

DIAA WRESTLING WEIGHT CONTROL PROGRAM QUESTIONS AND ANSWERS

(KEY: MWW=minimum wrestling weight; MWC=minimum weight class;
CIPPE=comprehensive Initial Pre-Participation Physical Evaluation)

The following information and questions and answers regarding the DIAA weight control program are provided for the distribution of accurate and factual information in conjunction with the National Wrestling Coaches Association's (NWCA) weight control program and the use of the NWCA Optimal Performance Calculator.

Information for School Administration:

Q. Is there a charge for a school to utilize the NWCA Optimal Performance Calculator?

A. Yes. There is a \$30 charge per senior high school. This fee is paid by DIAA from sports fees assessed to the member schools. Junior high schools are not included in the program.

Q. Does the athletic director have a separate code from the assessor and coach?

A. No. The athletic director may use the same code as the one issued to the coach.

Q. When can the initial assessment for wrestlers be performed?

A. It may be done anytime, on or after October 15, 2016. All assessments are to be completed by Monday, November 28, 2016 (Monday preceding the first Contest Date).

Q. If a school does not have a trained assessor to perform the hydration testing and body fat determination. What can the school do?

A. Athletic directors will receive a list of certified assessors. A school must contact one of these individuals to perform the proper assessments for wrestlers prior to Monday, November 28, 2016.

Q. Is a student-athlete allowed to come out for wrestling after the first legal play date?

A. Any student-athlete who comes out for wrestling after the first Regular Season Contest date (Friday, December 2, 2016) may not practice until they have completed the pre-participation physical evaluation as is required for any sport. Once the physical is completed the athlete must practice for 7 calendar days, complete an initial assessment, if an appeal is desired, it must be completed within 14 days of the initial assessment, prior to their participation in a Contest.

Q. Will wrestlers receive a code to access the NWCA Optimal performance Calculator?

A. Yes. Each coach will be able to print out a team roster with unique codes for each wrestler to view the NWCA Optimal Performance Calculator and nutrition component of the program. Wrestlers will not be able to enter or change any data submitted to the NWCA Performance Calculator.

Q. What happens if a wrestler fails the hydration test?

A. That athlete is done for the day. No other testing may occur and they may re-test for hydration no earlier than 24 hours.

Q. Is there an appeal process for the athlete to move below the initially assessed BMI measurement?

A. Yes. A coach, athlete, or their parents, may request an appeal of the initial assessment. However, this appeal must be done by appointment with a DIAA approved Master Assessor and must be completed before the first legal playing date of the regular wrestling season (Friday, December 2, 2016). Appeals will be performed using the Tanita scale and Ultra Sound Testing if needed. The \$15 cost associated with this appeal is the responsibility of those who are appealing the initial assessment.

Q. What is the time frame by which the appeal process must be completed from the original assessment? If there is no time frame of when the appeals must be completed, what is the date an appeal can be done?

A. The original assessment may be done anytime on or after October 15, 2016 and no later than Monday, November 28, 2016 (Monday preceding the first Contest Date). An appeal can be made within 14 days of the initial assessment, but must be done prior to any competition. The appeal must be made at a weight no lighter than 1.5% total weight loss per week, from the date of the initial assessment.

Q. Does the state allow a second appeal?

A. No. There is only one appeal of the original assessment and the results of the appeal are binding.

- Q. What is the amount of weight an athlete is allowed to lose from the time of the original assessment and the appeal? Example=some states allow athletes to lose 2% of their alpha weight no matter if it was 1 day or 14 days so it becomes one flat rate that is determined by 2% of the alpha weight. Many other states limit the athletes to losing no more than 1.5% of their alpha weight per week. If they complete the appeal in four days it becomes the following: Alpha Weight X 1.5%/7 X Number of days.**
- A. DIAA will allow no more than 1.5 % weight loss of their Alpha weight per week.
- Q. Does the athlete require a physician's clearance if they are below 7% males and 12% females?**
- A. Yes. The appropriate form may be found on the DIAA website at <http://www.doe.k12.de.us/Page/2148>.
- Q. Will wrestlers who are below 7% males and 12% females have their MWW weight defaulted to their alpha weight (108 lbs – 5.9% = MWW = 108lbs - MWC = 112).**
- A. No. Their MWW will be the weight class their weight assessment will qualify them. If a wrestler is below the 7% and/or 12% skinfold measurement, the Physician must certify to this on the Physician's Clearance Form.
- Q. What is the deadline date for when a wrestler must reach his MWW?**
- A. **Saturday, February 11, 2017.** This is the Saturday before the DIAA Team Wrestling Championships.

Information for Coaches:

- Q. How will coaches receive their codes to submit their schedule and results?**
- A. Coaches will be e-mailed their codes as established by NWCA and DIAA directly from NWCA in early October.
- Q. Can coaches submit the hydration and BWC testing information to the NWCA Performance Calculator?**
- A. No. Coaches will have the ability to read only the assessment data. However, they will have the ability to enter the results of their matches and individual bout results.
- Q. Must a coach use the NWCA Performance Calculator weigh-in sheet for all of their weigh-ins?**
- A. Yes. Coaches or their designee (athletic director or school assessor) must print out a weigh-in sheet for every weigh-in their school participates in for the 2016-2017 DIAA Wrestling Season. It is recommended each school present minimally two copies of their weigh-in sheet at weigh-ins, one for themselves and one for their opponents. In events of multiple schools, multiple copies of this sheet must be made available for each opponent.
- Q. What if a coach shows up to a match without a weigh-in sheet?**
- A. No wrestling may occur until the team can produce an NWCA Performance Calculator weigh-in sheet. Possibly they could access this from the opponent school's computer system. A school cannot deny an opponent or visiting schools from using their computer system to access the NWCA Performance Calculator if they so request.
- Q. Who's responsible for entering the results of events (duals, invitationals, multiple dual events, etc.)?**
- A. Each member school is required to submit their results and weigh-in information no later than 24 hours after the conclusion of an event.
- Q. What is the timeline for entering scheduled event results and weights?**
- A. Results and weigh-in information must be entered no later than 24 hours after the conclusion of an event. Coaches will be able to submit the appropriate stripped weight the wrestler makes at weigh-ins for any event. They must keep a copy of the actual weigh-in sheets for verification in case of any disputes. State Wrestling Committee chairman may request this original document to solve any disputes if such arises.

Information on Assessment:

- Q. When is the official first day assessments can be done?**
- A. October 15, 2016.
- Q. What is the deadline date for the completion of all assessments?**
- A. Monday, November 28, 2016, the Monday preceding the first Contest day of the regular season.
- Q. Does the state give any type of variance from the weight loss plan? Example: Some states allow any wrestler who is within .90 lbs of a weight class (as determined by their individual weight loss plan) to be eligible for the lower weight class. So if the "wt loss plan" for a wrestler indicates 135.9 lbs for a December 12 weigh-in date, the athlete is eligible for 135.**
- A. Yes. Delaware rounds down to the next whole pound to determine the corresponding eligible weight class.

Q. Will a variance be applied to athletes who are below 7% males and 12% females?

A. No.

Q. What method (Lange skinfold caliper, bio-impedance, bodpod hydro) is used to Administer the assessments? Does the state use more than one method?

A. Body fat assessments are to be performed by trained assessors. They will be using the Tanita Bioelectrical Impedance measurement to determine the percent body fat of each wrestler to establish their minimum weight class for participation in the 2016-2017 DIAA wrestling season. Hydration testing will be done first by using a digital Refractometer. This test will be to determine hydration only and not as a diagnosis. A wrestler must pass the hydration test before body fat assessment is completed. Wrestlers will have their height measured, rounded down to the nearest one half inch.

Q. If a wrestler's MWW falls within the 2-lb growth allowance, may the wrestler wrestle at that lower weight class?

A. No. Wrestlers **may not** wrestle in any weight class for which they have not certified for at the base weight. This includes early season out of state tournaments.

Q. Who can be trained as an assessor?

A. Ideally every school will have an ATC (Certified Athletic Trainer) who will be trained by the State Wrestling Committee. Persons eligible to be trained are certified athletic trainers, school nurses, or a member school sport medicine staff designee as determined by the school's physician with the concurrence of the school principal. These individuals may be allied healthcare professionals who may include physical therapists, emergency medical technicians, exercise physiologists and the like.

Q. Who does the training of assessors?

A. The Delaware State Wrestling Committee Master Assessors oversee the training. Master Assessors are those individuals responsible for the training of assessors in the use and techniques of the Digital Refractometer, Stadiometer and the Tanita Scale, which are the only instruments to be used in the determining of body fat percentage for DIAA member school participating wrestlers. Additionally, the master assessors will train the candidates in the proper process to submit information regarding their athletes to the NWCA Optimal Performance Calculator.

Q. Do assessors need to renew their training annually?

A. Assessors may be provided with information from NWCA to re-visit the process of entering data to the web-based NWCA Optimal Performance Calculator, but they will not need to re-train. Information for entering data for assessors will be sent directly from NWCA if any changes to the system occur.

Q. How will assessor be assigned and receive their codes for inserting data into the NWCA Optimal Performance Calculator?

A. NWCA staff will assign and directly send to all assessors their respective codes. These codes are case sensitive and will be distributed from NWCA.

Q. What may an assessor use to measure the athlete's hydration?

A. A trained assessor may only use an optical or digital refractometer. This test will only be used to determine hydration and not as a diagnosis tool. Assessors may not use hydration strips of any type to determine an athlete's hydration.

Q. What does an assessor do after they perform the hydration testing?

A. If a wrestler passes the hydration testing part of this weight assessment, then the assessor may measure the wrestler's height and use the Tanita scale to determine lean body mass and the resultant minimum weight. The assessor must then place the measurements into the NWCA OPC to determine a wrestler's minimum wrestling weight.

Information on DIAA Administration:

Q. Will the state wrestling chairman receive a code for their use?

A. Yes. The DIAA state wrestling chairman will receive an NWCA assigned code for their use to view schools submitted information.

Q. If a student transfers schools after having their weight class certified, do they have to re-certify?

A. No. The information that has already been submitted may be transferred to the new school via the NWCA website upon authorization from DIAA.

Q. Does DIAA have any other special requests?

- A. DIAA will monitor weigh-in weights by school. This will occur by providing each district wrestling chairman with the school codes for all wrestling schools in their district. Each certified assessor, coach, and athletic director will be responsible for the compliance with this process in their own schools. It should be noted that it is desirable to have all wrestlers (including those playing fall sports) be assessed as early as possible to assist in setting their descent timetable. If a wrestler waits to a late date it may make it too difficult to descend to their target minimum weight (weight class).

Q. Who in the DIAA office will be responsible for administering the program which includes the following:

- Testing of the program
- Oversight all assessor and school codes
- Setting the parameters and language for all forms
- Contact person for the NWCA for the problems:

- A. Thomas Neubauer, DIAA Executive Director
Buddy Lloyd, SWC Chairman

