To: Wrestling Coaches, Athletic Directors, Principals
From: Bart Thompson, Assistant Director, UHSAA
Re: Wrestling Weight Management & Alpha Testing Information
Date: October 28, 2013

Utah's implementation of Wrestling Rule 1, Section 5, Articles 1-3 will be as follows:

A wrestler who competes prior to establishing a minimum certified weight through the body fat test process or participates at a weight class, below the eligible weight classes defined by the OPC weight loss plan, before the proper amount of time has passed to achieve the weight class will be considered an ineligible participant.

Initial Test Sites

Initial body fat testing will take place Friday and Saturday, November 15 and 16, 2013. A full schedule of sites and school appointments are available at http://www.uhsaa.org/Wrestling/2013-14/AlphaSiteSchedule.pdf as well as on the wrestling page of the UHSAA web-site at www.uhsaa.org Schools are to attend their scheduled testing site, day and time. If the need exists to change times or dates, the school must contact the master assessor of the site for which it was originally scheduled to let them know they won't be at that site as well as the master assessor of the site to which they wish to go. Please ensure you have scheduled a new appointment prior to canceling your original one. Changes are at the sole discretion of the master assessor responsible for a site. Wrestlers who show up expecting to be tested at a site, day or time other than that for which their team is scheduled, without prior approval from the master assessor of the site at which they desire to be tested will **not** be tested.

Hydration Testing

Rules require that immediately prior to body fat testing, wrestlers be tested for hydration. Body fat tests will not be performed on any wrestlers with a specific gravity of urine greater than 1.025 (Rule 1,5,2). Wrestlers who test higher than 1.025 will not be body fat tested and may not re-test prior to November 18, and not within 48 hours of a previous hydration test.

Tips for Passing the Hydration Test

1. No VIGOROUS activity on the evening before and the day of the testing (do not practice on the day of the test prior to testing).
2. Avoid any caffeinated beverages within 48 hours prior to testing.
3. On the day of the test, drink 17 oz. of fluid (water or sports drink recommended)
4. Avoid supplements of any kind (including vitamins and minerals) for two days prior to the test.
5. Be awake 3 hours prior to testing. Urine sample should not be the first urine after waking up.
6. Do not eat within 2 hours prior to testing.

Re-Testing

Wrestlers with an initial specific gravity test result greater than 1.025 will be given a card at the initial test site to be used at the re-test. This card will list their appointment for the re-test. In order to be re-tested wrestlers will need the re-test card they are issued. Re-test sites have been scheduled Monday, Tuesday, Wednesday and Thursday, November 18, 19, 20 and 21. Re-test sites and times are listed on page 2 of the site schedule.

Late Testing

Wrestlers who miss their team's appointment will need to make a personal appointment with a master assessor to be tested.

Those who are part of a team from a school which competes in the 1A, 2A or 3A football finals or who are a member of a football team which competes in the 3AA, 4A or 5A semi-finals who wish to be tested at one of the re-test sites may be tested with an appointment for the initial test fee. Sites for those schools in the 1A, 2A or 3A football finals or the 3AA, 4A or 5A semi-finals will be set up for those teams.

Requirements for Testing

Coaches

1. Coaches are required to accompany their teams and assist with supervision of their teams at the schools where the tests take place. Coaches will not be admitted inside the testing area.
2. Coaches should assure each wrestler understands the test procedure and is ready for the test.
3. Coaches should make sure each wrestler has picture I.D. with them at the test site. A coach may want to bring a copy of their school yearbook in case a wrestler forgets their I.D. A yearbook will not suffice for an entire team; it is an emergency method of identification for one or two wrestlers only. **Wrestlers without proper identification will NOT be tested**.
4. Coaches are to provide each wrestler with a BIA test card. These can be printed from the wrestling page of the UHSAA web-site or from the following link: http://www.uhsaa.org/Wrestling/WtManage/BIAForm.pdf . Cards are updated each year. Do not use old cards, print new ones for this year's testing. Cards are to be on **white** cardstock. Schools will be billed the late test rate for cards printed on colored cardstock or paper. Late tests and re-tests are tracked using colored cards.
5. Coaches are to assure that each wrestler wears a high school competition legal, as defined in rule 4-1, singlet for the test. Each wrestler is to have their own singlet, there won't be time at the site for wrestlers to share a singlet.

Wrestlers

1. Wrestlers will be required to present a **picture I.D**. (driver license, school activity card, state ID card, etc.) **Wrestlers without proper identification will NOT be tested**.
2. Wrestlers will present a completed BIA test card (provided by coaches) at the test site.
3. Wrestlers will be required to give a urine sample. The sample is to be offered at the test-site.
4. For the body fat test and weigh-in, wrestlers are to wear a high school competition legal, as defined in rule 4-1, singlet only.
5. In order to avoid late fees and individual appointment fees all wrestlers who could possibly wrestle during the year ought to test at the school's initial test appointment.

Appeals

Any wrestler may appeal his/her assessment results one time. Appeals will generally be by Air Displacement Plethysmography (Bod Pod) to determine body fat percentage. Results obtained at this step will become the official test to determine a wrestler's minimum certified weight even if

the weight is higher than on the first assessment. The athlete, family, school or coach may not appeal further.

1. An assessment for an appeal shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the UHSAA before the expiration of the 14-day period. The l4-day appeal period shall start on the day following the date of initial assessment. Failure to meet these conditions or timelines is cause for denial.
2. The school shall contact the UHSAA to file an appeal. The UHSAA will assign and schedule the appeal facility
3. Reassessment includes hydration assessment
4. Air Displacement Plethysmography (Bod Pod) units must be approved by the UHSAA.
5. Air Displacement Plethysmography (Bod Pod) Assessment must be conducted and acknowledgement of acceptance by the UHSAA received before the wrestler participates for the first time.
6. 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. This means that no wrestling is allowed until the appeal has been completed, without voiding the appeal.
7. Appeals are of the body fat percentage determined at the initial test, not of how much a student athlete weighed. The weight of the wrestler is not subject to appeal. A wrestler may not lose more than 1.5% per week (0.214% per day) from the date of the initial test to the appeal. Doing so may invalidate the appeal.

All appeals are to be scheduled through the UHSAA. Results of an appeal are not official until entered on the OPC by a UHSAA certified master assessor. When results are entered the result will appear on the school's alpha master list.

Certified Minimum Weight

Certified minimum weight will be established by body fat percentage per rule based on the body fat test. Bioelectrical Impedance will be utilized to determine each wrestler's body fat percentage. Only measurements taken under the direction of a UHSAA Certified Master Assessor by persons who have successfully completed the UHSAA BIA Assessor Training will be accepted. A list of UHSAA Certified BIA Master Assessors appears on page 2 of the Alpha Test Site Schedule available at http://www.uhsaa.org/Wrestling/2013-14/AlphaSiteSchedule.pdf. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by results of an acceptable test, placed in the NWCA Optimal Performance Calculator and it appears on the school's Alpha Master Form. Once a wrestler competes at a weight class allowed by the OPC weight loss plan, the option to appeal is voided.

The lowest weight class at which a wrestler may compete is determined as follows:

1. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class. This is after a 1.5 percent (body fat) variance applied after testing.

2. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is less than 0.9 pound(s) from one of the adopted weight classes, that weight class shall be the wrestler's minimum weight class. This is after a 1.5 percent variance (body fat) applied after testing.

3. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is greater than or equal to one pound from one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class. This is after a 1.5 percent variance (body fat) applied after testing.

4. Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% for males must obtain in writing a licensed physician's (As per Utah Code 58) clearance stating that 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 duration and expires March 1st 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 initial assessment. No variances will be offered other than to round down to the next pound in the event tenths of pounds are measured. For example, a wrestler at 106.7 pounds at or below 7% for males and 12% for females would be allowed a certified minimum weight at 106 pounds.

If a wrestler is unable to participate in the Bioelectrical Impedance Assessment because of factors outside of his/her control, UHSAA staff will determine the appropriate alternative assessment method (Skin Fold, Bod Pod, or Hydrostatic Weighing) that will be used to determine the certified minimum wrestling weight for the wrestler.

Unusual situations must be arranged with the UHSAA in writing before deadline or due dates. (e.g. If the Tanita scales gives an "Error" reading on two consecutive readings with a wrestler, a report should be sent to the UHSAA and a plan devised to use another method to test body fat.)

Billing Information

- Initial test at school appointment: UHSAA bills the school $5.00 per wrestler.
- Initial test for wrestlers from schools in the 1A, 2A or 3A football finals conducted at a time scheduled by the UHSAA after the school's initially assigned appointment: UHSAA bills the school $5.00 per wrestler.
- Initial test for wrestlers from schools in the 3AA, 4A, or 5A football semi-finals conducted at a time scheduled by the UHSAA after the school's initially assigned appointment: UHSAA bills the school $5.00 per wrestler.
- Re-test (failed hydration test) at an established testing site: UHSAA bills the school $10.00 per wrestler.
- Re-test or late initial test by individual appointment with a master assessor (no individual appointment tests may be done prior to November 18, 2013): master assessor will collect $15.00 per wrestler prior to the test. In addition the UHSAA bills the school $10.00 per wrestler.

Requirements for Host Sites

1. Internet access with a computer that is NOT MAC located in the vicinity of the test
2. Locker room with multiple urinals and sinks
3. Table in the vicinity of the urinals
4. Scales location with 1 table and 2 chairs, 2 electrical outlets per 2 scales
5. Holding area for teams waiting to be tested.
6. Volunteers, if needed, by request of Master Assessor
7. Athletic Director, Administrator or representative available the duration of testing
8. Custodian on site
9. Host coach to remain available and on site