

Wisconsin Weight Management

Weight Loss Per Week:

A. An average weight loss limit of 1.5% of body weight at the time of initial Minimum Wrestling Weight per week will begin once the athlete has successfully completed an skin fold measurement or an appeal. A season-long weight loss plan, calculated daily, will guide his/her weight loss during the season.

B. Wisconsin will utilize the Weight Management Plan, now managed by Trackwrestling, into which wrestlers' weights will be entered to chart the 1.5% descent plan. A wrestler's descent plan will detail at which weight classes a wrestler may participate each day based upon each official weigh-in.

C. For each high school varsity and non-varsity competition, coaches must present their Pre Meet Weigh-In Form at weigh-ins. Weigh ins may not begin until the coach produces the Official Weigh In sheet with the full roster.

D. A wrestler will not be allowed to wrestle at any time in a weight class that would require him/her to lose more than 1.5% per week, calculated daily, from the original date of a successful skin fold measurement and official weigh ins.

E. Coaches will be required to enter all official weigh-in weights into the Weight Management Plan after each competition at any level. All data entry must be completed prior to creating the next official weigh-in form. This will recalculate the wrestler's descent plan for the remainder of the season automatically. This may or may not affect the wrestler's minimum weight class for the remainder of the season.

F. At any level of competition, a record of weigh-ins must be provided by the host school. This record must include all wrestlers who officially weighed-in. Coaches should keep weigh-in records on file for documentation should any wrestler's lowest minimum wrestling weight be challenged.

NOTE: A wrestler may wrestle at a weight prior to making scratch weight at that particular weight as long as the descent plan allows him/her to make the designated weight class with the allowance.

EXAMPLE: A wrestler wishes to compete at the 120 pound weight class but the weight loss plan only allows him/her to make 120.8, however there is a one pound (consecutive day of competition) allowance. The wrestler is allowed to compete at the 120 pound weight class only if the plan states 120 weight class is allowed according to the descent plan on that date.