

## Wrestling Weight Management Plan

**Q: If a wrestler loses more weight than the descent plan calls for from one competition weigh in to the next but stays in the same weight class, is there an issue? If a wrestler is above his/her descent plan at a competition weigh in, but in the same weight class, does he/she have to have a new descent plan?**

A: If a wrestler weighs in light, he would not be eligible for a lower weight class but would not be penalized in any way. The weight loss plan will not adjust, it will be maintained from the previous schedule. Your weight loss plan printout would not change for the next week. If a wrestler weighs in heavy, the weight loss plan will adjust from that week's actual weight and will show on the new printout.

**Q: If a wrestler gets one pound allowance for consecutive days of competition and takes advantage of the allowance, does the heavy weigh in affect his weight management plan?**

A: The plan allows forgiveness of the one pound for the weigh management plan and the plan is not affected.

**Q: Are these two items found on web stating different requirements regarding scratch weight or making weight?**

### *Items on WIAA web site*

#### ***Wisconsin Weight Management - Document Weight Loss per Week***

*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 with the allowance.*

#### ***Wrestling (Winter 2017-18) Season Regulations***

##### ***m. Establishing Minimum Weights***

***(2)***

*c. Any time a contestant establishes a minimum weight (by any means) after December 25, the wrestler must scratch weight at their minimum weight one time to qualify for the growth allowances at that weight.*

A: The Winter Regulations are always the rules to follow. Web site information is only a resource. Minimum weights established before December 25 don't have to make scratch. Minimum weights established after December 25 have to make scratch. In the rule book, scratch weight is required after December 25. But on consecutive day of competition, scratch weight would move up.

In the example with the Wisconsin Weight Management document online, it provides the one situation where scratch weight is actually a pound more and the weight plan allows the athlete to use the consecutive day allowance. Keep in mind, if a wrestler weighs in heavy, the weight plan is adjusted and must be printed for the wrestler.

**Q: Quick question about the new rule. I understand that coaches will have to enter their weigh-in weights on trackwrestling and bring a printout to the meet showing what weight they are eligible. My question is: will the entered weights be public?**

A: Nothing has changed. Coaches will bring the list to the weigh ins and have their last two weigh ins with them. Coaches should bring the minimum weight forms with us to meets as in the past.

**Q: In the event that an extra pound is given for a regular season weigh-in (examples: 2 day tournament, Friday dual followed by a Saturday tournament, a snow day where practice is not held the day before a weigh-in) as long as the wrestler weighs in within the allowed pound, the recorded weight will not change their descent plan. This is assuming that making scratch weight would have not altered their descent plan. Here is my question: What would happen if they weigh in above the allowed pound? Let's say they are 1.2 over scratch weight...Does their new weight loss plan register 1.2 pounds above or .2 pounds above scratch?**

A: The system will forgive up to the allowance (1.0lbs) and the remaining weight (0.2lbs) will be applied to the next day's eligible weight (EWW +0.2).