



**SPORTS MEDICINE –
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To: The Parents/Guardians of all T/E School District Wrestlers
From: Jess McCloskey, ATC and Sarah Chaya, ATC
Date: November 3, 2009
Re: PIAA Wrestling Weight Certification Program

In April 2005, the National Federation of State High School Associations (NFHS) transformed its recommended wrestling weight certification policies into mandated rules. The PIAA adopted these rules on July 1, 2006, and their Wrestling Weight Certification program is required for this season. Approximately 25 states have already mandated the recommendations for wrestlers at the high school and junior high school levels. The following safeguards have been established, based on extensive research by the NFHS and the NCAA:

- Hydration testing for each wrestler. The specific gravity of each wrestler's urine must be equal or less than 1.025 as tested with a Refractometer. If a wrestler fails the hydration test, his body fat will not be assessed. He must wait 24 hours to be re-tested.
- The establishment of a lowest allowable weight class for each wrestler at a minimum body fat of 7%. Wrestlers may not compete at a weight class that correlates to less than 7% body fat, unless his initial assessment determines that he is naturally below 7% in a fully hydrated state.
- The establishment of a safe weight loss descent plan. A wrestler can lose no more than 1.5% of his Alpha body weight per week. The Alpha body weight is the wrestler's weight recorded after he has passed the body fat and hydration tests.
- All wrestlers will receive education specific to nutrition and weight management.
- All testing must be administered by a Pennsylvania Athletic Trainer's Society/National Wrestling Coaches' Association trained and certified assessor. Jess McCloskey, ATC, and Sarah Chaya, ATC, will offer assessments which will be confirmed by the team physician at the time of certification. **Family physicians may not certify weight under this new rule.**

The NWCA has developed a web-based program known as the Optimal Performance Calculator (OPC). This program will calculate the lowest allowable weight class and safe weight loss descent plan for each wrestler. The program will also generate all PIAA required compliance forms. Once entered by the assessor, the certified weight class will not be changed, unless proper appeals are initiated. Individual coaches and wrestlers will have personalized access to their accounts on the OPC, but will not be able to alter the data.

All T/E Middle School wrestlers will be tested on **Monday, November 16 or Tuesday, November 17** after school in the nurses' office. You must attend on one of these two dates to be eligible to wrestle this season. More details will follow about the schedule on these days.

The NWCA has recommendations for preparing for testing:

- No vigorous activity the evening before or the day of testing, including gym class.
- Drink 17 oz. of water or sports drink on the day of testing; no caffeinated beverages the evening before.
- Avoid any vitamin or mineral supplements two days prior to testing, including protein shakes.
- Do not eat two hours prior to testing.

For your reference, please visit the following links: www.piaa.org (Q & A) www.nwca.com (for the OPC). Please contact us with any questions or concerns.