MEMORANDUM

September 9, 2011

TO: Head Wrestling Coaches and Certified Athletic Trainers at NCAA Institutions that Sponsor Wrestling.

FROM: Dave Martin, chair
NCAA Wrestling Committee

Ron Beaschler, NCAA Secretary-Rules Editor
NCAA Wrestling Committee.


This correspondence includes information for the upcoming season for the NCAA Wrestling Weight Management Program and the NCAA Wrestling Rules video that is available through the National Wrestling Coaches Association (NWCA) website. Viewing the rules video is the first step in the weight management process for the Optimal Performance Calculator (OPC).

Once your institution’s head coach and assessor view the rules video, they are granted access to the OPC. Please note that your institution’s login ID and password for the OPC is enclosed in a separate mailing from the NWCA office, which the NCAA national office and the NCAA Wrestling Committee have approved.

By October 1 each fall institutions shall perform the following responsibilities in the OPC system: 1) watch the NCAA Wrestling Rules video; 2) enter their first day of practice; 3) enter their complete team competition schedule; and 4) enter their complete team roster. To reiterate, these tasks shall be completed not later than midnight October 1, or you will be subject to penalties. (See Rule 8.4.)

The following information outlines the NCAA Wrestling Weight Management Program:

1. Program Requirements and Assistance. The enclosed program instruction and protocols for urine collection, skin-fold calculations and bod pod analysis outline information needed to determine a student-athlete’s minimum wrestling weight and certifiable weight class. A tutorial outlining the protocols is available at NWCAonline.com. Please contact Jim Thornton (contact information is below) with questions regarding the protocols.
2. **Mandatory Viewing of the NCAA Wrestling Presentation and Registration.** It is mandatory that the assessor and a coach from each institution view the NCAA wrestling rules video before being granted access to the OPC. The rules video includes information on wrestling rules, weight management and skin conditions. The head coach and the assessor will not be able to access their section of the OPC until they have registered at the conclusion of the presentation.

   Coaches, please note that referees assigned to NCAA wrestling competition shall be registered annually by October 19. An institution using a non-registered referee shall be subject to penalties. (See Rule 7.1.2.)

3. **Educational Materials.** Rules knowledge and nutrition education continue to be important components of weight management in wrestling. Several excellent resources beneficial to student-athletes are available online at NCAA.org and NWCAonline.com, including the NCAA Sports Medicine Handbook.

4. **Comments and Suggestions.** Any comments and suggestions regarding the NCAA Weight Management Program may be forwarded in writing to Ron Beaschler.

5. **Reporting Violations.** It is the assessor’s responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately. In addition, there are clearly health and safety risks involved in cutting weight outside the designated weight-management protocol. The weight-loss rules are in place to help protect the safety and well-being of the student-athlete. If you, as a coach, certified athletic trainer or administrator, become aware that an individual wrestler or team members are engaging in unsafe weight loss (see Rules 9.3 and 9.4) including improper weight-assessment procedures or weight-reduction procedures outside of the approved weight-management protocol, which may lead to dehydration, heat stress and catastrophic outcomes, please contact Ron Beaschler, Jim Thornton or the playing rules and officiating staff at the NCAA national office at 317/917-6222. All sources will be kept confidential.

   An institution notified of a violation with a monetary penalty is expected to pay the fine within an allotted time stated in the notification. An unpaid fine will result in postseason travel reimbursement being withheld until the fine is paid.

6. **Questions.** Please direct questions to the appropriate individual listed below:

   **NCAA Wrestling Rules and Interpretations**
   NCAA Weight Management Program
   Ron Beaschler
   NCAA Secretary-Rules Editor and NCAA Weight Management Program Liaison
   Ohio Northern University
   525 South Main Street, Ada, Ohio 45810
   Office: 419/772-2453  Cell: 567/674-5133  E-mail: r-beaschler@onu.edu
Urine Collection, Specific Gravity Testing and Body-Composition, Measurements and Calculations
Jim Thornton
Certified Athletic Trainer
Clarion University of Pennsylvania
Office: 814/393-2456

NWCA OPC System – Data Entry and Login ID/Password
Jordan Griffith
NWCA
Office: 717/653-809 Cell: 717/598-6176 E-mail: jgriffith@nwca.cc

NCAA Championships Issues
Jeff Jarnecke (Division I), NCAA Associate Director of Championships
Office: 317/917-6222 E-mail: jjarnecke@ncaa.org
John Baldwin (Division II), NCAA Assistant Director of Championships
Office: 317/917-6222 E-mail: jbaldwin@ncaa.org
Anthony Holman (Division III), NCAA Assistant Director of Championships
Office: 317/917-6222 E-mail: aholman@ncaa.org

Have a great season.

DM/RB:ts

Attachments

cc: Mr. Carlyle Carter
Mr. Jordan Griffith
Ms. Mary Ellen Leicht
Mr. Scott McClure
Dr. Pat McCormick
Mr. Mike Moyer
Mr. Archie Randall
Mr. Jim Thornton
Mr. Pat Tocci
NCAA Wrestling Committee
Selected Directors of Athletics
Selected Directors of Compliance
Selected Conference Commissioners
Selected NCAA Staff Members
Weight Loss
The goal of a medically managed weight management program is to prevent unhealthy weight management practices in both male and female student-athletes through education and best practice.

It is important that coaches and student-athletes practice and monitor the best practices established for proper weight management. If the goal is weight lost, then student-athletes should be informed that removing body fat is a slow process and should be supported with a healthcare team to help them accomplish this goal in a safe and supervised manner. Weight loss goals should be agreed upon by the student-athlete, appropriate medical personnel including members of the institution’s athletic medical staff, registered dietitian, and with consultation from the coach.

Without this leadership support, negative behaviors may occur that can limit athletic potential and create potential health hazards that occur with poor nutrition, dehydration, and intense exercise. As water loss exceeds 2-3% of the body weight, a student-athlete’s exercise performance, heat dissipation, and cardiovascular function are compromised. Since water is found less in fat stores and more in the blood stream, muscle and other lean organs of the body proper hydration is critical for body function and performance. Weight should not change rapidly unless the individual is either ill, or is severely restricting/dehydrating or binge eating.

The sensible alternative to dehydration weight loss is outlined by the original established principles of the NCAA weight management program:

- Enhance safety and competitive equity;
- Minimize incentives for rapid weight loss;
- Emphasize competition, not weight control; and
- Implement practical, effective and enforceable guidelines.

The goals of the NCAA weight management program remain the same as when it was originally established in 1998:

- Establish weight classes that better reflect the collegiate wrestling population;
- Establish a permanent healthy weight class early in the season with time to achieve it safely;
- Establish weigh-ins as close to the match as possible and a random draw for weight class order; and
- Eliminate the tools used to accomplish rapid dehydration.

Coaches can have a tremendous influence on athletes, and should be conscious of their attitudes, behaviors, and language that may directly or indirectly contribute to the onset of unhealthy eating behaviors and/or lifestyles. Behavior modifications may need to be supported and taught among athletes to retrain the body to establish a normal state of hydration. In addition to observing sweat loss, fluid intake and body weight, observing urine color is a good indicator of an athlete’s hydration state and can be useful in teaching athletes how to stay well hydrated.
For further information please consult with your team physician, head athletic trainer, the NCAA Sports Medicine Handbook Guidelines on Nutrition and Athletic Performance, NCAA Handbook: Weight Loss - Dehydration, or a local dietician with experience in working with athletes. A good resource to find a registered dietitian with expertise working with student-athletes can be found online through the sports dietitian practice group of the American Dietetic Association (ADA – SCAN). This site also includes fact sheets for coaches and student-athletes on nutritional strategies.

Two additional resources specific to the wrestling student-athletes and the 1.5 percent decent rules can be found online through the National Wrestling Coaches Association:

- The 1.5 percent-Per-Week Rule Part 1: Fat Loss
- The 1.5 percent-Per-Week Rule Part 2: Water Loss

Wrestlers should be educated about the negative effects of active dehydration techniques that are often in a chronically dehydrated state in addition to the normal water loss due to exercise, thus culminating in more negative effects on performance and health. Student-athletes presenting with a body weight loss of 1–2 percent within a given day or on consecutive days should return to normal hydration status before returning to practice.

Research clearly shows that performance is reduced as a result of dehydration-induced weight loss. Coaches and participants should avoid rapid weight cutting, weekly weight cycling, restricting food, restricting fluids, vomiting, fasting, and the use of laxatives, diet pills, or diuretics. Student-athletes should be warned about the use of dietary supplements and should discuss all supplement use with their athletics healthcare staff.

Activities banned by the NCAA include the use of saunas, rubber/plastic suits, stimulants, diuretics (e.g., water pills), and heated wrestling facilities. Check with the NCAA Wrestling Rules and Interpretations book, NCAA legislation, and the Sports Medicine Handbook for more information.
Weight Certification Specific Gravity
Why the urine specific gravity cut-off point is where it is

Why set the urine specific gravity test at 1.020? Why set the weight class at 141 or 184 or score 2 points for a takedown? As with many rules in wrestling and other sports too, the decisions are based in part on good evidence but they are somewhat arbitrary too.

The urine specific gravity test was chosen as a test for dehydration because it is simple to administer, non-invasive, and relatively inexpensive. The trade-off is that it’s not 100% perfect. Physiologically, urine specific gravity has a wide range, but studies have shown that as a person dehydrates the urine specific gravity increases.

When is a person dehydrated? To test this question we collected urine specific gravity samples from 50 wrestlers and at the same time took a blood sample to measure fluid volume in the blood. Fluid volume of the blood is a very good indicator of the body’s hydration status, and there are clear cut-off points for a state of dehydration.

Using the blood’s fluid volume as a criterion, we compared three urine specific gravity cut-off points to see which one most accurately classified the wrestlers as hydrated or dehydrated. We chose a fairly strict value, 1.015, a more liberal cut-off, 1.023, and a middle value, 1.020.

When the cut-off was set at 1.015, 89% of the dehydrated wrestlers were identified correctly, however only 13% of the hydrated wrestlers were correctly identified. With the cut-off set at 1.020, the number of dehydrated subjects correctly identified dropped to 80%, and the number of hydrated subjects correctly placed increased to 31%. Finally, with the cut-off raised to 1.023, only 60% of the dehydrated subject were identified while the number of hydrated subjects classified correctly increased to 38%.

It’s important to remember why this test is being used. If a wrestler dehydrates to lose weight before his body fat test and minimum weight determination, he will be doing that all season long, and potentially experience the health risks and performance decrements the new NCAA rules hope to avoid. So, it is most important that dehydrated wrestlers not proceed to the body fat test.

Conversely, a hydrated wrestler who fails the test; i.e. appears dehydrated, will have to test a second time, which is inconvenient. However, there are no health or performance risks associated with coming back a second time. So it is more important to catch dehydrated wrestlers than to miss hydrated wrestlers.

With the cut-off set at 1.020, most (80%) of the dehydrated wrestlers were identified and the number of hydrated wrestlers correctly placed was close to the number with a more liberal cut-off. Could the cut-off point be changed down-the-road? Do we need more data? Should we look for a better way to test for hydration? The answer to all three questions is yes. And, there are more questions we may need to look at in the future. But for now, the scientific evidence supports 1.020 as a safe and attainable cut-off.
Hydration is an important component of the wrestling certification program for two primary reasons:

1. A well-hydrated state is essential for both health and performance of any student-athlete. The weight management certification program was developed to maintain the hydrated state before, during and after any weight changes that may occur during the October - December weight modification period. This emphasis is consistent with the stimulus for this program, three fatalities involving dehydration. Weight modification during the certification period is based on loss of body fat; hydration (water weight) should be maintained.

2. The measurement process that is the basis for the NCAA wrestling certification program can be influenced by sub-optimal hydration. One must be well hydrated to achieve maximum accuracy on body composition measurements.

Specific gravity is the most practical measure of hydration for this program.

The committee considered a range of specific gravity values that should reflect a well-hydrated state. The committee agreed that 1.020 was a practical value that gave a reasonable assurance that wrestlers begin the process of weight certification in a well-hydrated state.

Any specific gravity value above this number offers less assurance of hydration, which is the primary issue addressed in the 1997-98 rules modifications.
The following pages outline the instructions for completing Section I Certification of the NCAA Weight Management Program and examples for reference.

**INITIAL ASSESSMENT TO DETERMINE MINIMUM WRESTLING WEIGHT**

Institutions are required to enter the student-athlete’s minimum wrestling weight assessment forms (Section I) online at NWCAonline.com on or before the first official practice October 10. When a student-athlete joins the team after the first official practice, that individual’s Section I form shall be completed before he or she begins practice.

**Lowest Allowable Weight-One - [LAW1]**

The lowest allowable weight at five percent body fat.

**Step No. 1. Determine Hydrated Weight (BW).** In order to obtain an accurate body composition, the student-athlete must be in a hydrated state. Urine specific gravity has been selected as the most practical, cost-efficient measure of hydration.

- Record date of test and have wrestler provide a **WITNESSED** urine sample.
- A same gender member of the institution’s athletics medical staff (for example, physician, certified athletic trainer or registered dietician) shall be required to visually witness the student-athlete produce a urine sample. The student-athlete must deliver the sample directly to the witness who ensures its delivery to the medical professional whose responsibility it is to determine body hydration.
- Check urine sample for specific gravity using refractometer (gold standard) or uronmeter to provide a valid specific gravity value. **Note:** Test strips are not permissible as a measuring device for specific gravity.
- If specific gravity is greater than 1.020, the wrestler must return not earlier than 24 hours in a hydrated state for a retest.
- If specific gravity is less than or equal to 1.020, the wrestler’s initial hydrated body weight is recorded to the nearest tenth of a pound (no rounding).

**Step No. 2. Calculate Body Density (BD).** Body density may be calculated by either (a) skin-fold measurement with calipers approved by medical personnel; (b) underwater weighing with a direct measure of residual volume; or (c) bod pod analysis.

**Option A: Skin-folds.**

- Skin-fold measurements - see enclosed directions.
- Measure in serial order, (for example, triceps, subscapular, abdomen, repeat series two more times).
- Add median values for triceps, subscapular and abdominal skin-folds to get the sum of skin-folds (SUM SF).
- Median skin-fold measurement is:
  a. The middle (quantity, not space) value, if there are three distinct values (for example, 13mm, 11mm, 12mm. Median = 12mm); and
  b. The duplicate value, if two or all three measurements are identical (for example, 12 mm, 12 mm, 15 mm. Median = 12 mm).
- SUM SF is inserted into appropriate body density equation and BD calculated.
Option B: Hydrostatic Weighing.
- Calculate a value for body density using standard underwater weighing technique with a direct measure of residual volume.
- Provide the following as an attachment to any form:
  a. Residual Volume (RV) measurement technique;
  b. Raw data and calculations associated with RV;
  c. Raw data for underwater weighing; and
  d. Calculations of body density.

Option C: Bod Pod Analysis.
- Provide body composition analysis printout. Upon completion of the bod pod analysis, mail a copy to Ron Beaschler, NCAA weight management program liaison.
- See enclosed bod pod analysis protocol.

Step No. 3. Optimal Performance Calculator (OPC). The OPC will use the appropriate equation to automatically calculate the percentage of body fat (%BF), fat weight (FW), fat-free weight (FFW), and the lowest allowable weight-ONE [LAW1].

Lowest Allowable Weight-Two - [LAW2]

Step No. 4. Number of Days of Weight Loss. Number of days between initial assessment and February 15.

Step No. 5. Lowest Allowable Weight-TWO [LAW2]. The lowest allowable weight is calculated by using 1.5 percent of body weight lost per week from the initial assessment to certification date. The OPC will use the appropriate equation \[BW - (.015/7) \times \text{# of days} \times BW\] to automatically calculate the lowest allowable weight-TWO [LAW2].

Minimum Wrestling Weight

Step No. 6. Minimum Wrestling Weight. Select the higher value between LAW1 and LAW2 to determine minimum wrestling weight.

NOTE: There is appeal process for minimum wrestling weight. If there is concern about results from a skin-fold measurement, analysis using the “gold standards” for specific gravity (refractometer) and body density (underwater weighing with a direct measure of residual volume) should be used. The use of bod pod analysis may also be used in this situation. The results of this analysis will be the final determination of the minimum wrestling weight and the appropriate wrestling weight class.

Minimum Weight Class

Step No. 7. Minimum Weight Class. The assessment form will display the minimum weight class the wrestler is eligible for after the minimum wrestling weight is established. The minimum weight class will be determined if the minimum wrestling weight is less than a weight class but higher than the next lower weight class.
Examples:

No. 1. Student-athlete A has a urine specific gravity of 1.025 on September 6. The student-athlete is instructed to return in 24 hours to be retested. Twenty-four hours later, the urine specific gravity is 1.011. The student-athlete is allowed to weigh-in and weighs 168 pounds. The skin-folds are measured and when calculated, give a body fat percentage of 12 percent. The fat weight of 20 pounds is calculated by multiplying 168 pounds by 12 percent. The fat-free weight of 148 pounds is calculated by subtracting 20 pounds from 168 pounds. The fat-free weight of 148 pounds and divided by 0.95 equals 156 pounds. This is the lowest allowable weight-ONE [LAW1] calculated with five percent body fat.

The minimum wrestling weight must take into account both LAW1 and LAW2. Therefore, the higher of LAW1 and LAW2 will be the minimum wrestling weight [MWW] for the season. MWW=156.

1. Specific Gravity = 1.025
   * Specific Gravity = 1.011 (24-hours later.)
2. BW = 168 lb.
3. BF = 12%
4. FW = 168 lb. x 0.12 = 20 lb.
5. FFW = 168 lb. – 20 lb. = 148
6. LAW1 = 148 lb. / 0.95 = 156 lb.
7. # of weeks = 15 weeks.
8. LAW2 = 168 – (1.5% x 15 wks x 168) = 130.2 lb.
9. LAW1= 156 lb.>LAW2=130.2 lb.

Therefore, LAW1=MWW=156 lb.

No. 2. Our next example is student-athlete B. On October 25, the urine specific gravity is 1.016, hydrated body weight is 225 pounds and the percentage of body fat is 18 percent. This gives the wrestler a fat weight of 40.5 pounds (225 X 0.18) and a fat-free weight of 184.5 pounds (225 - 40.5). The LAW1 with five percent body fat is 194 pounds (184.5/0.95). The LAW2 is 198 pounds calculated by losing a maximum of 1.5 percent of original body weight per week [225 – (0.15 X 8) (225)]. Since the LAW2 is greater than the LAW1, the LAW2 of 198 pounds becomes the MWW. Although close, the wrestler could not compete in the 197-pound weight class but must compete at HWT (285).

If desired, the student-athlete could retest using the gold standards of refractometer and underwater weighing with a direct measure of residual volume. The bod pod is another viable option for retesting. The MWW achieved with these measurements would form the basis for the certified weight class.

1. Specific Gravity = 1.016
2. BW = 225 lb.
3. BF = 18%
4. FW = 225 lb. x 0.18 = 40.5 lb.
5. FFW = 225 lb. – 40.5 lb. = 184.5 lb.
6. LAW1 = 184.5 lb. / 0.95 = 194 lb.
7. # OF WEEKS = 8 WEEKS
8. LAW2 = 225-(1.5% X 8)(225)=198 lb.
9. LAW2> LAW1; therefore, LAW2 becomes MWW of 198 lb.

Weight Class = 285 HWT
**No. 3.** Student-athlete E is a four-year college transfer who wrestled last year for an NCAA Division II institution. This wrestler is required to complete Section I and the weight-loss plan form of the weight management program at the NCAA institution to which he or she transferred. If a student-athlete transfers from one NCAA institution to another NCAA institution after completing the Section I Certification, the individual’s weight management certification information for that season shall transfer to the new institution.

**No. 4.** Student-athlete F is a returning wrestler from the previous academic year. He or she must complete Section I Certification and the weight-loss plan form of the NCAA weight management program showing how much body weight can be lost in a given week over the weight-loss period and still not go below the minimum wrestling weight. Such a student-athlete may only wrestle at the next higher weight class while modifying his or her weight. It should be noted that wrestlers weighing-in two weight classes above the minimum weight class are not allowed to proceed to the original minimum weight class. This includes preseason competition while a wrestler is making the descent toward their lowest allowable weight class. (See Rules 8.3.4 and 8.3.5.)
RULE 8

Weight Management Program

8.1 Weight Certification

All wrestlers whose names appear on an institution’s roster shall comply with all Weight Management Program regulations (for example, wrestlers competing in open competition). It is mandatory that the NCAA Official Weigh-In Form, generated by the NWCA website, be used for all competition. (See Rules 8.3.5.4 and 9.1.5.) A wrestler has until (on or before) Feb. 15 to reach or descend back to the lowest certified weight class, as determined by their individual weight-loss plan. (See Rule 8.3.3.)

8.1.1 Student-Athlete Reporting on or Before Feb. 15. A student-athlete shall follow the appropriate weight-certification procedure listed in Rule 8.3.2. A student-athlete joining the team after the first official practice shall be tested before his or her first practice. This student-athlete must have joined the team on or before Feb. 15. The length of time between the assessment of minimum wrestling weight and Feb. 15 provides the maximum time for weight loss. Section I certification shall be completed as soon as the assessment is performed and before the student-athlete’s first practice.

8.1.2 Student-Athlete Reporting After Feb. 15. A student-athlete joining the wrestling team after Feb. 15 shall not have the option of competing while reaching the certified weight. The wrestler’s first competition determines the minimum weight class for the season. Section I certification shall be completed as soon as the assessment is performed and before the student-athlete’s first practice. (See Rule 8.3.2.)

8.1.3 Transfer Student-Athletes. Junior college and NAIA transfers who have previously tested using the NCAA Weight Management Program shall be required to complete Section I at their respective NCAA institutions. If a student-athlete transfers from one NCAA institution to another NCAA institution, the individual’s weight management certification information shall transfer to the new institution.

8.1.4 Nonregistered Tournaments. All wrestlers whose names appear on an institution’s roster are prohibited from competing at non-NCAA-registered tournaments.

8.2 Weight Certification Requirements

8.2.1 Requirements to Submit Data. There are several required components of the NCAA Weight Management Program that are housed in the Optimal Performance Calculator (OPC) on the NWCA website at NWCAonline.com. The NCAA Weight Management Program liaison has read-only access to each
institution’s Section I form, weight-loss plans and Individual Season Record Form (ISRF).

Directors of individual advancement tournaments shall register their tournament(s) in the OPC system by midnight Sept. 1 of each year in order for the results to count on the ISRF. It shall be the responsibility of the tournament director to enter all of the tournament’s match results into the OPC system. For entry deadline in the OPC system, see Rule 9.8.2.

8.2.2 Head Coach. Each head coach is required to view the annual “NCAA Wrestling Rules Presentation.” After the coach has viewed the presentation and registered, access is granted to the OPC system. Required information shall be completed, including, but not limited to, the following:

- 8.2.2.1 The team’s first day of practice.
- 8.2.2.2 The team’s competition schedule.
- 8.2.2.3 The team’s complete roster.

The above information shall be entered into the OPC system before midnight Oct. 1.

Note: Only after the above requirements are fulfilled, coaches will have access to the OPC assessment in the Coaches Preseason Weight Evaluation portal.

8.2.3 Assessor. A person called the assessor, who performs the assessment and submits the data, shall be a member of the institution’s athletics medical staff (for example, physician, certified athletic trainer or registered dietitian). Each team assessor is required to view the “NCAA Wrestling Rules Presentation.” Once the assessor has viewed the presentation, the assessor is given access to enter Section I assessment data.

It is the assessor’s responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

8.2.4 Copies of Forms. Each assessor shall retain a copy of each student-athlete’s individual assessment data that was collected for Section I. In addition, each institution shall keep on file a copy of its wrestlers’ NCAA Weight Management Program forms.

8.3 Weight Certification Procedures

8.3.1 Establishing a Weight Class. All wrestlers whose names appear on an institution’s roster shall comply with weight management regulations (for example, wrestlers competing in open competition) and certify using Section I of the NCAA Wrestling Weight Management Program. (See Rule 8.3.2.) Each institution’s assessor shall conduct an initial weight assessment of its student-athletes not sooner than the first official day of classes in the fall semester, trimester or quarter and not later than the first official practice (144-day calendar in Divisions I and II, and 19 weeks in Division III per NCAA Bylaw). An exception is granted to any institution whose classes start after the first official practice as determined by NCAA Bylaw. During the initial weight assessment, a wrestler’s minimum wrestling weight class
for the season shall be determined. The assessor shall enter all assessment data into the OPC system within five days of collection or the data will be invalid and the student-athlete must be reassessed. The final assessment of each individual on the institution’s roster shall be confirmed by the assessor and head coach before the start of the team’s first official practice. If an individual’s assessment is not completed before the team’s first day of practice, that individual cannot practice with the team until the assessment is completed and confirmed.

Once the assessor enters the student-athletes’ data in the OPC, the information is stored in the system for 48 hours. Coaches will have read-only access during this official certification process. Within the 48-hour window, the head coach and assessor shall discuss and review the entered data. The coach shall discuss and review the assessment data with each student-athlete before confirming the assessment. Both the assessor and head coach SHALL verify the data as the “official assessment” for each student-athlete. As soon as the assessor and the head coach confirm and accept the established minimum-weight classes, the information is permanently saved and is unalterable. Once the official assessment data have been entered in the OPC, it cannot be changed or altered. An incorrect entry may not be appealed.

If no action is taken to accept (confirm) the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file. Failure to verify the assessment during the 48-hour period means the student-athlete must be reassessed and the certification process repeated.

8.3.1.1 Coaches will have access to a separate preseason weight management assessment portal to estimate: 1) a student-athlete’s lowest allowable weight class; and 2) the first date a student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan. This portal has been developed for coaches as an educational and informational tool and is NOT the official weight-certification assessment. The Coaches Set-up/Portal Instructions may be found in the annual Wrestling Weight Management Program preseason information.

8.3.2 Procedures for Certification. All student-athletes are required to complete Section I certification. Wrestlers descending to their lowest certified weight class shall not weigh in more than one weight class above their predetermined lowest weight class. Each student-athlete has until (on or before) Feb. 15 to reach or descend back to his or her lowest certified weight class as determined by the student’s individual weight-loss plan. (See Rule 8.3.3.)

A wrestler shall not compete at his or her lowest allowable weight class before the date indicated on the weight-loss plan. All wrestlers are required to follow weight management program regulations while modifying their weight.

8.3.3 Weight Class Ascent/Descent Option. A wrestler wishing to weigh in at a weight class no higher than one class above his or her original wrestled weight may return to the original weight class by following the mandatory requirements listed in Rule 8.3.4. This provision may be applied multiple times during the season up to Feb. 15. A wrestler returning to his or her lowest allowable weight class shall follow the prescribed weight-loss plan. The
weight-loss plan shall indicate that the wrestler’s original weight class can be reached not later than Feb. 15.

It should be noted that the weight-loss plan is recalculated anytime a weigh-in exceeds the weight indicated on the weight-loss plan.

8.3.4 Descent and the 1.5 Percent Regulation. The NCAA Weight-Loss Plan mandates that a wrestler shall not lose more than 1.5 percent of body weight per week from the weekly weigh-in (seven days) while making the descent to the lowest certified weight class. (See Rules 8.3.2 and 8.3.3.)

8.3.5 Additional Weigh-In Regulations.

8.3.5.1 A penalty shall not be assessed for a wrestler who has below 5 percent body fat on Section I.

8.3.5.2 A wrestler shall not compete below the established minimum wrestling weight. A wrestler may weigh in at the certified weight class and compete at a higher weight classification. For example, a wrestler weighs in at the 141-pound weight class, but competes at the 149-pound weight class, the wrestler does not relinquish the right to wrestle at the 141-pound class. If a student-athlete weighs in at a weight class greater than the original wrestled certified weight, that classification becomes the wrestler’s certified weight. (See Rules 8.3.3 and 8.3.4.)

8.3.5.3 A wrestler weighing in two weight classes above an original certified weight class shall forfeit his or her right to return to the original wrestled weight class. This includes preseason competition while a wrestler is making the descent toward his or her lowest allowable certified weight. For example, if a wrestler’s lowest allowable weight class is 149 and the wrestler weighs in at 165, the student-athlete is ineligible to return to the 149-pound weight class. The lowest weight class at which this wrestler may compete is 157.

8.3.5.4 Hosts of all individual and team-advancement tournaments, including preseason open tournaments, shall record and retain a copy of the NCAA Official Weigh-In form (see Rule 9.1.5), which shall also include the results of medical examinations. (See Rule 8.2.1.)

Penalties

8.4 Weight Management Violations

There are clearly health and safety risks involved in cutting weight outside the designated weight management protocol. The weight-loss rules are in place to help protect the safety and well-being of the student-athlete. If you, as a student-athlete, coach, certified athletic trainer or physician, become aware that an individual wrestler or team members are engaging in unsafe weight loss (see Rules 9.3 and 9.4) including improper weight assessment procedures or weight-reduction procedures outside the approved weight management protocol, which may lead to dehydration, heat stress and catastrophic outcomes, please contact the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

The following penalties may be imposed by the NCAA Wrestling Committee for any violation(s) of the NCAA Wrestling Weight Management Program and
violation of rule(s) that do not have a specific penalty set forth elsewhere in the rule book:

1) Public or private reprimand;
2) Financial penalty of $100 per institution or $50 per individual up to a $300 maximum penalty;
3) Disqualification of individual contest(s);
4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
5) Team records or performance adjusted; and
6) Other penalties the NCAA Wrestling Committee deems appropriate.

When warranted, the NCAA Wrestling Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

1) Establishing a Weight Class, 8.3.1, WI-19
RULE 9

Weighing In, Medical Examinations and Individual Season Record Form

Weighing In

9.1 Time

9.1.1 Weigh-Ins. Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition, and attendance shall be limited to the contestants, coaches of the contestants, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary. All contestants shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks. The referee or other authorized people should supervise the weighing in of contestants. It is mandatory that the NCAA official weigh-in form, generated by the NWCA website, be used for all competition. (See Rule 8.3.5.4.)

It is recommended that a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season.

At all official weigh-ins, the wrestler should stand with both feet flat in the middle of the scale, facing away from the dial or weight indicator. (For failure to make weight, see Rule 9.2.)

9.1.2 Dual, Triangular, Quadrangular Meets. Contestants shall weigh in one hour or less before the first match begins on a predetermined scale provided by the host school or organization. When junior varsity competition is held before varsity competition, the varsity contestants shall weigh in one hour before the scheduled start of the varsity meets. Teams failing to comply with the weigh-in rules shall forfeit. When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the first scheduled contest. The team(s) at subsequent site(s) shall conduct an honor weigh-in at the same time at its site(s). No team shall weigh in more than once a day. Weigh-in times for multiple team competitions not covered by rule shall be resolved by the host school’s athletic administration. A weight allowance is not permitted for dual meets conducted on consecutive days. (See Rule 9.1.3.)

At the scheduled time for weigh-ins, all student-athletes who wish to compete must present themselves properly groomed at the scale(s). During the
weigh-in period, contestants may not leave the weigh-in area, and activities that promote dehydration are prohibited. The weigh-in shall proceed through the weight classes beginning at the lowest weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Upon completion of the heavyweight class, weigh-ins are concluded. No additional time shall be granted.

At the official weigh-in, a contestant may step on and off the scale three times to allow for mechanical inconsistencies in the scale.

9.1.3 Subsequent-day Weigh-Ins. Dual meets and multiday dual meets shall be conducted with no weight allowance permitted, nor can an allowance be mutually agreed upon.

9.1.4 Tournaments. All tournament directors shall follow NCAA weigh-in guidelines and playing rules. In addition, currently enrolled student-athletes listed on an institution’s squad list must adhere to NCAA rules relating to weighing in.

Wrestlers reporting to weigh-ins for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed, wearing no less than a suitable undergarment and ready to step onto their assigned scale. (See Rule 9.1.1.) For example, cleanshaven and with hair not longer than allowed by rule.

For individual or team-advancement tournaments, weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days. These weigh-ins may be conducted by team or by weight classes. A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

In two-day team-advanced tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition. Subsequently, wrestlers must weigh in at the same weight class for the second day of competition as they weighed in on the first day of competition. The 1-pound allowance will only be granted to individuals who make weight the first day of competition. A wrestler who does not weigh in and compete on the first day of competition may weigh in at scratch weight and compete on the second day of competition.

In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound allowance for each consecutive day of competition shall be granted.

At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales. The weigh-in shall proceed by team or by weight classes, beginning at the lowest weight class.

If a contestant fails to make weight on one of the designated scales, the contestant may step on each additional official scale one time in an attempt to make weight immediately after the heavyweight class. The contestant may not leave the weigh-in area. At this time, weigh-ins are concluded.

9.1.5 NCAA Official Weigh-In Form. For dual meets, both coaches shall retain on file a copy of the NCAA official weigh-in form, the only acceptable form
permitted by rule and generated by the NWCA website, until the end of the season. A copy of the NCAA official weigh-in form shall be hand carried or electronically submitted to each site of competition, including tournaments. It is recommended in tournament competition that coaches retain a copy of their team’s NCAA official weigh-in form. For all individual-advancement tournaments, including preseason open tournaments, in order to verify the student-athlete’s lowest allowable weight class, the NCAA official weigh-in form shall be submitted before weighing in a team or an individual student-athlete. In tournament competition, the host site shall be responsible for retaining the NCAA official weigh-in form(s) with the actual weights of each participant. The actual weight and results of all student-athletes listed on the institution’s roster including those who compete unattached at open tournaments shall be entered into the NWCA online system.

9.2 Failure to Make Weight
Any contestant failing to make weight at the designated time shall be ineligible for that weight class.

9.2.1 Dual Meets. For dual meets, a forfeit shall be scored and team points awarded to the opponent.

9.2.2 Tournaments. In individual advancement tournaments, a forfeit shall be awarded to the opponent and points for the forfeit and advancement shall be scored or the tournament bracket redrawn. Once the bracket has been drawn and the deadline for withdrawals has lapsed, the bracket is considered closed and all entries are declared as final. Any subsequent withdrawal will be recorded as a forfeit or a medical forfeit. Forfeiting wrestlers will retain all points earned previously, and matches wrestled will count on the Individual Season Record Form. (See Rules 2.19, 3.17.5 and 4.4.4.)

9.3 Prohibited Practices

9.3.1 Prohibited Practices and Substances. The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, and steam rooms is prohibited for any purpose. The use of a sauna is prohibited at any time and for any purpose, on or off campus. The use of diuretics (for example, water pills) at any time is prohibited by NCAA legislation for all sports. Regardless of purpose, the use of vapor-impermeable suits (for example, rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration (that is, intravenous hydration) are also prohibited, and to allow participation and use of such is a violation of weight management rules. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season. For additional information, refer to the NCAA Sports Medicine Handbook available online at NCAA.org/health-safety.

Note: Spot checks for body composition or dehydration should be used to assure compliance with the weight standard during the season. One method to estimate replacement fluid requirements is to weigh student-athletes before and after practice. For each pound of weight loss, one should replace the lost weight with one pint of extra fluid. Student-athletes themselves can assess their hydration level by observing the volume, color and concentration of their urine. Low volumes of dark, concentrated urine indicate a serious need for rehydration. Other signs of
dehydration include a rapid resting or working heart rate, weakness, excessive fatigue and dizziness.

### 9.4 Practice-Room Temperature

The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. The penalty for this violation is the same as for using prohibited dehydration methods and is assessed against the coach. (See Rule 8.4.)

It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of the rule that every effort shall be made to maintain the 80-degree temperature throughout the practice.

*Note:* Competitive wrestling can generate approximately 15 kilocalories of heat each minute; practice sessions can average more than 600 kilocalories per hour. Additional heat can come from the environment if the wrestling room is too hot. Complete evaporation of one liter of sweat removes 580 kilocalories of heat. To maintain thermal equilibrium, a wrestler needs to evaporate more than one liter (about one quart) of sweat for each hour of practice. Maintenance of body fluids is essential if sweating is to be maintained. This means that student-athletes must hydrate before, during and after practice. For additional information, refer to the NCAA Sports Medicine Handbook available online at NCAA.org/health-safety.

### 9.5 CPR and First Aid Training

All coaches, including volunteers, shall be certified in cardiopulmonary resuscitation (CPR) annually by the date of the first practice. Similarly, coaches and volunteers must be certified in basic first aid every three years.

### Medical Examinations

#### 9.6 Medical Examinations

**9.6.1 Qualified Examiners.** A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix A, Skin Infections in Wrestling.) It is recommended that this examination be made at the time of weigh-in. Medical professionals of both genders may participate in the medical examinations.

**9.6.2 Dress for Examinations.** Male student-athletes shall wear a suitable short that covers the entire buttocks, and female student-athletes shall wear shorts and a sports bra during examinations.

**9.6.3 Medical Examinations/Skin Checks—Tournaments.** At the time of medical examinations/skin checks, all competitors are required to report to the designated area. Medical examinations/skin checks will start at the lowest weight class. The medical examinations/skin checks will proceed through all weight classes in the weight class order. When all wrestlers for a weight class have been examined and the next class is called, that weight class is closed. The medical examination/skin check is completed once all heavyweight wrestlers have been examined. The games committee may consider extenuating circumstances. (See Rule 3.16.4.) Medical examinations/skin checks shall be conducted each day of competition and shall take place at the site of competition.
9.6.4 Presence of Communicable Skin Disease. The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or certified athletic trainer, makes the participation of that individual inadvisable) shall be full and sufficient reason for disqualification. (See Appendix A for skin infections.) Disqualification for communicable skin disease shall be listed as a medical forfeit in the bracket. The disqualified contestant shall retain advancement points and placement points previously earned. (See Rule 6.5.)

9.6.5 Written Documentation. If a student-athlete has been diagnosed as having a skin condition and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete, coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the medical examination with the approved NCAA Skin Evaluation and Participation Status Form describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination.

9.6.6 Final Determination. Final determination of the participant’s ability to compete shall be made by the host site’s physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam. Appendix A contains communicable skin disease treatment protocol and direction as to whom shall be permitted or denied participation.

9.7 Medical Examination Violations

The following penalties may be imposed by the NCAA Wrestling Committee for any violation(s) of the wrestling medical examinations:

1) Public or private reprimand;
2) Financial penalty of $100 per institution or $50 per individual up to a $300 maximum penalty;
3) Disqualification of individual contest(s);
4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
5) Team records or performance adjusted; and
6) Other penalties the NCAA Wrestling Committee deems appropriate.

When warranted, the NCAA Wrestling Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.

**Individual Season Record Form**

9.8 Individual Season Record Form (ISRF)

9.8.1 Correct Use. Institutions are required to use the NCAA Individual Season Record Form (ISRF) available only on the NWCA website. When compiling a student-athlete’s win-loss record for the season, all matches
against competitors who compete on intercollegiate teams at four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted.

All matches competed during the season as defined in the NCAA Bylaws of the current NCAA Manual, including open or unattached competition, must be listed. Unattached student-athletes must be listed with their college affiliation (for example, Unattached State University). Matches shall not be counted if the opponent is a student-athlete not listed on an institution’s roster, a club-level student-athlete or an armed services student-athlete.

Matches wrestled against competitors listed on an institution’s roster when the student-athlete is ineligible or redshirting at four-year, degree-granting institutions shall be counted. However, the ineligible student-athlete shall not count those matches wrestled during this period.

Should the student-athlete become eligible (e.g., remove his or her redshirt status) at anytime during the season, matches wrestled while ineligible shall count on the wrestler’s ISRF.

9.8.2 ISRF Requirements. When completing the ISRF, the person(s) who is responsible for its accuracy is reminded to record all required information. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty.

Results shall be entered immediately after competition, which translates to as soon as possible after competition, but not more than 24 hours after a home event and not more than 48 hours after an away contest. It is imperative the results are entered in a timely manner and before the student-athlete wrestles in the next event.

A default shall be recorded as a loss and listed on the ISRF when a wrestler is unable to continue in a match due to injury. The opponent is credited with a win by default on the ISRF. (See Rule 4.4.5 for scoring abbreviations.)

A wrestler who is granted a medical forfeit during a tournament shall list the matches on the ISRF, but the match shall not count as a loss. The opponent winning by medical forfeit shall record and count the win on the ISRF.

Matches less than seven minutes in duration shall not count on the ISRF. (See Rule 1.1.)

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

1) Weighing In, 9.1, WI-20
2) Individual Season Record Form, 9.8, WI-20
Coach’s Checklist
NCAA WEIGHT MANAGEMENT PROGRAM
CHECKLIST FOR COACH

Date Completed

In the NWCA OPC system not later than midnight September 1, as director of an individual advancement tournament(s) I registered the tournament(s) so the results will count on the participants’ Individual Season Record Form (ISRF).

In the NWCA OPC system not later than midnight October 1, the coach:

- Viewed the NCAA rules video
- Updated coaches’ contact information
- Completed team roster by editing returning wrestlers’ information and adding new wrestlers’ information

Note: Update all items listed for team roster, including:

- Wrestler’s date of birth
- Wrestler’s year of eligibility
- Wrestler’s e-mail address
- Wrestler’s hometown and state

- Entered the first date of practice
- Entered the complete team competition schedule
- Reviewed the NCAA weight management rules handout and rules video information with all student-athletes whose names appear on the institution squad list. This was completed by the coach or the assessor.

In the NWCA OPC system not later than midnight October 1, the assessor:

- Viewed the NCAA rules video
- Registered at the conclusion of the presentation
- Updated the assessor’s contact information
- Gained access to the NWCA OPC system

The assessor entered all assessment data into the OPC system within five days of collection and confirmed Section I Certification data of each student-athlete in the NWCA OPC system and recorded the data onto a standardized form to keep as a backup of original numbers. Each student-athlete’s assessment information is stored in the system for 48 hours. Each coach must confirm the assessment data for each student-athlete within the 48-hour window. Note: Once the assessment data has been confirmed by the coach, it cannot be changed or altered. An incorrect entry may not be appealed.

The coach and assessor reviewed and discussed each student-athletes’ Section I Certification data.

The coach reviewed and discussed each student-athlete’s certification data with that individual before confirming the assessment in the OPC within the 48-hour window.
The coach reviewed and discussed each student-athlete’s certification data with that individual before confirming the assessment in the OPC during 48-hour window. Note: When no action is taken to confirm the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file, which requires that the student-athlete be reassessed and the certification process repeated. When a wrestler’s assessment is not completed before the team’s first day of practice, that individual shall not practice with the team until after the assessment is completed and confirmed.

The coach or assessor reviewed with each student-athlete their lowest allowable weight class and the first date the student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan. A wrestler weighing in two weight classes above an original certified weight class shall forfeit his or her right to return to the original wrestled weight class. This includes preseason competition while a wrestler is making the descent toward his or her lowest allowable certified weight.
Coach’s Instructions
How to Login to the Coach’s Section of the Optimal Performance Calculator (OPC)

2. On the NWCA home page, go to the top menu bar under Weight Management.
3. Click on Optimal Performance Calculator.
4. You will now be directed to the Optimal Performance Calculator Program at: http://www.nwcaonline.com/nwcaonline/default.aspx
5. Once at the OPC home page, click on the Login tab found on the menu bar.
6. On the login page, the coach will enter his/her unique college access code Login ID and Password. (The password is the unique college access code for the initial login only.)
7. Please watch the NCAA video in its entirety to be able to proceed.
8. The coach will be prompted to updated their coach’s contact information and change his/her password to a permanent password of choice.
9. You are now at the college home page dashboard of the Optimal Performance Calculator.

How to Update Your Institution’s Roster before the Official Assessment

1. On the collegiate OPC home page, a new dashboard will appear, click on Wrestlers and then Show Entire Roster to update your roster.
2. A grid will appear with a list of all wrestlers who were on your institutional roster last year.
3. If a wrestler was on the roster last year and is no longer enrolled at the school or is not on the team, click the Delete button next to the wrestler’s name. This will delete the wrestler off your roster immediately.
4. For returning wrestlers, simply update their information including Year in School, Prior Year Weigh, etc. to reflect the current 2011-12 year.
5. After updating all information for each wrestler, click the Save Roster Information button to save the changes/updates made to the entire roster.

How to Add New Wrestlers to the Roster

1. Click on the Add New Wrestler link from the dashboard and complete all of the text fields located under the heading Name. In the nickname field, please use the name the wrestler goes by if it is different from his or her given name.
2. Under the heading Yr, select the wrestler’s year of eligibility from the drop down menu.
3. Under the heading Prev Yr Wt, enter the weight class that the wrestler competed at last year.
4. Under the heading Hometown/St, enter the hometown and state of the wrestler in this format: Dallas, TX.
5. Under the heading Birth Date, use the calendar icon for wrestler’s birth date or type in mm/dd/yyyy format.
6. Under the heading Gender, select the wrestler's gender from the drop down menu.
7. Under the heading Eligibility, select what the student-athlete’s eligibility status is from the drop down menu.
8. Under the heading email, please type in the wrestler’s email address.
9. After completing all field boxes click on the Save Wrestler Information button to add the wrestler to your roster.
10. Repeat this process until your entire roster is entered into the system.
11. You may edit any of this information at any time during the season by clicking on the (+) plus sign beside Rostered Wrestlers to expand your list of wrestlers. Then simply click on the wrestler’s name and the General Info tab will appear and you may edit the wrestler’s information and click Save Wrestler Information to save the changes.
12. If a student-athlete is dismissed or voluntarily leaves the team or becomes ineligible, please indicate so by editing the wrestler’s Eligibility field by respectively selecting either Left Team or Ineligible from the drop down menu. **WRESTLERS MAY NOT BE DELETED FROM YOUR ROSTER AS OF NOVEMBER 1, 2011.**

**How to Add Your Institution’s Competition/Team Schedule and Date of First**
1. On the collegiate OPC home page dashboard, you will see My Schedule/Results.
2. Enter the date of first practice for your institution by clicking Show Entire Schedule. Enter the date of first practice using the calendar or type in using mm/dd/year format. For example, 09/15/2011, and then click the Update First Practice Date button to save.
3. You will enter in your dual meets manually and select the tournaments from a pre-populated list like last year by clicking Add New Events from the dashboard.
4. You must select an event type from the drop down selection. Dual Meet, Tournament or Multiple Duals Event refers to tri meets and quad meets.

**Adding Dual Meets**
1. Once you have selected Dual Meet as the event type from the drop down the Add New Event page will appear with text boxes to begin entering your dual meet information.
2. Under the heading Competition Date, use the calendar to enter the date of the competition.
3. Under the heading Select Opponent, select the school from the drop down menu.
4. Under the heading Home/Away, select home or away from the drop down menu.
5. Under the heading Time, select the starting time of the event using the drop down menu.
6. Under the heading Location, enter the location of the event.
7. Under the heading Competition Notes information is not required, enter info if you wish.
8. Under the heading Cancelled, only select Yes if the event has been cancelled.
9. Under the heading Postponed, only select Yes if the event has been postponed.
10. Then click Save and Add Another Event if you wish to save and continue entering in more events. Click Save and View Event if you want to save this event only and exit the Add New Event tab.

**Adding Multiple Duals Events**
1. Once you have selected Multiple Duals Event as the event type from the drop down the Add New Event page will appear with text boxes to begin entering your multiple duals event information.
2. Under the heading Event Name, enter the name of the event; i.e., NWCA National Duals.
3. Under the heading Event Date, use the calendar icon to enter the date of the competition.
4. Under the heading Add New Opponent, select the school from the drop down menu and click Add to save the opponent. You will see the opponents populate under Selected Opponents. If you wish to remove an opponent listed for the event, click Remove beside the school name to delete from the list. If you do not know your opponents, you may skip this and come back later to finish and enter results.
5. Under the heading Home/Away, select home or away from the drop down menu.
6. Under the heading Time, select the starting time of the event using the drop down menu.
7. Under the heading Location, enter the location of the event.
8. Under the heading Event Notes, information is not required, enter info if you wish.
9. Under the heading Cancelled, only select Yes if the event has been cancelled.
10. Under the heading Postponed, only select Yes if the event has been postponed
11. Then click Save and Add Another Event if you wish to save and continue entering in more events. Click Save and View Event if you want to save this event only and exit the Add New Event tab.
Adding Tournaments
1. Select *Tournament* as the event type to add individual tournaments that have been pre-populated on a master list.
2. Select the tournaments your team will participate in using the search engine or scroll and select the tournaments from the list by highlighting the tournament and click on the button titled *Select Tournament*. To select multiple tournaments at once, hold down the Control (Ctrl) button on your keyboard.
3. The information for the tournament will auto-populate.
4. To view your entire team schedule, click on *Show Entire Schedule* from the dashboard menu.

Edit or Delete Competitions
1. If you wish to edit or delete event information, click on the (+) plus sign beside the event type to view the list of competitions under that event category.
2. To edit or delete, click on the *Competition Date and Name* you wish to edit or delete. The event details will appear.
3. When making edits, make the changes and then click the *Save Info* button to save the changes.
4. To delete, simply click the *Delete Competition* button to delete the competition off your schedule.

How to Perform an Unofficial Preseason Weight Evaluation.
(This form may be printed but NOT saved.)
1. On the collegiate OPC home page dashboard, click *Wrestler* to expand and then click the link *Preseason Wt Evaluation*.
2. A blank unofficial preseason evaluation form will appear.
3. Enter the name of student-athlete for whom you are conducting an unofficial test assessment.
4. Enter all requested preseason evaluation data into the assessment form and click *Show Final Calcs* button.
5. When you have successfully calculated the *unofficial* lowest allowable weight click on the *Print* button. *This is NOT an official weight assessment. The Official Weight Assessment (Section I) must be conducted by an assessor.*
6. After printing the form, repeat the process to perform a new preseason assessment for another wrestler.

How to View and Confirm an Assessment is Accurate and Correct
1. On the collegiate OPC home page dashboard click on *Team Reports* to view all reports. Then click *Confirm Pending Assessments*.
2. A list of wrestlers whose assessments need to be reviewed and confirmed will appear. The following headings will appear at the top of the report: *Wrestler Name, Assessment Date, Date Entered, Deadline to Confirm Assessment, Min Wt. Class, Assessment Form, Confirm Last Name, Confirm Wt. Class* and *Confirm as Official*.
3. Once the assessor and coach have reviewed the pending assessment, and the coach wishes to confirm as official, the coach must do the following for each individual wrestler to confirm a wrestler official, one wrestler at a time.
   a. Type in the wrestler’s last name in the *Confirm Last Name* field box exactly as it appears (case sensitive).
   b. Type in the wrestler’s weight class as designated by his/her assessment in the *Confirm Wt Class* field box. Type in the minimum weight class even if they intend to wrestle a higher weight class; you are acknowledging their lowest allowable weight class.
   c. Final step is to click YES under the icon heading *Confirm as Official* for the wrestler you are confirming OFFICIAL. A dialogue box will appear confirming you definitely
want to confirm this wrestler as official and if so, click OK, and then the wrestler’s assessment data may not be altered.

d. Repeat this process for each individual wrestler you wish to confirm. If the coach and assessor wish to re-assess a wrestler, the coach will NOT enter any information in the field boxes and will NOT click Yes under the Confirm as Official heading. No action taken allows the pending assessment to expire in 48 hours. Failure to confirm a wrestler’s assessment official within the 48-hour window means the wrestler must be reassessed and the complete certification process repeated.

How to View a Wrestler’s Official or Pending Assessment
1. On the collegiate OPC home page dashboard, click on Wrestlers then click the (+) plus sign beside Rostered Wrestlers to expand the view to see all of your wrestler’s names.
2. Wrestlers with “official” confirmed assessments will display their minimum weight class beside their name. Wrestlers that are currently on your Confirm Assessment Report as “pending” will display (P) for pending beside their name.
3. To view a wrestler’s official or pending assessment, click the (+) plus sign beside their name. Then click on the Assessment Form selection under the wrestler’s name to view his/her assessment.
4. The page will populate with the individual wrestler’s assessment. To print the assessment form, scroll to the bottom and click on the Print button.
5. To view another wrestler’s assessment, simply repeat the process by clicking on the (+) plus sign beside their name under Rostered Wrestlers and select Assessment Form.

How to View Individual Weight Loss Plans
1. On the collegiate OPC home page dashboard, click on Wrestler, then click the (+) plus sign beside Rostered Wrestlers to expand the view to see all your wrestler’s names.
2. Wrestlers with “official” confirmed assessments will display their minimum weight class beside their name. Wrestlers that are currently on your Confirm Assessment Report as “pending” will display (P) for pending beside their name.
3. To view a wrestler’s weight loss plan, click the (+) plus sign beside their name. Then click on the Wt. Loss Plan selection under the wrestler’s name to view his/her weight loss plan.
4. The page will populate with the individual wrestler’s customized Weight Loss Plan. Print the Weight Loss Plan using your toolbar print option. Then close the window to return to the dashboard.
5. To view another wrestler’s weight loss plan, simply repeat the process by clicking on the (+) plus sign beside their name under Rostered Wrestlers and select Wt. Loss Plan.

How to Retrieve Login And Password Information for the Wrestlers
Wrestler’s have the ability to view their individual assessment data and access the integrated nutrition program. This feature allows a wrestler to design his/her own customized diet that honors their weight-loss or weight-gain plan.
1. On the collegiate OPC home page dashboard, click on Team Reports and then click Wrestlers on File. The program has automatically assigned each wrestler a unique Login ID and Password.
2. At the top of the page, click the button titled Export Username/Passwords to Excel. This will export the page to an Excel document, which you can download and print to your computer.
3. The coach should supply each individual wrestler with their unique Login ID and Password. The wrestler will be able to gain access to their individual assessment data and the nutrition program.
To Contact the NWCA
For more information, please visit the NWCA Optimal Performance Calculator website at www.nwcaonline.com/performance. If you encounter problems or have questions, please contact Jordon Griffith at the NWCA office at 717/653-8009, his cell at 717/598-6176, or by email at jgriffith@nwca.cc.
NCAA

Assessor’s Checklist
NCAA WEIGHT MANAGEMENT PROGRAM CHECKLIST FOR ASSESSOR

Date Completed

In the NWCA OPC system not later than midnight October 1, the coach:

_____ Viewed the NCAA rules video
_____ Updated coaches’ contact information
_____ Completed team roster by editing returning wrestlers’ information and adding new wrestlers’ information
_____ Entered the first date of practice
_____ Entered the complete team competition schedule
_____ Reviewed the NCAA weight management rules handout and rules video information with all student-athletes whose names appear on the institution squad list. This was completed by the coach or the assessor.

In the NWCA OPC system not later than midnight October 1, the assessor:

_____ Viewed the NCAA rules video
_____ Registered at the conclusion of the presentation
_____ Updated the assessor’s contact information
_____ Gained access to the NWCA OPC system.

The assessor conducted an initial weight assessment of each student-athlete not sooner than the first official day of class in the fall semester, trimester or quarter, and not later than the first official practice. Each assessor shall retain a copy of each student-athlete’s individual assessment data collected for Section I certification. In addition, each institution shall keep on file a copy of its wrestlers’ NCAA Weight Management Program forms.

It is the assessor’s responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to Jim Thornton, Certified Athletic Trainer, Clarion University of Pennsylvania, at 814/393-2456 (office) or Ron Beaschler, NCAA Weight-Management Program Liaison, 419/772-2453 (office) or 567/674-5133 (cell), or Teresa Smith, playing rules liaison for wrestling, at the NCAA national office at 317/917-6222. All sources will be kept confidential.

The assessor entered all assessment data into the OPC system within five days of collection and confirmed Section I Certification data of student-athletes in the NWCA OPC system and recorded the data onto standardized form to keep as a backup of original numbers. Each student-athlete’s assessment information is stored in the system for 48 hours. Each coach must confirm the assessment data for each student-athlete within the 48-hour window. Note: Once the assessment data has been confirmed by the coach, it cannot be changed or altered. An incorrect entry may not be appealed.
The coach and assessor reviewed and discussed each student-athletes’ Section I Certification data.

The coach reviewed and discussed each student-athlete’s certification data with that individual before confirming the assessment in the OPC within 48-hour window. Note: When no action is taken to confirm the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution’s file, which requires that the student-athlete be reassessed and the certification process repeated. When a wrestler’s assessment is not completed before the team’s first day of practice, that individual shall not practice with the team until after the assessment is completed and confirmed.

The coach or assessor reviewed with each student-athlete their lowest allowable weight class and the first date a student-athlete may compete at that weight class as determined by the student-athlete’s weight-loss plan. A wrestler weighing in two weight classes above an original certified weight class shall forfeit his or her right to return to the original wrestled weight class. This includes preseason competition while a wrestler is making the descent toward his or her lowest allowable certified weight.
Assessor’s Instructions
COLLEGIATE ASSESSOR’S INSTRUCTIONS

How to Login to the Assessor’s Section of the Optimal Performance Calculator (OPC)
2. On the NWCA home page, go to top menu bar under Weight Management.
3. Click on Optimal Performance Calculator.
4. You will now be directed to the Optimal Performance Calculator Program at www.nwcaonline.com/nwcaonline/default.aspx
5. Once at the OPC home page, click on the Login tab found on the menu bar.
6. On the login page, the assessor will enter his/her Unique College Access Code login ID and password. The password is the unique college access code for the initial login only.

PLEASE NOTE: ASSESSORS, YOUR OPC LOGIN ID AND PASSWORD WILL BE ENCLOSED IN A SEPARATE MAILING FROM THE NWCA OFFICE. THE COACH’S LOGIN ID AND PASSWORD WILL NOT ALLOW HIM OR HER TO ENTER ASSESSMENT DATA. THE SITE IS A SECURE AREA FOR THE ASSESSOR ONLY. THE NCAA NATIONAL OFFICE AND THE NCAA WRESTLING COMMITTEE HAVE APPROVED THIS MAILING.

7. You are now at the college home page of the Optimal Performance Calculator.

BEFORE ENTERING ANY ASSESSMENT DATA, YOU MUST MAKE SURE THE COACH HAS COMPLETED UPDATING THE TEAM ROSTER FROM THE PREVIOUS YEAR AND ADDED ANY NEW WRESTLERS. YOU CANNOT DO AN ASSESSMENT ON A WRESTLER BEFORE THIS ACTION HAS BEEN TAKEN.

How to Enter the Weight Management Assessment Data for a Student-Athlete
1. On the collegiate OPC home page dashboard, please select Section I Assessment from the dashboard menu to view your wrestlers.
2. Then click the Select icon beside the wrestler’s name you wish to enter assessment data for into the OPC.
3. You are now on the Section I Assessment Form. Begin populating all fields step-by-step.
4. Wrestler’s gender automatically defaults to male; if the wrestler is female, click the link titled Click to add Female Wrestler.

Assessment Form Steps

Step 1.
Verify the following information pre-populated by the coach when updating the roster:
- Name and spelling of the wrestler including the first name, middle initial and last name.
- Institution name, eligibility year in school and weight class wrestled in previous year. If corrections are needed, please note and inform your head coach, and then continue.

Step 2.
Enter the following information collected from the time of assessment:
- Alpha Date. Enter the date the physical assessment was performed using the calendar or enter using the mm/dd/yyyy format.
- Urine Specific Gravity. Type in the specific gravity value in the field box. (Must be < or = to 1.020.)
- Continue by choosing button according to the type of assessment performed by clicking either Continue with Skin Folds or Continue with Hydro/BodPod.

Step 3.
- Enter the Body Weight (BW). Record to tenth of a pound and no rounding.
- **Skin Folds.** Enter the body measurements from the three locations. Tab from field to field. After body density fields are populated (and median value calculated), click the *Show Final Calcs* button to continue to Step 4.

- The percentage of body fat measurement will automatically calculate based on the values entered in Step 3.

- **Hydro/BodPod:** If you are using Hydrostatic and BodPod you will manually enter the body fat percentage into the field box provided in Step 3.

- Then click the *Show Final Calcs* button to continue to Step 4.

**Step 4.**

- **Electronic signatures** are required in the *Person Performing the Assessment* and the *Title* sections located at the bottom of the page.

**IMPORTANT (PLEASE READ CAREFULLY)** At this time, you will save the assessment as *Pending* by clicking the *Save Pending* button. The coach and assessor may discuss and review the entered data and established minimum weight classes prior to the coach confirming the assessment for each wrestler as an “Official Assessment.”

**Step 5.**

- **Save Pending.** By selecting the *Save Pending* option, you are saving the assessment in the OPC system for a period of 48 hours. This allows the assessor and coach time to review the entered data and established minimum weight classes before the coach saves the data as an Official Assessment. After reviewing the assessment with the coach, the coach must convert the *Pending Assessment* into a completed *Official Assessment*. **If no action is taken by the coach to convert the Pending Assessment within the 48-hour window, the assessment information is automatically deleted from the institution’s file. Failure to confirm a final verification means the wrestler must be re-assessed and the certification process repeated.**

- After clicking the *Save Pending* button, a warning message will appear asking you to confirm that you want to save the information as pending. Click *Yes* to continue to save the assessment as pending.

Please note again that the COACH is confirming the assessment as final, not the assessor.

Each of the institution’s rostered squad members (excluding two-sport student-athletes) must be confirmed by the assessor and head coach before the start of the team’s first official practice.

**Entering Additional Athletes or Ending Your Session**

1. After clicking the *Save Pending* button you may continue by selecting a new wrestler from the list by clicking on the *Select* icon beside their name and entering the assessment data.
2. If you have completed your session, you must end by clicking the *Log off* button on the far right of the menu bar.

**How to View a Wrestler’s Official Assessments.**

1. On the collegiate OPC home page dashboard, click on *Wrestlers*, then click the (+) plus sign beside *Rostered Wrestlers* to expand the view to see all your wrestlers’ names.
2. Wrestlers with “official” confirmed assessments will display their minimum weight class beside their name. Wrestlers that are currently on your coach’s Confirm Assessment Report as “pending” will display (P) for pending beside their name.
3. To view a wrestler’s official or pending assessment, click the (+) plus sign beside their name. Then click on the *Assessment Form* selection under the wrestler’s name to view his/her assessment.
4. The page will populate with the individual wrestler’s assessment. To print the assessment form, scroll to the bottom and click on the *Print* button.
5. To view another wrestler’s assessment, simply repeat the process by clicking on the (+) plus sign beside their name under Rostered Wrestlers and select Assessment Form.

How to View Individual Weight Loss Plans
1. On the collegiate OPC home page dashboard, click on Wrestlers, then click the (+) plus sign beside Rostered Wrestlers to expand the view to see all your wrestler’s names.
2. Wrestlers with “official” confirmed assessments will display their minimum weight class beside their name. Wrestlers that are currently on the coach’s Confirm Assessment Report as “pending” will display (P) for pending beside their name.
3. To view a wrestler’s weight loss plan click the (+) plus sign beside their name. Then click on the Wt. Loss Plan selection under the wrestler’s name to view his/her weight loss plan.
4. The page will populate with the individual wrestler’s customized Weight Loss Plan. Print the Weight Loss Plan using your toolbar print option. Then close the window to return to the dashboard.
5. To view another wrestler’s Weight Loss Plan, simply repeat the process by clicking on the (+) plus sign beside their name under Rostered Wrestlers and select Wt. Loss Plan.

How to Retrieve Login and Password Information for the Wrestlers
Wrestler’s have the ability to view their individual assessment data and access the integrated nutrition program. This feature allows a wrestler to design his/her own customized diet that honors their weight-loss or weight-gain plan.
1. On the collegiate OPC home page dashboard, click on Team Reports and then click Wrestlers on File. The program has automatically assigned each wrestler a unique Login ID and Password.
2. At the top of the page, click the button titled Export Username/Passwords to Excel. This will export the page to an Excel document, which you can download and print to your computer.
3. The coach should supply each individual wrestler with their unique Login ID and Password. The wrestler will be able to gain access to their individual assessment data and the nutrition program.

To Contact the NWCA
For more information, please visit the NWCA Optimal Performance Calculator website at www.nwcaonline.com/performance. If you encounter problems or have questions, please contact Jordon Griffith at the NWCA office at 717/653-8009, his cell at 717/598-6176, or by email at jgriffith@nwca.cc.
Urine Collection Protocol for Determination of Specific Gravity
Observation of the Voiding Process (Validation)

The following protocol has been established in conjunction with the standard operating procedures of the National Center for Drug Free Sport for the collection of urine for drug testing. It has been adapted for the sport of wrestling in regards to collection of urine to determine specific gravity for weight class certification.

Provision of a urine sample for determination of specific gravity must be done under the direct supervision of the designated assessor. Only the designated assessor shall act as validator (assuring integrity of urine specimen). Please refer to weight certification guidelines for appropriate personnel to conduct assessment of urine, body composition and weight class. Validators who are of the same gender as the student-athlete must observe the voiding process.

Once the student-athlete is ready to provide a specimen, he/she will be instructed to select a clean, unused container from the supply of such. Containers shall only be used once and shall be thrown away in an appropriate biohazard container following assessment of specific gravity.

The following protocol must be followed when collecting urine for specific gravity testing.

- The assessor/validator shall escort the student-athlete to the restroom.
- The student-athlete shall remove any bulky outer clothing before providing a specimen.
- The student-athlete shall wash his/her hands (without soap) prior to urinating.
- The student-athlete shall be instructed by the assessor/validator to raise his/her shirt to observe the midsection area and lower his/her pants to the knees.
- The assessor/validator shall monitor the voiding process to assure the integrity of the specimen.

There are many devices readily available and designed to discretely carry urine or a urine substitute into the collection area. Collection procedures require the assessor/validator to completely observe the voiding process; therefore, standing outside the immediate area or outside the restroom is prohibited and considered a violation of the urine collection procedures. The assessor/validator must observe the urine exiting the student-athlete and entering the collection container. For male student-athletes, the assessor/validator must stand to the side of the student-athlete or directly in front of the student-athlete to effectively view the voiding process. If a toilet stall is the only thing available, the assessor/validator must require the student-athlete to position himself in such a manner that the assessor/validator can visualize the voiding process (urine from body to cup). No exceptions. For female student-athletes, the assessor/validator must observe the urine exiting the student-athlete and entering the collection container from the front. Female student-athletes will be required to securely hold the collection container in front (not from behind) and urinate into the container. Any toilet stall door must be completely open during the observation of the voiding process.

In the event the student-athlete needs to have a bowel movement during the specimen collection process, the following procedures must be followed.

- Student must comply with all of the above procedures.
- Assessor/validator will allow the student-athlete to use an individual stall.
- Student athlete must place the collection container on the floor in a position where both the student-athlete and the assessor/validator can fully observe the container.
- Student-athlete can then close the stall door for privacy.
During the bowel movement process, if the student-athlete needs to urinate, he/she must open the stall door prior to touching the collection container.

- Student-athlete must then pick up the container under the direct observation of the assessor/validator and may then urinate into the container in full view of the assessor/validator.
- Student-athlete must place the container back on the floor in a position where both the student-athlete and the assessor/validator can fully observe the container.
- Student-athlete can then close the stall door to clean up.
- Student-athlete must open the stall door prior to picking up the container containing the urine sample.

The assessor/validator should be very alert and aware, observing the student-athlete for any strange or unusual behavior such as:

- Urinating on the hands or fingers.
- Having to use a specific stall or urinal.
- Extreme hesitation or hassle when asked to raise shirt and lower pants.
- Attempting to retrieve items from a pocket.

There should never be more than one student-athlete per assessor/validator in the restroom at any time. The assessor/validator has an extremely important job and should never take these duties lightly. It is also important for the assessor/validator to establish a rapport with the student-athlete in order to help put them at ease during a somewhat difficult situation.
Skin Fold Calculation Directions
Directions for Skin-Fold Calculations  
NCAA Weight Management Program

PURPOSE
This handbook describes the procedures used to standardize skin-fold measurements and calculate minimal weight for collegiate wrestlers. This handbook has been developed as a part of the NCAA wrestling weight management program. The purpose is to standardize the site locations, measurement techniques and equations used in the calculation of minimal weight for NCAA wrestlers. Adapted from the Wisconsin Interscholastic Athletic Association (WIAA) Handbook for Standardizing Skin-fold Measurements and Calculating Minimum Weight written by Robert A. Oppliger, Ph.D. and R. Randall Clark, M.S.

BACKGROUND
Skin-fold measures assume there is a direct relationship between subcutaneous fat and overall body fatness. Through the use of a prediction equation, the skin-fold values are used to estimate an individual's percent of body fat. This value will then be used to calculate a collegiate wrestler's minimal weight at five percent body fat. The American College of Sports Medicine and the American Academy of Pediatrics have chosen five percent as the essential fat level in collegiate male athletes and the lower limit for safe and normal growth in this group.

The goal of this project is not to eliminate weight loss in wrestling. The objective is to encourage healthy weight loss through sound nutrition education. The prediction of percent body fat and calculation of minimal weight is an attempt to prevent an adolescent athlete from dropping below the level considered to be healthy. Many equations have been developed to predict percent of fat from skin-folds and their use in high school wrestlers is well documented in the exercise science and sports medicine literature. The equation selected for use by the NCAA was originally developed by Lohman (1981) and modified by Thorland, et.al (1991).

The reliability of the technique has been studied extensively and reviewed on several occasions. Research has shown coefficients of reliability >0.9 when the procedures are used by experienced investigators, and inexperienced but trained testers. The skin-fold technique has been demonstrated as a valid and reliable predictor of percent fat in this population when the techniques are standardized.

STANDARDIZATION
The key to success in skin-fold body composition assessment is standardization. Standardization includes:

1. Standardization of skin-fold site locations and measurement techniques. All measurements must be taken at the same location and in the same way.

2. A standardized equation for predicting body density and percent fat. The Lohman three-site equation will be used to predict body density and the Brozek equation will be used to convert body density to percent body fat.

3. A minimal weight calculation based on 5 percent body fat.
EQUIPMENT

Instruments needed:

1. Quality (for example, Harpenden, Lange or Lafayette) skin-fold calipers.
2. A tape measure, preferably steel, is needed to measure the site locations from anatomical landmarks.
3. A felt tip pen for marking sites.
4. A calibrated scale for determination of body weight at the time of skin-fold measurement.

RAISING SKIN-FOLDS

1. Hold the skin-fold caliper in the right hand while raising the skin-fold with the thumb and index finger of the left.
2. The skin-fold should be grasped one centimeter from where the actual measurement will occur. Practice will be necessary to feel the underlying adipose tissue separate from the muscle. Hold the skin-fold firmly but do not pinch to the point of pain.
3. Measure midway between the surface and the crest of the fold. Allow the caliper paddles to gently come in contact with the skin-fold. Release the mechanism so that thumb, index finger, and caliper spring tension is supporting the skin-fold.
4. Leave the caliper paddles in contact with the skin from two to four seconds. Longer contact may actually decrease the skin-fold value due to fluid being forced from the tissue.
5. Position yourself so you are looking directly at the caliper dial, read and record the measurement to the nearest .5 millimeter.
6. Take three measurements at each site in serial fashion (for example, tricep, subscapular, abdomen, repeat). Take the median of the three values at each site and record in appropriate column.

Note: See instructions for median definition.
SKIN-FOLD LOCATIONS

Triceps
- The triceps skin-fold is measured on the midline of the posterior aspect of the upper arm, over the triceps muscle.
- The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.
- The elbow should be flexed to 90 degrees to locate these landmarks.
- Use a tape measure and mark the location.
- The arm should then be extended and fully relaxed at the side to raise the skin-fold.

Subscapular
- The subscapular fold is raised on a diagonal one centimeter below the inferior angle of the scapula.
- With the arms comfortably at their side palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula.
- To aid identification of the site in a well-muscled athlete, place the arm behind their back. The vertebral border and inferior angle of the scapula should become more evident. In most instances the location is identified by a natural hollowing of the skin when the arm is placed behind the back.
- Return the arms to their side and be sure the shoulders are level and relaxed while raising the skin-fold.

Abdominal
- The skin-fold is raised vertically on the right side of the subject's abdomen three centimeters from the midpoint of the umbilicus.
- The athlete should stand with the weight equally distributed on each leg.
- Encourage the subject to breathe normally and relax the abdominal wall.
CAUTIONS

Common Errors in Measuring Skin-folds

1. Be careful to measure and mark each site. Raise the skin-fold one centimeter above that site so the caliper paddles will be directly over the marked location. The paddles should be placed one centimeter from thumb and index finger grasping the skin-fold.

2. Be cautious to make the measurements when the skin is dry. When the skin is wet the tester may grab an excessive skin-fold resulting in larger values.

3. The measurements should not be taken immediately after a workout or when the subject is overheated. Fluid shifts to the skin occur as the body attempts to cool itself. This may increase the skin-fold measurement.

4. Take special care to look directly at the caliper to avoid errors in viewing from an angle.

Reliability

The ease at which you raise a skin-fold from the underlying muscle will vary by the site and the person being measured. You will discover that some athletes pose a special problem. Generally, the thicker the skin-fold the more difficult it is to reproduce the measurement. Reliability is critical to success, both within a given tester and between testers. This reliability can be improved through:

1. Careful site identification;
2. Quality training; and
3. Practice.

Once standardization is established for the measurement protocols, the tester must work to become proficient and comfortable with the procedures. Proficiency in measuring skin-folds will take many practice sessions on a variety of body types.
REFERENCES


The National Collegiate Athletic Association
May 10, 2006

DK
Bod Pod Analysis Protocol
NCAA WEIGHT MANAGEMENT PROGRAM
BODY COMPOSITION MEASUREMENTS
AIR DISPLACEMENT PLETHYSMOGRAPHY USING BOD POD TECHNOLOGY

**Background.** (Transferred from the skin-fold directions for consistency.) Through the use of a prediction equation, air displacement plethysmography values are used to estimate an individual’s percent body fat. This value will then be used to calculate a collegiate wrestler’s minimal weight at five percent body fat. The American College of Sports Medicine and the American Academy of Pediatrics have chosen five percent as the essential fat level in collegiate male athletes and the lower limit for safe and normal growth in this group.

**Equipment/Operator Requirements.**
1. The Bod Pod must be certified to be in good working order by the manufacturer annually.
2. The test operator must be certified as trained by the manufacturer or a qualified representative of the manufacturer.

**System Evaluation Protocol.** The following should be performed each day before subject testing is permitted:
1. Warm up with the power on for at least 30 minutes.
2. Perform Analyze Hardware. Result should read “No problems detected.”
3. Perform Test System. Mean volume should be within ±100ml of actual volume and S.D. <75ml.
4. Calibrate or Check Scale. Mass should be within ±0.02kg of actual mass.
5. Ensure room temperature and pressure are stable.

**Subject Protocol.** For accurate test results, it is important to ensure the subject:
1. Has refrained from exercise, eating or drinking two hours prior to test.
2. Is wearing either a form fitting “Speedo” style swimsuit OR lycra compression shorts. *The use of wrestling singlets or other clothing items will introduce errors into the body composition results, and therefore are not allowed.*
3. Is in a completely dry (hair, skin and clothing) and relaxed state.
4. Voids bladder before testing.
5. Removes all jewelry, watches and eyeglasses before being weighed.
6. Wears a form fitting swim cap while inside the bod pod (unless completely shaved).

**Testing Procedure.**
1. Subject met and recorded urine specific gravity requirement immediately before testing (SG ≤ 1.020).
2. Each subject weighted on a calibrated digital scale to the nearest tenth of a pound. No rounding.
3. Subject’s and technician’s data entered into the computer.
4. Brozek equation selected from the equation options.
5. Subject is seated within the ADP chamber for two measures of body volume, each lasting about 50 seconds. The subject is encouraged to sit relatively still and breathe normally.
6. Two body volume values should agree within 150ml; if not, a third body volume measure should be taken.
7. If two of the three volume measurements are not consistent; the system should be recalibrated and the test repeated.
8. System data should be transferred to the NCAA Weight Certification Form and the printout attached.