



SDHSAA WRESTLING WEIGHT MANAGEMENT PROGRAM

I. REGULATION

- A. SDHSAA member high schools will be required to determine a minimum competitive weight for each of their varsity and sub-varsity wrestlers. The minimum body fat percentage for males is 7% and for females is 12%. The SDHSAA does not advocate that a wrestler's established certified minimum wrestling weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

II. DETERMINING MINIMUM WEIGHT ("ALPHA" WEIGH-IN)

- A. Bioelectrical impedance measurements will be utilized to determine each wrestler's body fat percentage. We will be using the Tanita bioelectrical impedance Body Composition Analyzer. Only measurements taken by persons who have been successfully trained as assessors will be accepted. **First assessment for athletes will be on the Tuesday of SDHSAA Calendar Week 18 at regional sites to be determined.** The SDHSAA will utilize the National Wrestling Coaches Association's (NWCA) Optimal Performance Calculator as the mechanism to calculate the certified minimum weight class for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling. **NO WRESTLER MAY COMPETE UNTIL HE/SHE HAS HAD A CERTIFIED MINIMUM WEIGHT DETERMINED BY THE NWCA OPTIMAL PERFORMANCE CALCULATOR AND IT APPEARS ON THE SCHOOL'S ALPHA MASTER FORM.** All wrestlers must be properly dressed in shorts and t-shirts during the entire weigh-in process. **A second scheduled assessment date will be Monday of Week 20 with the last allowable assessment being Monday of week 33.**
- B. Hydration testing will precede the bioelectrical impedance measurements. A specific gravity urine test will be administered to each wrestler in order to determine if he/she is sufficiently hydrated (1.0250 or less). A refractometer will be our testing instrument for hydration. **If the athletes fail the Hydration test they are allowed to check it a 2nd time with the same specimen, then if it is a fail, they must wait for at least 24 hours before they can test again.** Provided the wrestler passes the hydration test, the results of his/her body composition assessment will be entered into the NWCA weight certification Optimal Performance Calculator on the Initial Assessment page of the Trackwrestling website. The Optimal Performance Calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.
- C. The lowest weight class a wrestler may compete will be determined as follows:
- i. If the certified minimum weight, at 7% body fat for males or 12% body fat for females, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class.
 - ii. If the certified minimum weight, at 7% or 12% body fat, is greater than one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class.

- iii. A wrestler may compete at his/her minimum weight class if additional pounds are given for consecutive days of weigh ins or the two-pound growth allowance on December 25 if his/her minimum weight is at or below that weight. For example, if a wrestler's minimum weight is 107.68 pounds and he/she can achieve that weight on December 25, he/she is eligible to wrestle in the 106 pound division starting December 25 because of the two pound growth allowance.

- D. **Wrestling coaches must be provided the Alpha Master of their opponent before each contest.** Coaches are to provide a copy of the most current Alpha Master for their team to each opponent coach or the tournament manager if more than four teams are involved on a date of competition. A tournament manager is required to collect the Alpha Master for each team and make it available for coaches of competing teams.

III. TIME PERIOD FOR MEASUREMENTS

- A. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school Alpha Master Form.
- B. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.
- C. The First Assessments will be held in October, Tuesday of Week 18 at regional testing sites. The Second Assessment date is in November, Monday of Week 20. The Last Allowable Assessment date is February, Monday of Week 33. Any wrestler who comes out for a team after the assessment dates must make arrangements with the SDHSAA for their initial assessment.
- D. Unusual situations must be arranged with the SDHSAA in writing before deadline or due dates.
- E. The first day of the Regional Tournament is the deadline to meet a certified minimum wrestling weight.

IV. WRESTLER'S BELOW 7% OR 12% BODY FAT

- A. Prior to competition, any male wrestler whose body fat percentage at the time of the initial assessment is below 7% must obtain written clearance from a physician stating the athlete is naturally at this sub-7% body fat level. In the case of a female wrestler, written physician's clearance must be obtained for an athlete who is sub-12% body fat. A physician's clearance is for one season and expires the day after the State Wrestling Tournament of each year. The sub 7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight at the time of their initial assessment. The SDHSAA Physician's Clearance form must be used and can be found online in the wrestling area on the Bound website.

V. GROWTH ALLOWANCE

- A. The SDHSAA Weight Management Program awards a **two-pound growth allowance** on December 25.

- B. The growth allowance may be utilized to achieve a lower certified minimum wrestling weight class for a wrestler.
- C. Any wrestler who comes out for a team after the assessment testing dates must make arrangements with the SDHSAA for their initial assessment. This must occur prior to their first competition.

VI. WEIGHT LOSS LIMITATION

- A. A weight loss limitation of 1.5% body weight per week will be in effect for all wrestlers. The earliest date that a wrestler will be allowed to compete at his/her predicted minimum weight can be determined by the Weight Loss Plan page of the Trackwrestling website. The weight loss plan will determine which weight class a wrestler may compete at each week.
- B. Note: Items stricken through in Letter G of the SDHSAA Wrestling Handbook have been eliminated. We still continue to follow the 3 items below.
 - 1. (New 2023) **Utilize the NFHS 14 weight class model for Boys and the NFHS 12 weight class model for girls beginning in 2023-24.**
 - a. **Boys – 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285**
 - b. **Girls – 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 250**
 - 2. (New 2023) **We no longer have minimum weights that wrestlers will need to weigh.** ~~The minimum weight for a Boy 106-pound contestant is 88 pounds. The minimum weight for a 106-pound contestant who wishes to wrestle in the 113-pound class is 97 pounds.~~ The maximum weight for any male contestant shall be 285 pounds and for female it shall be 250 pounds.
 - 3. At no time shall a wrestler compete below his or her established minimum class.
- C. **PENALTY:** Any wrestler, who participates at a weight class below their eligible minimum weight class as defined by the weight loss plan, before the proper amount of time has passed to achieve that weight class, will be considered an ineligible wrestler for that competition.

VII. APPEAL PROCESS

- A. Any athlete may appeal his/her minimum weight or hydration assessment results **one time** by reassessment.
 - 2. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the SDHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the initial assessment. **Day one through seven does not permit any weight loss for an appeal to be valid.** During the second week, days eight to fourteen, a wrestler may weigh no less than 1.5% (rounded down) of the initial body weight assessment. Failure to meet these conditions or timelines is cause for denial.
 - 3. Reassessment includes hydration and bioelectrical impedance assessment.

VIII. COSTS

- A. The SDHSAA will provide Tanita body composition analyzers, refractometers and cups at regional sites.
- B. All costs incurred for the appeal process are the responsibility of the school.

IX. NUTRITIONAL PLAN

- A. Nutrition education should emphasize proper growth as well as healthy weight reduction approaches.
- B. Students and parents should be encouraged to resist unhealthy weight reduction approaches.
- C. The impact of growth, development and lifelong health will be primary in the education of the student.
- D. Emphasis should be placed on eating reasonable amounts of proper foods to maintain healthy bodies rather than binge and purge.
- E. The dangers of dehydration should be explained and the practice of dehydrating to achieve a weight should be discouraged.

X. FREQUENTLY ASKED QUESTIONS

- A. Will each coach have access to every school's alpha master roster via the Trackwrestling website? Answer: No. Each school can only access their own alpha master roster.
- B. Are coaches required by rule to share their alpha master roster with the opposing coach at weigh-ins? Answer: Yes. Head coaches shall exchange alpha master rosters at weigh-ins for dual meets. A copy of your team's alpha master roster must be provided to tournament directors prior to weigh-ins.
- C. Do coaches have to provide each wrestler's weight loss schedule available at weigh-ins? Answer: No. Only the alpha master roster is required at weigh-ins.
- D. Are wrestlers who join the team after January 1 required to be certified at a minimum weight class? Answer: Yes. ALL wrestlers must be tested prior to competition, no matter when they join a team.