

Texas University Interscholastic League  
Wrestling Minimum Weight Certification Program  
Questions and Answers  
2008-2009

What is new for the 2008-2009 school year?

A 2% variance will be applied to each student's Minimum Wrestling Weight as calculated by the NWCA system.

The deadline for all skin fold measuring and minimum weight certification, including appeals, is two weeks prior to the district certification deadline.

All payments for assessments must be made in cash at the time of the assessment. Athletes will not be assessed until payment has been made.

All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.

A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established, and will be enforced between the initial assessment and any appeal assessment.

Any appeal assessment must be conducted within 21 days of the initial assessment being conducted.

When can my varsity wrestler be assessed for the UIL Wrestling Minimum Weight Certification Program?

No earlier than October 1<sup>st</sup>. All varsity wrestlers, including those coming out late, must have their minimum weight established by hydration assessment and skin fold measurement prior to any competition with a student from another school.

What is the last date that a varsity wrestler could be assessed?

**The deadline for all skin fold measuring and minimum weight certification, including appeals, is two weeks prior to the district certification deadline.**

Where can I get my varsity wrestlers assessed for the program?

Trained assessors will sponsor regional assessment opportunities for varsity wrestlers. Assessments of varsity wrestlers will primarily occur at regional assessment clinics. Dates, times and locations are updated on the UIL website as necessary. Schools will be responsible for transporting their athletes to the regional assessment site at the designated time.

Is it a violation for the school to transport athletes to an assessment clinic on Sunday?

No. As no instruction will occur in conjunction with these student assessments, it will not be considered a violation of the UIL Sunday Prohibition for the school to provide transportation to a student assessment on Sunday.

What if I cannot get my wrestlers to the designated regional site?

Should a varsity wrestler not be able to attend their designated assessment location, they can contact another regional assessment site and request to be assessed at that site. Otherwise, it will be the school's responsibility to contact a designated regional representative in their area to arrange for skin fold measurement of varsity wrestler(s) at their school. The list of designated regional representatives will be available on the UIL website at [www.uil.utexas.edu](http://www.uil.utexas.edu) under Wrestling.

Who is allowed to certify/assess my varsity wrestlers?

All would be assessors are required to maintain current certification as an assessor for the Texas University Interscholastic League Minimum Weight Certification Program. Only 1) licensed health care practitioners; 2) those who have at least a Bachelors degree in a health/fitness field; and 3) specially approved undergraduate students who participate as part of an assessment team headed up by a team leader who is either 1 or 2 above are eligible to serve as an assessor for this program.

Can an athletic trainer or other school employee who is a certified assessor provide an assessment for varsity wrestlers from their own school?

No. A licensed athletic trainer or other school employee who meets the qualifications could be a registered skin fold assessor, but could not assess students from their own high school.

What should my wrestler wear to their weight certification appointment?

For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.

Females must also wear a halter, sports bra or other appropriate undergarment allowing the assessor access to the measurement sites (subscapular).

Who is responsible for paying the fee associated with the assessment of varsity wrestlers?

In all cases, the school is responsible for all charges for skin fold measuring. At this time, the fees are set at \$5 per athlete. All payments for assessments must be made in cash at the time of the assessment. Athletes will not be assessed until payment has been made. For regional assessments, regional assessment sites may request all schools to pre-register their students for assessment. Schools whose students do not pre-register may be charged an additional fee for on site registration.

What happens if an assessor determines that my athlete has cheated on the hydration assessment?

Any attempt to violate the protocols of the weight certification process, by adulterating a sample or attempting to cheat, will result in the assessment process being ended, and the student not being eligible for reassessment for 24 hours, at which time they would begin the process from the start.

How is the Minimum Weight Class for my wrestler determined?

All information for the wrestler will be entered on both the top and bottom of the Weight Certification Form. The assessor will retain the top half of the form, the school and or coach will retain the bottom half of the Weight Certification Form.

The assessor will enter the results of the hydration assessment, alpha weight determination and skin fold measurement into the NWCA weight certification internet calculator on the Initial Assessment page at the NWCA website ([www.nwcaonline.com/nwcaonline/default.aspx](http://www.nwcaonline.com/nwcaonline/default.aspx)).

Based on the information reported by the assessor, the NWCA weight certification internet calculator will determine the minimum weight class by predicted body weight at 7% body fat for males and 12% body fat for females. A 2% variance will be applied to each students Minimum Wrestling Weight as calculated by the NWCA system.

What is the process should a coach or wrestler wish to appeal their initial assessment?

The appeal must be submitted to the UIL Office within seven (7) calendar days of the student appearing on the school Alpha Master Report. Schools may not wrestle the wrestler that is appealing below the minimum weight class based on the initial assessment until the results of the appeal are determined.

**Any appeal assessment must be conducted within 21 days of the initial assessment being conducted.** The coach or wrestler must present the UIL acknowledgement of appeal to the certified assessor performing the appeal before any appeal assessment can be conducted.

A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established, and will be enforced between the initial assessment and any appeal assessment.

The wrestler and/or school have the following options for an appeal of the results of the body fat assessment and determination of Minimum Weight Class for competition:

Have another skin fold test conducted by contacting a local representative to schedule another assessment;

or

Be re-assessed in another manner (e.g. hydrostatic weighing) at an approved Test Center in the State of Texas. The school must contact the UIL in writing to request this option

and UIL will assign the test center and set up the assessment. Once determined, the school will be notified of the location, time and cost of the assessment.

If a wrestler's body fat assessment results are being appealed, the wrestler may wrestle in any interscholastic competition based on the preliminary assessment until the appeal results are determined.

Any costs associated with the appeal are to be paid by the school or the wrestler depending on the policy of the local school district.

The wrestler and school must accept the results of the second assessment.

No other appeals will be considered.

How do I monitor my wrestlers compliance with the Minimum Weight Certification Program?

**ALL UIL WRESTLING SCHOOLS WILL BE REQUIRED TO UTILIZE THE NATIONAL WRESTLING COACHES ASSOCIATION (NWCA) OPTIMAL PERFORMANCE CALCULATOR FOR THIS PROGRAM.**

A varsity wrestler will not be allowed to wrestle at their established minimum weight until the date specified on the NWCA Optimal Performance Calculator ([www.nwcaonline.com](http://www.nwcaonline.com)).

Each school has been mailed a school code and school password for the NWCA Optimal Performance Calculator at the beginning of the school year. If you do not have your school code and password, contact Cliff Odenwald ([codenwald@austin.utexas.edu](mailto:codenwald@austin.utexas.edu)) at the UIL office.

Wrestling coaches must bring a copy of the NWCA Optimal Performance Calculator Alpha Master Report form for their team to each contest, meet or tournament and must file a copy with their District Executive Committee Chairperson. Coaches should also print and keep a copy of this form on file in his/her office. Additionally, coaches should carry each wrestlers individual weight loss plan with them at all contests.

How much weight can my varsity wrestler lose in a week?

A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established. A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending. Weekly recording of actual weights (competition or practice) is required to measure compliance with the above rule.

How does a school monitor the 1.5% rule for students who are assessed in October, but because of participation in another sport, do not participate in wrestling until later in the wrestling season?

The wrestler would begin the 1.5% rule on the first day they reported for wrestling practice and would be evaluated based on where the NWCA calculator indicates they should be on that date, based on the initial assessment. Each student will have a weight loss plan derived from their initial assessment, which has a calendar of when they can be at what weight.

After reaching the minimum weight class in accordance with the 1.5% rule, do weekly weights still need to be recorded and the 1.5% rule applied?

Yes. Even after properly reaching the minimum weight class, weekly weights would still be required, as the weight of the student could still fluctuate.

What paperwork do I as a coach need to have with me at a contest, meet or tournament?

Wrestling coaches must bring a copy of the NWCA Optimal Performance Calculator Alpha Master Report form for their team to each contest, meet or tournament and must file a copy with their District Executive Committee Chairperson. Coaches should also print and keep a copy of this form on file in his/her office. Additionally, coaches should carry each wrestler's individual weight loss plan with them at all contests.

How will protests of eligibility based on the UIL Wrestling Minimum Weight Certification Program be handled?

Protests of eligibility based on the UIL Wrestling Minimum Weight Certification Program will be handled just as any other eligibility situation. Should an eligibility question arise, the District Executive Committee of the school of the student whose eligibility has been questioned will address it.

It will be the responsibility of the school of the student whose eligibility has been questioned to verify compliance with the UIL Wrestling Minimum Weight Certification Program by providing the Alpha Master Report and the Individual Weight Loss Plan, including the weekly weights, for the wrestler in question.

What is the penalty if a student wrestles in violation of the UIL Wrestling Minimum Weight Certification Program guidelines?

A student who is not in compliance with the UIL Wrestling Minimum Weight Certification Program guidelines is considered to be an ineligible participant. According to UIL rules, the minimum penalty for utilizing an ineligible participant is forfeiture of the contest in question.

For wrestling that would forfeit any individual match in which the student in question participated, subtraction of any points earned by that wrestler and the returning of any awards earned based on the participation of the student found to be ineligible.

Additionally, the school and coach could be subject to the range of penalties found in Section 29 of the UIL Constitution and Contest Rules.

Will the 50% rule be in effect under the UIL Wrestling Minimum Weight Certification Program?

No. The 50% rule will no longer be in effect under the new program.

Will the 2-pound growth allowance still be in effect under the UIL Wrestling Minimum Weight Certification Program?

Yes. The 2-pound growth allowance will still be in effect, and will be effective January 1<sup>st</sup>.

Can a student utilize the 2-pound growth allowance to alter their Minimum Wrestling Weight Class determined at their initial assessment?

No. The 2-pound growth allowance cannot be utilized to alter the Minimum Wrestling Weight Class as determined at the initial assessment. For example, if the student's minimum wrestling weight at the initial assessment was 126.5, the student's minimum weight class for the year is 130. The student would not be allowed to move down once 125 became 127 after January 1.