



This Rules Clinic is to ensure that all wrestling coaches throughout the state of Utah:

- If you are a new head wrestling coach or your **contact information** has changed, please update your information with the UHSAA and assistant wrestling director:
Chad Blevins (cblevins@alpinedistrict.org)
- **Understand** and **follow** the rules for weight management
- Understand how to navigate the **OPC weight management program** in track wrestling
- Understand how to input **weekly weigh-ins** into the OPC

First Things First: CONTACT INFORMATION

- All Head Wrestling Coaches - Update any new contact information on the UHSAA website and with Assistant Wrestling director, Chad Blevins cblevins@alpinedistrict.org
- This is imperative in order to receive trackwrestling login information from track wrestling, before the season starts

Why does the UHSAA have a Weight Management Program?

The NFHS Requires each state to have a Weight Management Plan, which discourages excessive weight cutting and wide variations in body weight. The plan must include 2 key components:

- MWC (minimum weight class established- 12 % girls and 7 % boys)
- 1.5 % weekly weight loss decent plan

SECTION 5 WEIGHT-CONTROL PROGRAM

ART. 1 . . . Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females.

ART. 2 . . . For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

ART. 3 . . . The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

How do I understand how to follow the UHSAA Weight Management Program?

- Read through the wrestling and pairings document found in the UHSAA online handbook found [here](#)
- Read through the wrestling links on the wrestling page on uhsaa.org found [here](#)
- Login to your OPC account through trackwrestling (your login information will be emailed to you by trackwrestling some time in the middle of October). You log into the OPC (Optimal Performance Calculator) account [here](#).
- **AFTER YOU LOGIN TO THE OPC, ENTER YOUR TEAM ROSTER WITH CORRECT SPELLING. MASTER ASSESSORS WILL NOT BE ABLE TO ENTER BODY COMPOSITION RESULTS UNTIL YOU HAVE ENTERED YOUR COMPLETED ROSTER INTO THE OPC.**
- After your team has completed their initial weight management test (between November 19th-November 22nd, 2025), a master assessor will enter your wrestlers' results into your OPC program. Within your OPC account, you will be able to view your team's alpha master sheet, which includes a wrestler's minimum eligible weight class

How do I navigate the **OPC Weight Management Program** in trackwrestling?

- Login to your OPC. Learn how to create events for your home dual matches by clicking [here](#) *(Note: If all home coaches and tournament directors create their home events, then all teams will have their full schedule in their schedule tab of the OPC)*
- Create a weigh-in sheet for your team. Learn how by clicking [here](#).
- The hosting school coach must provide a skin check procedure to be performed by a Licensed Health-Care Professional or a wrestling official. At the bottom of the weigh-in sheet the individual completing the skin check must sign their name in the designated spot.
- A wrestler with a skin lesion must provide the following [form](#) found on uhsaa.org during the skin check.
- During the official weigh-in process, each coach must record their wrestlers' weigh-ins on the weigh-in sheet (note: a wrestler cannot compete in a weight class that is lower than what their weigh-in sheet dictates).

How do I input **weekly weigh-ins** into the OPC?

- After the completion of each weigh-in, and before the competition begins, it is required for each coach to enter their wrestler's first weigh-in of the week electronically into the OPC and commit the information into track wrestling. Click [here](#) to see how this is done.

(Note: It is important for coaches, wrestlers and parents to understand if an athlete weighs more than their decent plan dictates, the athlete's weight loss decent plan will recalibrate. For example, if a wrestler's weigh-in sheet shows that the wrestler can weigh-in at 120.4, but the wrestler weighs in that day at 128 lbs, once the 128 lbs is entered, the wrestler's weight decent plan will re-adjust to a decent from 128 lbs.)

- **Failure to enter actual weight before the competition will result in a \$100 fine to the school.**

Weigh-In Entries

To increase the integrity of the weigh-in process, coaches are expected to do the following DURING the weigh-in process before each competition.

Fill out the weigh-in sheet of the opposing team, as the athletes of the opposing team weigh-in (in pen/ink).

FOR THE FIRST COMPETITION OF THE WEEK: All weigh-ins of each competing wrestler must be entered before the competition starts. Both coaches need to verify the accuracy of the weigh-in sheet before the weigh-in is committed in the OPC. Coaches can either enter them in after weigh-ins are concluded when they go and do their match-ups for the dual, or they can enter the weights live during the weigh-in process in the OPC with the opposing coach present and verifying weights.