



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

TO: Athletic Directors and Coaches of WIAA Wrestling Schools
FROM: Mel Dow, Associate Director
DATE: October 2023
SUBJECT: Wrestling Minimum Weight Program
REFERENCES: Testing for Hydration: A Guide for Athletic Directors and Hydration Testers
Staying Hydrated for Top Performance
Skinfold Procedural Tips from a Pro
Parental Permission Form
Nutrition Information
Important Information Regarding Weight Loss

REMINDERS FOR 2023-24 (Please review carefully)

1. **Minimum weight calculations are done using the online program.** Each school should have a designated team representative that will receive a username and password. That person is responsible for entering all data associated with their team. Login messages containing passwords are sent to designated team contacts in the first week of October. Upon receiving team passwords this person may log on and enter names and grades of wrestlers who may be on the team roster. **New wrestling coaches should to go the Trackwrestling Weight Management system and use the 'HELP' option to become familiar with the updated online program if needed.** There is a Demo video link as well as a link to FAQ's. A menu option labeled 'WIAA' also contains a set of instructions for WIAA Team Admin Assessment with video links to help you become familiar with the updated program. **NOTE – "Live" practice measurements are not allowed.** The practice option in Trackwrestling will not show results – it is intended to allow new coaches to become familiar with the program entry only.

After measurements have been recorded, the team representative can then enter the data online and receive results immediately, but the data will not be considered final until it is verified by the measurer. When the data is submitted, the measurer will be notified via e-mail that the data is ready for review. The measurer will have 3 business days to review the data and either approve it or report any discrepancies they find to the WIAA for correction. **Wrestlers may compete once the school has entered their measurement data and received the necessary minimum weight printout in return. However, if a discrepancy in data entry is found and an athlete wrestled at a weight class in which they were not eligible, they will be required to forfeit.** Once the measurer has verified the data schools will receive an e-mail confirming the results.

2. **Reminder: No wrestler may compete or accept a forfeit until their minimum weight printout/result is on file at your school.**
3. A wrestlers weight on date of appeal must be taken and recorded on the measurement log form by the skinfold measurer (hydration test is not repeated for Step 1 appeal). **The weight on the date of appeal is the weight that must be entered into the program.** However, the wrestler's original skinfold measurement weight will automatically be used to calculate Step 1 appeals. **The appeal will be invalid if a wrestler's weight on the date of appeal reflects a gain or loss greater than 1.5% per week from the wrestler's original skinfold measurement weight. The original measurement date is not counted for calculating weight loss.** Appeals are also not valid if done more than 14 days following the original measurement date.

Note: The same measurer who did the original skinfold measurement must also do the appeal measurement.

4. **Reminder: Schools must use a certified scale for determining minimum weights and for competition.** Beam scales must be certified annually, no earlier than the first day of school in August or September, and no later than the

school's first day of skinfold measurement, which may be October 16 or thereafter. **Electronic scales must be certified every three years.**

5. **Weight Data Processing** – In order to ensure the measurement procedure runs smoothly, refer to the following tips:
 - You (AD or coach) must arrange for a hydration test administrator and skinfold measurer to come to your school to conduct the test and to do the measurements. Please review the hydration test information and measurement instructions carefully. **Hydration testing and skinfold measuring must be done at the same session/same site.** Schools are reminded to always take precautions to assure a secure urine sample.
 - Skinfold younger and non-varsity wrestlers as early as possible – earliest date for skinfold measurements is October 16. Then do the balance of your varsity wrestlers at a slightly later date, if necessary. With the use of the online program results will be available immediately upon entering the data, however, they will not be considered final until verified by the measurer (within 3 business days).
 - Please be respectful of the measurer's time when scheduling multiple sessions.
6. **Remember: The hydration tester must mark the Pass/Fail box for each wrestler if they pass the test or the wrestler will not be measured.** They must also provide their name/signature at the top of the log form.
7. It is acceptable to use a refractometer, hydrometer or reagent strips ("dip sticks") for the hydration test (see Hydration Testing information sheet).
8. **Hydration testing must be done immediately prior to the actual taking of the skinfold measurements AND AT THE SAME SITE where the measurements will be taken. No wrestler will be measured until they have passed the test for proper level of hydration (48 hours between re-tests – see supplemental hydration information).**
9. Skinfold measurers may agree to do the Urine Specific Gravity test on one or two athletes, on a follow-up visit to your school - or if an athlete goes to a clinic to be measured. Measurers are NOT to be expected to do hydration testing on your entire squad.
10. After taking the measurements and checking to be certain forms are properly and completely filled in, the measurer will keep a copy and give a copy to the coach. Schools must then enter the data into the online program and may receive their preliminary results immediately. **Results are not considered final until the measurer has confirmed the online data and you have received an e-mail confirming their accuracy.** During on-line data entry remember the following:
 - All entries in a batch/transaction must have the same measurement date, measurer and hydration tester.
 - **Do not do a separate transaction for each wrestler measured on the same date**, unless they were measured by different measurers.
 - Only ONE appeal is allowed by skinfold (maximum of 2 measurement entries for a wrestler). Be sure to enter the appeal data by choosing the same wrestler name as the original skinfold so that it gets coded as an appeal.
 - * **PROOF your entries for accuracy before committing the transaction.** Once committed, only WIAA can make corrections. Too many discrepancies reflects poorly on your program and necessitates additional scrutiny.
 - * **Remember: Please enter your female wrestlers in BOTH the boys and girls seasons to allow for eligibility in both boys and girls-only events.**
 - * **Data Corrections** – Errors in minimum weight data identified by the measurer will be **corrected by the WIAA** office the next business day, during normal business hours (7:30-4:00).

If you have errors in weigh-in entry data during the season, please first reach out to the WIAA for corrections (a copy of the signed weigh-in form is required for verification). Trackwrestling support will not make corrections without WIAA office authorization.
11. See the supplemental information "Skinfold Procedural Tips From A Pro" for some great organizational suggestions.
12. **Coaches and ADs are reminded that a wrestler is ineligible to compete until the minimum weight calculations are determined via the online program and printed for your files.** Again, keep in mind the results are not considered final until the measurer has verified the data and you have received an e-mail confirmation. The deadline for submitting minimum weight skinfold measurement data on-line will be noon of the Tuesday prior to regional competition.

13. **Parent Permission slips are to be kept on file at the school.** They do not need to be sent to the WIAA. A copy may be found on the web site under Wrestling > Rules & Regulations > Health Related & Permissions and under Health > Forms & Publications. This form has been revised so please download/print out the updated form. Attached to that form is some information regarding weight loss. You may want to provide copies of this information to all wrestling parents.

NOTE: In the updated Trackwrestling Weight Management system, this is known as '**Consent weight**' and is noted with an asterisk following the weight and weight class. **Consent flags** are automatically set to 'N'. Coaches should double-check their wrestlers' records and may change the consent flag to show a 'Y' for their own wrestlers as needed. **You must have the parent permission form on file before an athlete is allowed to compete at their consent weight class** (no sooner than allowed by the weight loss plan). **Coaches should carry a copy with them.**

Remember: the deadline for parental permission is February 1.

SKINFOLD LOG FORMS

Measurement log forms for 2023-24 were sent to your school with rule books September 18-26. **Handle them with care – stray marks may make the duplicate copy difficult to read.** Each school is provided with 10 forms. If you need more during the season, contact the WIAA office to request them. **Requests must come from the athletic director.** Note: Forms for co-op schools are sent to the contact school only.

Be certain the coach, or whoever works with the measurer, has the forms filled in as per the instructions on the back and gives them to the measurer before he/she starts the actual measuring. Weights are not to be filled in until the measurer is on location and can supervise that process.

GENERAL REMINDERS

Skinfold Measurement

- A. Testing for level of hydration and skinfold measuring must be done at the same session - at the same site!
Note: A wrestler who fails the hydration test must wait 48 hours before they may be re-tested.
- B. A complete list of certified skinfold measurers is available on the school center site. ***Only measurers on the 2023-24 list may be used!***
- C. **IMPORTANT:** Do not assume the measurer you used last year is still on the list. Do not assume an athletic trainer serving your school is on the list — check carefully!
- D. October 16 is the earliest date measurements can be taken. Be certain the accuracy of your scale is checked before you have any measurements done.
- E. Do not allow wrestlers to record their own weight. Have someone available to assist the skinfold measurer to do that.
- F. Set up the area for measurement so the skinfold measurer can oversee the scale and weighing of wrestlers.
- G. **There is no testing for level of hydration on appeals.** The wrestler must be weighed and the weight recorded on the appropriate line for the appeal to be valid. Their original weight will be used to process the appeal.

Appeal Process and Special Re-weigh Provision (Winter Season Regulations, page 42)

- A. Coaches are reminded that there are significant differences between these provisions and specific prerequisites apply if/when a wrestler wishes to appeal their minimum weight vs. hydrostatic weighing by virtue of the special re-weigh provision.

We do have 2 hydrostatic weighing sites available beginning 2023-24: UW-La Crosse and UW-Eau Claire.
Refer to the [online instructions](#) for further information.

The original measurement date is not counted for calculating weight loss. If a wrestler exceeds 1.5% per week weight gain or loss from the date of their most recent weigh-in the appeal will be rendered invalid.

- B. It is the coaches responsibility to understand the rules pertaining to their sport and sport season. See Wrestling Season Regulations, page 42, #3 and #4.

Important – Weight Loss and Recording Changes for 2023-24

- A. The weight loss program is based on 1.5% per week.

B. All coaches:

- Should have a clear understanding of Trackwrestling.
- Will be required to enter weigh-ins for each wrestler in Trackwrestling after a match/tournament and before the next event. This will update each wrestler's weight loss plan.
- Will need to print a weight loss program via Trackwrestling for each wrestler.

C. WIAA has documentation online and the trackwrestling FAQ section is also very helpful.

D. Determining minimum weight will not change.

E. **Weigh-in Forms and Recording:** Coaches will print a weigh-in form from Trackwrestling prior to their event. Weights must be entered online following each event. Keep in mind, wrestlers may only be listed on 2 open weigh-ins at one time.

* Requests for corrections should be sent to the WIAA office first, with a copy of the signed/unaltered weigh-in sheet for verification. Trackwrestling support will not make corrections without WIAA office authorization.

Nutrition Education

A. A copy of The Wrestler's Diet booklet may be obtained from the WIAA website for you to print for your athletes.

B. Schools are encouraged to set up a nutrition education session involving coaches, wrestlers, and parents. A very important portion of the nutrition education presentation deals with the important subject of DEHYDRATION. Also see <http://nfhslearn.com/> and click on Courses, then search for Nutrition to review the Sports Nutrition course.

C. Conduct the nutrition education session after your wrestlers have been skinfold measured and know their minimum weight. To be on the safe side, schedule the nutrition education session one week to ten days after the date of measurement.

Additional Items You Should Review

1. Handout outlining the procedure for Hydration Testing – **please review carefully and ensure athletes are providing a true sample.**
2. Master documents for you to reproduce as needed:
 - A. Parental Permission Form (you, or your coach, will need one for each wrestler deciding to use this facet of the rule).
 - B. Eating for Performance (reproduce one for each wrestler and parent attending the nutrition education session).
 - C. Food Diary (reproduce one for each wrestler and parent attending the nutrition education session).
 - D. Important Information Regarding Weight Loss.
 - E. Staying Hydrated for Top Performance.