

WIAA Wrestling Minimum Weight Appeals

Appeals must be done prior to a wrestler's first competition. The deadline for the special re-weigh provision is **January 30, 2026**. For more information please see p. 42 of the Wrestling season regulations.

Your first skinfold weight is considered an official weigh-in record. You will be weighed for this appeal/re-weigh and the 1.5% per week weight gain/loss limit still applies – this test will be invalid if 1.5% per week is exceeded. The original measurement date is not counted for calculating weight loss. You MUST bring along a copy of your updated weight loss plan as well as the two most-recent weigh-in records (original minimum weight results if applicable) in order to verify your weight. A photo ID is also requested.

Important Reminders for Coaches and Athletes:

1. It will be the responsibility of the wrestler to maintain sufficient hydration to pass the hydration test when they arrive for the appointment.
2. It will be the responsibility of the wrestler to bring the required paperwork including the weight loss plan **clearly showing weight loss down to their consent weight.***
3. The wrestler will not be eligible for underwater weighing if their body weight (at the time of the appointment) is less than the weight loss plan indicates for that date.
4. If the wrestler's weight at time of appointment is less than that indicated by the weight loss plan, the appointment will conclude. They will not be allowed to eat, drink, or add clothing to be re-weighed.

For appointments at any of our approved facilities, contact the individual listed below:

University of Wisconsin – La Crosse – Hydrostatic Weighing

Chris Jones

608-785-8685

University of Wisconsin – Eau Claire – Hydrostatic Weighing

Nick Beltz

715-836-5475

Questions:

For rule or procedural questions contact Mel Dow at the WIAA (715-344-8580).

WIAA Minimum Wrestling Weight Appeals – 2025-26 Season

Why: The WIAA has a provision whereby the minimum wrestling weight may be appealed by hydrostatic weighing. The following information will help you prepare for your appeal.

Where:

La Crosse – Hydrostatic Weighing – The test will be conducted at UW-La Crosse, 1725 State St., La Crosse.

Directions: You will be tested in Room 229 Mitchell Hall, The Human Performance Lab, we are in the southeast corner, second floor. The street corner outside is 20th and Campbell Rd. It is best to enter on Campbell Rd. side. Do not enter UW-L into your GPS, enter the address listed above.

Please refer to the following map: [Mitchell Hall](#)

Eau Claire – Hydrostatic Weighing – The test will be conducted at UW-Eau Claire, McPhee Center, 509 University Drive, Eau Claire.

Directions: You will be tested in McPhee 123, which is the Exercise Physiology Laboratory (located on the bottom floor of McPhee – #18 on map). You will need to provide license plate, vehicle make, and vehicle color prior to arrival in order to obtain a parking pass. Parking is available in McPhee or Murray Lots under designated 'F' parking spaces. When you arrive for testing, staff will meet you in the main McPhee Center entrance area.

Please refer to the following map: [McPhee Center](#)

How do I prepare:

Hydrostatic Weighing – The athlete must pass the **URINE SPECIFIC GRAVITY TEST** upon arrival to be eligible for the test. If you are testing early in the morning make sure you urinate before you show up at the lab and are able to urinate upon arrival. Try to limit exertion the day prior to the underwater weighing, which will minimize protein in the urine. While electrolyte drinks have their place, excess electrolytes will be excreted in the urine. Starting the day before, just drink water. **You MUST have a copy of your updated Weight Loss Plan with the most recent weigh-in recorded.**

Appointment and Fees: Tests must be completed by January 30, 2026.

La Crosse – Call Chris Jones at 608-785-8685. Appointments are during regular business days and will generally take under an hour. The fee for the test is \$60 with checks made payable to Human Performance Lab.

Eau Claire – Call Nick Beltz at 715-836-5475. Appointments are during regular business days and will generally take under an hour. The fee for the test is \$50 with checks made payable to UWEC Exercise Physiology Lab.

Results: The official results will come from the WIAA office and will be returned to the school.

Frequently asked questions:

Q. Who is eligible?

A. A WIAA wrestler 1) whose original minimum weight was within 2 lbs. of the next lowest weight class, 2) has not gained or lost more than 1.5% per week since the most recent official weigh-in and 3) whose coach and parents agree that it will not be detrimental to the health of the athlete to compete in a lower weight class.

Q. Is my minimum wrestling weight my optimal weight and the body weight where I will perform my best?

A. There is no evidence, scientific or otherwise, that the minimum wrestling weight is an optimal weight for athletic performance. In fact, the vast majority of wrestlers (and other athletes) compete at a body fat greater than 7%.

Q. Will you weigh me when I come for my appointment?

A. Yes, your body weight will be measured at the time of the procedure. That body weight will be used for the calculation of a new minimum wrestling weight.

Q. I passed the USG test at school, will I pass it at the clinic?

A. You were likely tested at wrestling practice in the afternoon. However, you will likely be more dehydrated in the morning than you were in the afternoon. For example, your first urine in the morning tends to be a darker color indicating dehydration. Give yourself every chance to pass by replacing fluids that have been lost.

Q. What if I am unable to provide a urine sample on arrival for my appointment?

A. Unfortunately, we will not be able to do the testing. You must pass the urine specific gravity test to be eligible for the procedure. Please drink plenty of water so you will pass the urine specific gravity test.

Q. What if I fail the urine specific gravity test when I come for my appeal?

A. We will not be able to complete the procedure and will send you home. You may retake the test 48 hours later if another appointment is available.

Q. Will you give me the results before I leave?

A. No. The official results come from the WIAA office and will be returned to the school. They will be given to the coach or athletic director.

Q. What do I wear for the test?

A. For Hydrostatic Weighing – You will need a swimsuit and a towel.

Q. Can my family or coach watch?

A. Yes, the family and coach can watch the hydrostatic weighing test if they like.

Q. How long in advance should I make an appointment?

A. There may be limited appointment slots and they fill quickly. We encourage you to schedule your appointment at your earliest convenience so you are not disappointed.

Q. What if I can't make the appointment?

A. Don't be a no-show. Please call the contact person for your site to let them know. These appointments are very popular and sometimes we can't accommodate all requests. Please call to cancel so we can re-open your appointment slot for another wrestler.