in bare feet.
7. Proper conduct and deportment of athletes is expected at all times. Assessors have been given authority by the GHSA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the testing process.
8. Athletes attempting to violate or circumvent the assessment process (in any manner) will be denied testing that day. All data collected on this particular athlete will be voided. The athlete may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees.
9. Testing sites will be instructed to notify the GHSA office of problems in the assessment process. Total cooperation is expected from schools and school staff. Violations could result in penalties and/or fines.

**TIME PERIOD FOR ASSESSMENTS**

1. **Assessments may begin on Saturday, October 18, 2014.** All sites will/may use the dates of October 18 & 25; November 1, 8, 15, 22 & 29 and/or December 6, 13 & 20. Sites using Saturday assessments only should offer at least four (4) of the ten (10) dates listed for team evaluations.

Assessment sites may offer additional dates, if they are willing and able. Be sure you check with your assigned site for their schedule.

2. The initial assessment period will end on Saturday, December 20, 2014. After the start of the second semester, sites may “re-open” for a short period of time: January 5 to January 17, 2015. Saturday, January 17, 2015 is the deadline to establish a certified minimum wrestling weight. No assessments will be conducted after Saturday, January 17, 2015.
3. All wrestlers, including those coming out late, must have their minimum wrestling weight established before being allowed to compete.
4. Coaches may have ineligible athletes assessed but these athletes are not allowed to practice. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.
5. GHSA schools may begin wrestling practice on Monday, October 27, 2014. The earliest competition date is Friday, November 14, 2014. Coaches must make every effort to get the bulk of team assessments completed by the first day of competition.
6. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school “Alpha Master Roster” generated by the OPC.

### **LATE TESTING**

1. Regional sites electing to allow schools to test during the late period (January 5-17, 2015), may do so at their facility or may choose to go to the school. This is at the discretion of the assessment site, not the school.
2. Some sites close after the initial testing period. If this happens, schools must arrange for their assessor to travel to the school or contact the GHSA for re-assignment to a testing site. All assessments administered in the late period are subject to the following changes:
  - A flat fee of \$20 per athlete will be assessed.
  - If the assessor travels to the school, round trip mileage will be paid at a rate of \$0.50 per mile (arrangements for the payment of the travel fee must be agreed upon in advance).

### **COSTS**

1. ALL schools MUST join the National Wrestling Coaches Association; annual dues are \$30.00 (Form 6A & 6B).
2. Charges for the initial assessment may not exceed \$10.00 per athlete. Students who fail the hydration test and who have to be re-scheduled must pay additional fees (\$10.00 each test) until the entire assessment process is complete.
3. All costs incurred for the initial assessment and/or re-testing are the responsibility of the school or parent.
4. There is an increased cost for having athletes tested during the late period. See details above.
5. Weight Appeal fees are sent to the GHSA (See Weight Appeal Process below).

### **MEDICAL CLEARANCE**

1. All athletes assessed at or below 7% (male) or 12% (female) must obtain medical clearance before they can compete.
2. The physician clearance (from an MD or DO) is only valid for one season; it expires on March 1<sup>st</sup> of each year and allows the athlete to compete at a weight no lower than the weight class determined at the time of the assessment.
3. There is no GHSA fee for medical clearance.
4. Form 4 must be signed by the physician and a parent; Form 4 does not have to be notarized.
5. Completed forms may be sent to the GHSA via email, fax or by standard mail.

## **WEIGHT APPEAL PROCESS (Any athlete)**

1. The school may appeal the assessment of any athlete if approved by a licensed physician (MD or DO).
2. The maximum appeal is for one (1) weight class lower than determined by the initial assessment.
3. The **Physician Appeal (Form 5)** must be signed by a physician and at least one parent. **The signature of the parent must be notarized.**
4. **The original Form 5** (no copies accepted) and a \$50.00 appeal fee must be mailed to the GHSA. The appeal fee must be paid with a **money order, school check or booster club check** (no personal checks accepted) made payable to the Georgia High School Association.
5. If a wrestler competes before an appeal is made or during the time an appeal is pending, the appeal is voided and the athlete must accept the results of the initial assessment.
6. Only one appeal per wrestler per season is allowed.

## **WEIGHT LOSS PER WEEK**

1. Starting on the date of the initial assessment, a season-long weight loss plan with a maximum 1.5% loss per week will be established.
2. This weight loss plan will determine the weight class a wrestler is eligible for on a given day.
3. If a wrestler weighs in below his projected weight, the weight loss plan will not re-calculate and will not allow the wrestler to descend to his minimum weight class any sooner than pre-determined by the initial assessment. Losing weight faster than projected is not an advantage.
4. **Wrestlers' weight descent plans will end on Saturday January 31, 2015.**

**Note:** A wrestler who participates/competes at a weight class below the eligible weight class(es) defined by the weight loss plan or before the proper amount of time has passed to achieve the weight class will be disqualified and all bouts will be forfeited. The school is also subject to fines and/or penalties.

## **WEIGHT RECALCULATION**

If a wrestler weighs in above their Projected Weight for a competition, the OPC will use that actual weight and **RECALCULATE** the individual Weight Loss plan.

**Example:** Wrestler A has an established minimum weight class of 113 pounds according to his assessment and he is descending down toward this weight. Wrestler A's projected weight for November 3<sup>rd</sup> is 118.0 but he weighs in at 119.0 and wrestles in the 120 pound class that day. The coach will record his actual weigh-in weight for November 3<sup>rd</sup> as 119.0 on the Weigh-in form. This is above the Projected Weight on the Individual Weight Loss Plan so wrestler A's Individual Weight Loss Plan will recalculate on November 3<sup>rd</sup> starting from 119.0 (his actual weigh-in weight) to allow him more time to descend to his Minimum Weight Class within the 1.5% guideline.

## **CONSECUTIVE DAYS OF COMPETITION**

The OPC will adjust so that the consecutive day allowance is taken off the wrestlers' actual weight at weigh-in. The system will not change the original descent plan unless the wrestler weighs in greater than the weight allowance given.

**Examples:** Wrestler A has a weight loss plan for December 1 which reads 157.5 (eligible for 160) and he is given a one pound consecutive day allowance.

1. Wrestler A weighs in at 158.5; the system will start his descent plan from 157.5 the following day
2. Wrestler A weighs in at 159.2; the system will re-calculate from 158.2 the following day
3. Wrestler A weighs in at 158.0; the system will only take off 0.5 lb. and he will start at 157.5 the following day (you cannot speed up the original weight descent plan)

## **GROWTH ALLOWANCE**

1. The growth allowance may not be used to achieve a lower certified minimum wrestling weight for an athlete.
2. The Georgia High School Association Weight Management Program grants a two (2) pound growth allowance on **December 25, 2014.**

3. An additional one (1) pound growth allowance will be added on **January 30, 2014**.
4. All other weight management/certification policies remain in effect and are detailed in the “GHSА Constitution and By-Laws” at [www.ghsa.net](http://www.ghsa.net)

## **COACHES’ REQUIREMENTS**

### **Posting Information on the OPC**

1. Complete instructions for Georgia coaches’ use & requirements of the Optimal Performance Calculator (OPC) may be found under the FAQ section on the trackwrestling website and at the back of this booklet ([Attachment 2](#)).
2. School and wrestler information required to be posted on the OPC:
  - a. Team roster: coaches may add or delete wrestlers.
  - b. Team competition schedule: Each weigh-in form is tied to an event on the team schedule.
  - c. **Any additions/changes to the schedule after 12/31/14 must be approved, in writing, by the GHSA.**
  - d. All weigh-ins (dual meets, tournaments, etc.).

**Note:** The “Alpha Master Report” provides specific information for each wrestler: the alpha date weight, % body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class. The “Weigh-In Report” provides information day by day for the minimum weight and the weight class(es) allowed.

### **Pre-Match Weigh-In Protocol**

1. Once the team schedule has been completed, a “Pre-Match Weigh-In” form ([Attachment 3](#)) may be created by following the instructions in the OPC.
2. The “Pre-Match Weigh-in” form shows the eligible weight classes of each wrestler (if they are on target for that date) and it also contains an area where the wrestlers’ actual weight is to be written.
3. The OPC **will not allow a Weigh-In Form to be printed until the previous event’s Weigh-In Form is entered and checked as completed.**

### **Match Protocol**

1. Coaches are required to provide copies of the “GHSA Weigh-In Report” ([Form 3](#)) to the coach of the opposing school or the tournament director. This form shall list all wrestlers who are scheduled to compete. **A copy of the “Pre-Match Weigh-in” form must also be given to the meet referee** for verification of the correct date and that skin checks were conducted.
2. Actual weigh-in weights for wrestlers who competed must be posted on the OPC at the conclusion of a competition. Only the initial weigh-in for a two day tournament has to be entered (the weigh-out or a weigh-in on the second day does not have to be entered).
3. Weigh-in forms are to be entered in consecutive date order and must be posted within 48 hours of an event or before the next scheduled competition (whichever comes first).
4. **Schools will be locked out of the OPC if weigh-ins are not posted on the OPC according to these guidelines.**
5. Once weights are entered and checked as complete, only the GHSA can make changes

**Example:** You have competitions on December 3<sup>rd</sup> and December 5<sup>th</sup>. The “Pre-Match Weigh-in” form must be created, printed and taken to the competition on December 3<sup>rd</sup>. Then, post-match, you must record and save the wrestler’s actual weigh-in weights from December 3<sup>rd</sup>. **The weigh-in form for the December 5<sup>th</sup> match cannot be printed until the actual December 3<sup>rd</sup> weights are entered and checked as complete.**



6. For tournaments, the documents must be submitted to the tournament director prior to the start of competition.
7. Schools violating “Match Protocols” are to be reported to the GHSA (706-647-7473 x 34). Penalties and/or fines may be assessed for these violations.

**GEORGIA HIGH SCHOOL ASSOCIATION  
151 South Bethel Street  
Thomaston, GA 30286  
706 647-7473**

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
INDIVIDUAL PROFILE FORM**

\*Complete top section prior to arrival at assessment site ----- PLEASE PRINT\*

<b>Wrestler's Name</b> _____	<b>Grade</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
_____ <b>First</b> _____ <b>MI</b> _____ <b>Last</b>						
<b>Gender</b> _____ <b>Male</b> _____ <b>Female</b>	<b>Date of Birth</b> _____	<b>Age</b> _____				
<b>School</b> _____						
<b>Assessment Site</b> _____			<b>Assessment Date</b> _____			

**STEP 1 Assessment of Hydration**

(specific gravity: less than or equal to 1.025)

\_\_\_\_\_ **Pass**          \_\_\_\_\_ **Fail**

**Assessor Initials** \_\_\_\_\_

**STEP 2 Assessment of Height (round down to the nearest 1/2")**

\_\_\_\_\_ **ft**    \_\_\_\_\_ **in**

**Assessor Initials** \_\_\_\_\_

**STEP 3 Body Fat (BIA) Assessment (Standard mode)**

**Record scratch weight to nearest 1/10 of a pound**

\_\_\_\_\_ **lbs**

**Calculated % Body Fat (from Tanita print out)**

\_\_\_\_\_ **%**

**Assessor Initials** \_\_\_\_\_

-----  
**STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM**

**GHSA Assessor Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**GEORGIA HIGH SCHOOL ASSOCIATION**  
**151 South Bethel Street**  
**Thomaston, GA 30286**  
**706-647-7473**

**WRESTLING WEIGHT MANAGEMENT PROGRAM**  
**SKIN FOLD ASSESSMENT DATA**

This form is to be used only if the BIA assessment on the Tanita scale is unsuccessful.

Wrestler Name \_\_\_\_\_ Grade 8 9 10 11 12  
First MI Last

Gender  Male  Female Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Assessment Site \_\_\_\_\_

Assessment Date \_\_\_\_\_

Assessor  
Initials

**Step 1 – Assess hydration level of athlete**

(Note: Specific gravity: less than or equal to 1.025)

\_\_\_\_\_ **PASS** \_\_\_\_\_ **FAIL** \_\_\_\_\_

**Step 2 – Assess height (in feet and inches) of athlete**

(Note: round down to nearest 1/2")

\_\_\_\_\_

**Step 3 – Alpha Body Weight (to nearest 1/10 pound)**

\_\_\_\_\_

**Step 4 – Skin Fold Assessment**

(Note: Measurement to the nearest half millimeter)

	Test 1	Test 2	Test 3	Average	Assessor Initials
Triceps (T)	_____	_____	_____	_____	_____
Subscapular (S)	_____	_____	_____	_____	_____
Abdominal (A)	_____	_____	_____	_____	_____

**GHSA Assessor Signature:** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

**\*\*NWCA staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed\*\***

Email or Fax this form to: Denis Tallini, dtallini@ghsa.net/706-647-2638

**Georgia High School Association  
Sample Weigh-In Report**

Date xx/xx/xxxx

School Name		Opponent:		Weigh In Date:		
Weight Class	Wrestler	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official Weigh In	
113	AAA	113, 120	108.2	_____	01/01/xxxx	0.00
120	BBB	120, 126	118.0	_____	01/01/xxxx	0.00
126	CCC	126, 132	124.6	_____	01/01/xxxx	0.00
132	DDD	132, 138	131.0	_____	01/01/xxxx	0.00
138	EEE	138, 145	135.8	_____	01/01/xxxx	0.00
145	FFF	145, 152	143.6	_____	01/01/xxxx	0.00
152						
...						
...						
...						
...						
...						
...						
285	NNN	285	280.5	_____	01/01/xxxx	0.00

Coach Name (printed): \_\_\_\_\_

Opposing Coach or TD Name (printed): \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Opposing Coach or TD Signature: \_\_\_\_\_

Head Official Name (printed): \_\_\_\_\_

Head Official Signature: \_\_\_\_\_

\*\*This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.

(Actual form must be generated from the OPC)



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P.O. Box 271  
151 South Bethel Street  
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Telephone: 706-647-7473  
Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
PHYSICIAN CLEARANCE**

**WRESTLER AT/BELOW 7% or 12% BODY FAT**

**TO THE PHYSICIAN:**

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices 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 body composition analysis. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 12% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 12% (females) and the athlete is requesting that he/she be allowed to wrestle. 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 with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GHSA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/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 and indicate your assessment and recommendations on the next page.

Thank you,

The Georgia High School Association

**\*\*GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the clearance process.

GEORGIA HIGH SCHOOL ASSOCIATION  
WRESTLING WEIGHT MANAGEMENT PROGRAM

PHYSICIAN CLEARANCE  
WRESTLER AT/BELOW 7% or 12% BODY FAT

Any male wrestler whose body fat percentage at the time of their initial assessment is at or below 7% must obtain written clearance from a licensed physician (MD or DO) stating that the athlete is naturally at this low body fat level. In the case of a female wrestler, written physician clearance must be obtained for athletes who are at or below 12% body fat. This physician clearance is for one season duration and expires on March 1<sup>st</sup> of each school year.

**\*\*Coach: Complete this section prior to physician appointment\*\***

WRESTLER NAME \_\_\_\_\_ GRADE 8 9 10 11 12

SCHOOL \_\_\_\_\_ AREA \_\_\_\_\_

INITIAL ASSESSMENT DATA (from OPC):

Date of initial assessment \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Weight \_\_\_\_\_  
% Body Fat \_\_\_\_\_  
Minimum Weight Class \_\_\_\_\_

**EXAMINING PHYSICIAN**  
Date seen in office \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Today's Weight \_\_\_\_\_ lbs.

The wrestler named above, is at or below the minimum body fat allowed by GHSA Weight Management Program guidelines. This athlete has been granted clearance to wrestle at / above the minimum weight class determined at the initial assessment. **No weight loss.**

\*\*\*CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED\*\*\*

106 – 113 – 120 – 126 – 132 – 138 – 145 – 152 – 160 – 170 – 182 – 195 – 220 -- 285

PHYSICIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**NOTE:** This form is the only document accepted by the GHSA for Physician Clearance.  
No fees are required for this option.

Email, fax or mail this form to the GHSA: Attn. Denis Tallini, [dtallini@ghsa.net](mailto:dtallini@ghsa.net); 706 647-2638 (fax) or 151 South Bethel Street, Thomaston, GA 30286



**Georgia High School Association  
P.O. Box 271  
151 South Bethel Street  
Thomaston, Georgia 30286  
Telephone: 706-647-7473  
Fax: 706-647-2638**

**WRESTLING WEIGHT MANAGEMENT PROGRAM  
WEIGHT CLASS APPEAL**

**TO THE PHYSICIAN:**

The Georgia High School Association (GHSA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices 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 body composition analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 12% for females.

Per GHSA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GHSA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/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 and indicate your assessment and recommendation on the next page.

Thank you,

The Georgia High School Association

**\*\*GHSA COACHES:** Both pages of this attachment are to be presented to the attending physician as a part of the weight class appeal.

GEORGIA HIGH SCHOOL ASSOCIATION  
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any wrestler whose body fat percentage at the time of the initial assessment is at, below or above 7% (male) or 12% (female) may certify one weight class lower than what is calculated at the initial assessment. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for him/her to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a \$50.00 appeal fee (payable by money order, school or booster club check ONLY) must be mailed to the GHSA at the address below.

**\*\*Coach: Complete this section prior to physician appointment\*\***

WRESTLER NAME \_\_\_\_\_ GRADE 8 9 10 11 12

SCHOOL \_\_\_\_\_ AREA \_\_\_\_\_

INITIAL ASSESSMENT DATA (from OPC):

Date of initial assessment \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight \_\_\_\_\_

% Body Fat \_\_\_\_\_

Minimum Weight Class \_\_\_\_\_

EXAMINING PHYSICIAN  
Date seen in office \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Today's Weight \_\_\_\_\_ lbs.

Circle A or B

- A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his/her initial assessment. The athlete may engage in a weight loss plan to reach the GHSA weight class circled below. **This option requires a \$50 appeal fee.**
- B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is **not approved** to participate in a weight class lower than that determined by the initial assessment. **No fee required for this option.**

\*\*\*CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED\*\*\*

106 – 113 – 120 – 126 – 132 – 138 – 145 – 152 – 160 – 170 – 182 – 195 – 220 - 285

PHYSICIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NOTARY SIGNATURE & STAMP: \_\_\_\_\_ DATE: \_\_\_\_\_

Mail form and payment to the GHSA, Attn. Denis Tallini, 151 South Bethel Street, Thomaston, GA 30286



## NWCA Membership Information / Notes

- Your school must join the National Wrestling Coaches Association each year. The membership application is available on Attachment 6B.
- The fee is \$30.00 for the school year.
- Make checks payable to the NWCA and mail (along with the form) to the address on the application.
- If paying by credit card, please use the online Scholastic Registration Link:  
<https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>
- If registering as an individual, be sure you indicate the GHSA school where you coach. Your school and /or personal membership will be credited to the school in compliance with the rules.
- If you have questions, you may call the NWCA at 717-653-8009.

## Optimal Performance Calculator/Weight Management Membership Application

Use this form when paying by check, money order or purchase order only.

\*\*To receive access codes immediately, please use the online Scholastic Registration Link for using a credit card: <https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>

Please Circle Your State

AL FL GA NC ND NH

School Name: \_\_\_\_\_

Athletic Director Name: \_\_\_\_\_

School Address: \_\_\_\_\_

City: State: Zip: \_\_\_\_\_

School Phone: \_\_\_\_\_ AD Email: \_\_\_\_\_

Head Coach Name: \_\_\_\_\_

Email Address to be used to Receive OPC Access Codes \_\_\_\_\_

Please note: Access codes will not be provided to a coach over the phone

Please circle the items you would like to purchase below:

- OPC Access Cost: \$30 per school includes a free NWCA Membership
- Trackwrestling Statistics Program: \$50 per school

Payment Method

Check

Check # \_\_\_\_\_

Mail Checks to: NWCA, 330 Hostetter Road, PO Box 254, Manheim, PA 17545

Payment Questions Email: Amy DiCato

[adicato@nwca.cc](mailto:adicato@nwca.cc)

NWCA Phone Number: 717-653-8009

## GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

### Hydration Tip Sheet

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Make sure you are working with the coaches, athletes and parents to educate them about how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs.

#### In the days Leading Up to Testing

- Continue drinking fluids at the recommended rate for sports participation
- Urine should be clear when athlete is adequately hydrated
- Limit high fat food intake
- Avoid foods high in sodium (salt)

#### Two days prior to test day:

- Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber – this will help with removal of excess waste from the body (salad, cereal with skim milk, vegetables, fruits, etc. are examples of foods high in fiber).
- Eat smaller, more frequent meals.
- AVOID foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings, etc.).
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks and sports drinks).
- Be sure that you eat and drink, do not dehydrate!

#### One day before test:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated. Drink 12 to 20 ounces of a sport drink along with water.
- Eat smaller, but more frequent meals. Continue eating fibrous foods to eliminate excessive waste from the body.
- Fatty foods / snacks will stay in your body – STAY AWAY!!!

#### **The day of the assessment – for best results – the following factors should be controlled:**

- No caffeine, no diuretics in past 12 hours
- No food or drink within past two hours
- No exercise within past four hours
- No alcohol within past 24 hours
- No thick heel calluses
- Eat small portions and eat a very light lunch if afternoon testing.
- Eat lighter foods such as fruit, grains, etc.
- Continue to drink water.

- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc... which will cause you to retain fluids.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Use the bathroom (bowel movement) before the test.
- Please be ready to urinate when you arrive.

Eating immediately prior to testing can give a false result – lower than it really is because they have an increase in total body water from consuming the meal.

It is suggested that testing later in the day (late afternoon is given as the ideal time) prevents the likelihood of an athlete showing up moderately dehydrated.

### **Conditions that might cause skewed results or give an “ERROR” reading**

- A very full bladder
- Severe calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Subject wearing nylons (if it is absolutely necessary to wear nylons, add a drop of isopropyl (rubbing) alcohol to the metal plates to improve conduction.
- Pre-menstruation phase

## 2014-2015 Optimal Performance Calculator Coaches Instructions

### How do I log into my season team?

- Go to <http://www.trackwrestling.com>
- Click on FAQ's for more information on this topic
- Select 'Manage' from the menu bar
- Select 'Season Teams'
- Select your season and click the blue [Login] button
- Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
- Update your account information if prompted

### How can I edit my admin account information within a season?

- Log into your account as an admin
- Click on MY ACCOUNT in the blue top menu
- Click on EDIT ACCOUNT
- Update necessary information and then click the [Save] button at the bottom of the page

*\*NOTE\* - Some account information is locked and can't be edited*

### How do I add my roster for a season team?

To import your roster from a previous season:

- Click on FAQ's for more information on this topic
- Click on the 'Roster' link in the grey top menu
- Click on the [Import Roster] button
- 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 [Import] button
- The imported wrestlers will then appear on your roster
- To edit a wrestler's information you can click on the name of the wrestler

To add team members manually:

- Click on FAQ's for more information on this topic
- Click on the 'Roster' link in the grey top menu
- Click on the [Add Wrestler] button
- Fill out the form with information about the wrestler you are adding
- Click the [Add] button
- The added wrestler will then appear on your roster
- To edit a wrestler's information you can click on the name of the wrestler

*\*NOTE\*: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.*

### How do I edit my roster for a season team?

- Click the ROSTER link in the grey top menu from your team page to see your roster
- To edit a wrestler's information you can click on the blue name of the wrestler
- Make changes on the 'Edit Wrestler' page and select [Save Wrestler]

*\*NOTE 1\* - Some information can't be changed because of ties to the weight management system.*

*\*NOTE 2\* - The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.*

### **How do I edit team information on my team page?**

- Click on the EDIT TEAM link in the grey top menu
- Click on the fields to type changes or select from the drop-downs in areas you wish to change
- Click the [Save] button

*\*NOTE\* - Some information can't be changed because of ties to the weight management system.*

### **How can I add a practice transaction? (Optional by state)**

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

- Click on FAQ's for more information on this topic
- Log in with your username and password
- If you are an Assessor, click on the team you want to enter practice assessments for. If you are a coach, click Weight Management in the grey menu.
- If there is a practice transaction listed click on it and skip to step 5. Otherwise, click the [Add Transaction] button.
- Enter values for all the fields and be sure to select 'Practice' for the field 'Transaction Mode'. Click the [Add] button to be taken to the practice transaction.
- Click the [Add Assessment] button
- Select either a male or female test wrestler, check/edit the assessment date and answer the 'Passed Hydration' question or enter the 'Specific Gravity' value. Click the [Next] button.
- Select a measurement type if prompted and click [Next].
- Enter the measurement data and click the [Next] button. The data required on this page will vary from state to state.
- Review the assessment results. The results displayed will vary from state to state.
- Click [Previous] to modify any measurements or click the [Done] button to finish.

*\*NOTE\* - Practice assessments are not saved so they will not appear in the list.*

*Click the [Add Assessment] button again to enter another practice assessment to this transaction or click 'Transactions' link to see all transactions.*

### **How do I view a weight loss plan?**

- Click on FAQ's for more information on this topic
- Click on 'Roster' or 'Alpha Master' in the grey top menu
- Click on the scale icon next to the wrestler's name
- The weight loss plan will open in a new window

### **How do I view the Alpha Master Report?**

- Click on FAQ's for more information on this topic
- Click on 'Weight Management' in the grey top menu
- Click 'Alpha Master' from the grey top menu
- Use the [Search] button to search the Alpha Master list
- Use the print icon in the grey bar to preview and print the Alpha Master

### **How can I add an event to my schedule?**

#### **To add a Dual Meet:**

- Click on FAQ's for more information on this topic
- Click the 'Schedule' link in the grey top menu
- Click the [Add Event] button
- Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
- Fill out the information on the Add Event page and then click [Next]
- Select the opponent from the list or use the 'New Team' to add a new team if it is not already Listed and then click [Next]

- Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
- Use the drop-down menu in the 'Level' column to change the level of competition
- Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

*\*NOTE 1\* - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.*

*\*NOTE 2\* - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.*

### **To add an individual tournament or individual matches:**

- Click on FAQ's for more information on this topic
- Click the 'Schedule' link in the grey top menu
- Click the [Add Event] button
- Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
- Fill out the information on the Add Event page and then click [Next]
- Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
- Click on the blue link for an event and then click 'Edit Event' if changes are necessary
- Use the drop-down menu in the 'Level' column to change the level of competition
- Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

### **To add a multi-dual or dual tournament:**

- Click on FAQ's for more information on this topic
- Click the 'Schedule' link in the grey top menu
- Click the [Add Event] button
- Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next]
- Fill out the information on the Add Event page and then click [Next]
- Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
- Click on the blue link for this event and then click 'Edit Event' if changes are necessary.
- To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]
- To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].
- Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.
- Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

### **How can I add a league to a season?**

- Click the LEAGUES button from the blue menu at the top of the page when logged in as an admin
- Click the [Add League] button, complete the form and click the [Add] button
- To edit a league click the blue link for the league and then click 'League' in the grey menu. Edit

the information you need to change and then click [Save]

*\*NOTE\* - Some items and abilities to edit under LEAGUES will depend on what type of user you are logged in as.*

### **How can I add a team to a league?**

- Click on LEAGUES from the blue top menu
- Search for and click on the league you wish to add teams to
- Click the [Add Team] button
- Select the team(s) you wish to add and then click [Add]
- **\*\*NOTE\*\*** - Use the CTRL key to select multiple teams to add

### **How do I send a message to an admin in a season?**

- Select USERS and then select the type of user you want to send a message to. (Assessor, League Admin, Team Admin)
- Place a check mark next to the admin(s) you want to message
- Type the subject and message. Specify if you want and acknowledgement to be required and then click the [Send Message] button at the bottom
- Use the [Message All] button to send a message to everyone on the list. You can use the Search function to return a specific list and then use the [Message All] button as well.

### **How do I add a user to a season?**

- Log into the season as an admin
- Go to USERS and select the user type you wish to add. (Assessors, League Admins, Team Admins) The options you see here will depend on what type of user you are logged in as.
- Click the [Add Admin] or [Add User] button
- Fill out the form with information about the user and then click [Add]

### **Who to Contact?**

If you have any questions or concerns please submit a ticket to TrackWrestling through the following link:  
<http://www.trackwrestling.com/tw/tickets/CreateTicket>

National Wrestling Coaches Association (NWCA): 717-653-8009