

Nevada's Wrestling Weight Management Program: The Specific Rule for Nevada's Student-Athletes

Schools are required to follow policies of the Nevada Wrestling Weight Management Program herein established by the NIAA for the health and safety of all wrestlers competing in high school varsity and junior varsity programs.

The establishment of a minimum wrestling weight based on 7% body fat for boys and 12% for girls is mandatory for all wrestlers. Please note the NIAA does not advocate that a wrestler's established minimum weight is the student-athlete's best weight, but simply establishes the minimum weight at which the student-athlete will be allowed to compete.

- I. Establishing the Minimum Weight Class
 - A. Tanita TBF measurements will be utilized to determine each wrestler's body fat percentage.
 1. Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can have measurements taken. Details regarding the specific test to be used, the testing protocol, etc. will be mailed to each wrestling school prior to the earliest date for measurements.
 2. Only measurements taken by an assessor who has successfully completed a NIAA Workshop will be accepted. It is the school's responsibility to contact an approved assessor from the list provided by the NIAA as posted on the NIAA's web site...
www.niaa.com...
and arrange a time to have the wrestling squad assessed.
 3. Measurements may not be taken after a practice or a workout. If the measurer has reason to believe any of the wrestlers are in a dehydrated state, they shall refuse to measure such wrestler(s).
 4. No wrestler may compete until he/she has had a minimum weight class determined.
 - B. The lowest weight class a wrestler may compete in will be determined as follows:
 1. A wrestler may compete at or above the weight class in which his/her 7%/12% minimum wrestling weight places him/her.

2. A wrestler must be listed on the Alpha Master/NWCA weight-in form before he/she is allowed to compete. The wrestler's minimum wrestling weight will be automatically adjusted by 2% if the wrestler's assessed body fat was 7% or above. Wrestlers being assessed on-site the day of a dual or tournament will be allowed to compete at that Alpha weight.
3. A wrestler who is assessed below 7%/12% must have a medical release to wrestle at his/her alpha weight **per NFHS rules**.

II. Time Period for Measurements

- A. Assessments may begin on the third Monday of October. All wrestlers, including those coming out late, must have their minimum weight class established before competing.
- B. Assessment results will appear on the Alpha Master within seven days of testing.
- C. When an assessment occurs after January 1st, no growth allowance will be used to establish a minimum weight class.

III. School Administration's Responsibilities in the Measurement Process

- A. It is the school's responsibility to contact an approved assessor from the list provided by the NIAA as posted on the NIAA's web site...
www.niaa.com...
and arrange a time to have the wrestling squad assessed.
- B. School administration or its designee must take reasonable precautions to insure the accuracy and validity of their hydration testing procedure.
- C. It is recommended that a school must have available at the time of the measuring:
 1. An individual to collect all data forms (individual profile and parent permission forms);
 2. A school official (i.e.: A.D., coach, teacher) who will assist in lining up the wrestlers, checking the individual profile and parent permission forms, and recording all data;
 3. An individual to administer the test to determine state of hydration of each wrestler, (i.e.: school nurse, biology teacher).

* Note: Schools having female wrestlers are responsible for providing a female to assist in acquiring the urine sample.

4. The summary list of required paperwork is listed here:
 - a. For the Initial Assessment
 - i. Individual Profile Form
 - ii. Parent Permission Form for Hydration Test
 - b. For the Re-Assessment Process
 - i. Original assessment paperwork (which may be obtained / retrieved from the NWCA web site)
 - ii. A new Individual Profile Form

**** PLEASE NOTE** that a re-assessment will NOT be granted unless all procedures listed above are followed correctly.

- D. A wrestler is not eligible to compete until his/her school has an alpha master with his/her name and minimum weight class indicated.
- IV. Growth Allowance
- A. Growth allowance will be two pounds **after December 25th.**
- V. Weight Loss Per Week
- A. A weight loss limit of 1-1/2 percent per week has been set. The projected earliest date to wrestle at the predicted minimum class will be broken down into days. This date will appear on the printout.

* Note: Coaches failing to have the **NWCA pre-match weigh-in form and** the Alpha Master form available for challenges on site will be, in the first offense, WARNED, and in the second offense, SUSPENDED for the first session of the next tournament or dual meet.
A session is a complete round of wrestling 103lb though 285lb. A round of "pigtails" is NOT a session.
 - B. A wrestler will not be allowed to wrestle at any time in a weight class that would require him/her to lose more than 1-1/2 percent per week as has been established on the wrestler's weight loss plan.

- C. *The wrestler will have a 3.0% allowance for weight gain from their lowest recorded eligible weight class achieved with an official weigh-in. When a weigh-in is over the 3.0% allowance, the wrestler will automatically be re-started on a new weight loss plan using the date and weight of the weigh-in as the starting point.*
- D. The deadline for challenges regarding weight loss violations/procedures shall be five working days prior to the start of post-season tournaments.
- E. Coaches must use the **NWCA pre-match weigh-in sheet** available on the NWCA web site for weigh-ins at all contests. Alpha Master forms must be available on-site for challenges. The on-site official will verify and sign each coach's copy of the weigh-in form in case a question arises that a wrestler may have violated the 1-1/2 percent per week weight loss limit. Protests will be handled by the NIAA office.

Note: The event director is responsible for collecting *NWCA pre-match weigh-in form* and verifying the minimum weight class of wrestlers when requested for events held in Nevada with five or more teams participating.

NIAA penalty for coaches unable to produce *NWCA pre-match weigh-in form and* Alpha Master forms to the on-site official:

1st offense, WARNED

2nd offense, SUSPENDED for the first session of the next tournament or dual meet.

A session is a complete round of wrestling 103lb though 285lb. A round of "pigtails" is NOT a session.

Note: Wrestlers not appearing on the Alpha Master/NWCA pre-match weigh-in form(s) will NOT be permitted to compete except when a wrestler is assessed on-site during the weigh-in period.

VI. Appeal Re-assessment Process

- A. A wrestler will be able to re-assess one time only within 14 calendar days of his/her original alpha measurement. The 14-day re-assessment period starts on the day following the Alpha date. A wrestler may compete before re-assessment.
 - 1. The summary list of required paperwork is listed here:
 - a. For the Re-Assessment Process
 - i. Original assessment paperwork (which may be obtained / retrieved from the NWCA web site)
 - ii. A new Individual Profile Form

**** PLEASE NOTE** that a re-assessment will NOT be granted unless all procedures listed above are followed correctly.

The re-assessment may be done by any assessor. The original assessment paperwork must be attached to the new Individual Profile Form being used for the appeal (forwarded to the new assessor).

- B. The athlete must repeat the Alpha Weigh-in per the regulation.
1. The same assessor may conduct the reassessment.
 2. It must be indicated on the Individual Profile Form that it is an appeal.
 - a. The original assessment must be attached to the Individual Profile Form.
 3. The reassessment should occur within 14 calendar days of the original Alpha date.
 4. The reassessment must include a hydration assessment, a Tanita scale measurement and the same body composition method that was previously utilized.
 5. A wrestler must not assess below his/her original percentage of body fat or follow the decent program in order to have a valid re-assessment. The reassessment will allow for a 0.2% (two-tenths) maximum change of body fat from the original percentage. Wrestlers below 7%/12% must maintain the same or higher percentage of body fat.
 6. Failure to adhere to these regulations will result in a denial.

VII. Alpha Master Forms

- A. Nevada coaches will have available to them on-line the Alpha Master forms for all Nevada teams.
- B. If any questions arise and a coach cannot and/or does not produce the Alpha Master forms, he/she shall be reported to the NIAA office by the on-site official / director.
- C. The event director is responsible for collecting ***NWCA pre-match weigh-in form*** and verifying the minimum weight class of wrestlers when requested for events held in Nevada with five or more teams participating.

NIAA penalty for coaches unable to produce Alpha Master */NWCA pre-match weigh-in form* to the on-site official:

1st offense, WARNED

2nd offense, SUSPENDED for the first session of the next tournament or dual meet.

A session is a complete round of wrestling 103lb though 285lb. A round of “pigtails” is NOT a session.

Note: Wrestlers not appearing on the Alpha Master */NWCA pre-match weigh-in form* will NOT be permitted to compete except when a wrestler is assessed on-site during the weigh-in period.

VIII. Data Entry

A. The actual number of weigh-ins shall define the number of contacts. A contact shall be recorded no matter what the level of competition he/she is contesting.

1. Coaches must enter all weigh-ins and league match results (JV and varsity contacts) for each wrestler on the NWCA’s web site at the completion of the contest. This information will be used to establish each wrestler's record. **Coaches failing to do this will be suspended for the first session of the league/region or state tournament.**

* Note: The first day of weigh-ins is the official weigh-in and will count only as one contact in a multi-day event. The second day of weigh-ins in a multi-day event will not count towards the number of weigh-ins (or scratch weight) for a weight class, except in the case of Class 2A and 3A league dual meets (when establishing league championship meet qualifying records). In general, weigh-ins will be treated as a separate weigh-in each day but only count as one contact.

IX. *NWCA* Nutrition Education Program

A. While it is not mandatory, it is highly recommended that each school participate in the nutrition education aspect of the program.

IX. Cost

A. All costs incurred for assessments, reassessments and nutrition education programs are the responsibility of the school and/or school district.

X. Penalties for a wrestler circumventing (attempting to cheat and/or cheating) the weight assessment process have been established:

1st offense: Suspension for one wrestling season.

2nd offense: Suspension for two wrestling seasons.

XI. Penalties for a coach cheating the NWMP

A coach who knowingly cheats the Nevada Weight Management Program or assists a wrestler to circumvent the weight assessment process will be suspended from coaching for two years in Nevada.