

/To: All Nebraska Licensed Athletic Trainers

From: Dave Schultz, MEd, ATC, CSCS
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RE: NSAA Wrestling Weight Certification Program

Date: August 11, 2006

As you may know, the Nat'l Federation of State High Schools (NFHS) mandated a new weight certification program (Rule 1-3-1, Sec. 3) to begin this 2006-07 wrestling season. Therefore, the NSAA must implement this new program for all Nebraska high school wrestlers in the coming weeks. You may want to begin preparing or consider whether you want to become involved this upcoming Wrestling season.

The logistics of how the NSAA will be implementing a Wrestling Wt. Certification Program (WWCP) has just recently become more apparent. The NSAA convened their 1st WWCP committee meeting this last May 28th, and I attended their Wrestling Coaches Meeting Aug. 3rd at the Nebraska Coaches Clinic where they first introduced a rough draft of their plans to ~60 high school wrestling coaches. They do not have a final draft developed. Therefore, nothing is finalized and subject to change until voted by the NSAA Board of Control. But the NSAA-WWCP must include the following requirements for determining a wrestler's minimum allowable weight class.

1) wrestler must be well hydrated at the annual alpha wt. certification testing, with a **urine specific gravity no greater 1.025**. Allowable Methods: USG test strips (\$25/50) or refractometer (\$85-\$100 hand-held; digital-\$500);

2) **Body Fat Composition of no less than 7% males, 12% females**. Allowable Methods: **3-site Skin Fold Caliper measures** (\$230, Lange), or Tanita Scale Model TBF-300WA **Leg-to-Leg Bio-Impedance Analyzer (BIA)** (\$1,595); Bod-Pod and Hydrostatic Weighing are also acceptable methods where available. A Physician's release is required for anyone with a body comp. below 7% or 12% respectively, and may not wrestle below their alpha weigh-in weight.

3) Monitored, no more than **1.5% body weight loss per week** allowed.

Weight Certification Assessor Training

The NSAA will implement a Wt. Certification Assessor Training Program to certify anyone conducting testing at alpha Wt. Certifications; at this time there is not likely to be any cost to the assessor training. Anyone that's an ATC, MD, PA, RN, PT, RD, maybe a few others, are tabbed for being eligible assessors. Those people conducting the measures are likely to enter the results into an online database at <http://www.nwcaonline.com/nwcaonline/default.aspx> once given an assessor ID code by the NSAA and accompanied by a school ID code for the school being tested. Qualified assessors will be able to test their own athletes.

Logistics

For now, alpha-testing will be done once per year, and will likely start 1 week before the season begins (Nov. 6), and must be done prior to being allowed to compete. Certified assessors can test their own athletes, or a school may “hire a NSAA Certified Tester”, while others may opt for a regional testing site where, for instance, an entire WR conference hosts a site, where 5-10 schools report for the testing. One tester can do ~40/hr. Schools may likely get their own testing equipment so they know where their athletes stand prior to the official alpha-testing. If an athlete does not meet the hydration test at the time, they can not proceed any further in the alpha-test, and can not re-test for 48 hrs. They will have to seek out a NSAA Certified Tester to re-test at a later date, likely at a greater cost (\$25 or more if off site). Other states are charging \$2-\$3/head, on up to \$8-\$10 per head for each wrestler; or for regional test sites: \$200 for Test Site Admin., \$35/hr. for testers, \$15/hr for data entry. Apparently, the cost will be up to the individual testers and the school. Re-testing for those not hydrated, or anyone challenging a test will be the biggest headache – for everyone involved, being estimated at 5-10% of wrestlers. Also, *BIA although validated, has twice the error as skin fold testing.* Therefore, substantial discrepancies can exist between the two testing methods leaving the potential for conflict.

My staff and I are likely to dive in head first, anticipating testing ~35 wrestling programs and ~600 wrestlers. I hope many other ATC's will do the same across Nebraska. Western Nebraska is likely to need some help, and I'm not sure of NSAA's plan at this point. You may want to begin preparing yourself to be placed in a position to initiate this new program at your school or community. Contact your local or area AD's and Wrestling coaches to begin discussing a plan. Lastly, some of you might be expected to do this for free. I for one do not plan on providing such a service at no cost.

More information will follow as soon as NSAA provides it. In the meantime, you can go to <http://www.nwcaonline.com/> website for the National Wrestling Coaches Association and review their ***Optimal Performance Calculator***, the online database to be used, and other related information on Weight Certification Program.