

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

POLICIES AND PROCEDURES

FOR

WRESTLING

2009-2010



NHIAA WRESTLING COMMITTEE

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POINTS OF EMPHASIS

I. Hydration/Body Fat Testing Time Line

- A. No wrestler may compete in a meet until he/she has successfully been through the testing.
- B. Start Hydration/body fat testing Monday of (W18), November 2, 2009
- C. Wrestling “alpha master weights” must be reported by Monday of (W23), December 7, 2009 on the NWCA website (nwcaonline.com). This form must be submitted to the NHIAA by the Athletic Director.
NOTE: Schools must be a member of the NWCA to have access to the online forms.
- D. Any new wrestler would need to be certified before competing wrestling and the NHIAA is notified of hydration/body fat testing.
- E. Appeal Process – see Wrestling Weight Program

II. Forms and due dates

- A. Team rosters are due on the NHIAA wrestling website by Monday (W23), December 7, 2009
NOTE: A member of the committee will check each Division to be sure rosters are entered for the Meets.
- B. NWCA ALPHA Master results form to NHIAA by Monday (W23), December 7, 2009
- C. Wrestling Weight Certification Form – Thursday following the second Saturday in January - January 14, 2010
- D. *Wrestling Line up/Seedings Form “Submit on Line” – Friday (W32), February 12, 2010
- E. *Official Weigh In Form (for each meet) Must be brought to the coaches meeting at Bow High School on February 16, 2009
- F. *All In State Competition Results must be entered on website – Monday of (W33), February 15, 2010 at 8:00 a.m.

III. The first round in Division II will be a non scoring round unless 40 or more bouts are in the first round of the Division II tournament. If there are 40 or more bouts in the first round they will be scored utilizing the double bonus scoring system. This will be determined at the seedings meeting and announced at the coaches meeting annually prior to the Division II Tournament by the tournament clerk the night before the tournament.

IV. A Disqualified athlete is not to be sent to the locker room or off the mat unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach’s responsibility to supervise.

V. The following violations will result in a team forfeiture/disqualification of the ineligible player per NHIAA By-Laws, which supercede NFHS rules:

- Using an athlete that has not successfully passed the hydration/body composition testing, etc
- Using an athlete who has passed the hydration/body composition testing but wrestled in the wrong weight class.

VI. TRAINERS – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.

VII. Submitted schedules are final. Teams may not be eligible for post season play when a meet submitted is not wrestled.

VIII. **By-Law Article I Policy; Sect: 9: Preseason Contests**

Scrimmages, exhibitions, practice meets, practice matches and jamborees involving any NHIAA member school are permitted from the first day of practice for that sport, however, they are not permitted after the first scheduled contest has been played by a school in that sport.

Such scrimmages, exhibitions, practice meets, practice matches and jamborees must be used for the express purpose of instruction and practice only. No pre-season team tournaments are permissible under this By-Law. Participation in out-of-state pre-season contests must receive sanctioning in accordance with By-Law Article VII, Sanctioning Procedures for Athletic Competition.

Schools should determine an appropriate amount of time for pre-season conditioning prior to entering into any pre-season contest.

No NHIAA member school shall participate in a pre-season scrimmage or contest (in-state or out-of-state) when the opponent counts the game/event as a regular season game/event on their official schedule.

POLICY AND PROCEDURE MANUAL

1. **DIVISIONAL MEETS:**

The 2010 Division I Meet will be held at Nashua High School North on Friday, February 19, 2010 and Saturday, February 20, 2010. The Division II Meet will be held at Bedford High School on Saturday, February 20, 2010.

SCHEDULE FOR DIVISION I MEET

Friday (4 Mats)	Weigh-Ins Start	3:30 pm
	Coaches Meeting	4:00 pm
	First Round	4:30 pm

SCHEDULE FOR DIVISION II MEET

Weigh-Ins Start	8:00 am
Coaches Meeting	8:45 am
Preliminaries	9:15 am

Saturday (4 Mats)	Weigh-In	8:30 am
	Coaches Meeting	9:00 am
	1 st Round Consolations	9:30 am

*First Round of Consolation will be run on Friday evening.

Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in both classes. Individual medals will be awarded to the top six (6) competitors in Division I and the top four (4) competitors in Division II for each weight class. The wrestling tournaments in both divisions will be held on the next to last Saturday in February at separate sites.

2. **STATE TOURNAMENT PARTICIPATION/SUPERVISION:**

The State Tournament is open to all student athletes who have qualified. In order to participate in the event(s), the athlete must have a school designated adult supervisor (**should not be head coach**) that has been appointed by the Principal of the participating school to be in attendance at the event throughout the athletes participation.

A student athlete may not participate until the designated adult supervisor representing the school has identified themselves to the meet/match director.

3. **STATE MEET OF CHAMPIONS:**

The State Meet of Champions will be held on **Saturday, February 27, 2010** at Londonderry High School. The top six (6) competitors from the Division I Tournament and the top four (4) competitors from the Division II Tournament will advance to the Meet of Champions. Individual medals will be awarded to the top six (6) competitors in each weight class. The weight allowance will be plus three pounds over the scratch weight for the Meet of Champions.

SCHEDULE FOR MEET OF CHAMPIONS

Weigh-ins Start	7:45 a.m.
Coaches' Meeting	8:30 a.m.
Preliminaries	8:45 a.m. (3 mats)
Quarterfinals	10:00 a.m. (3 mats)
Consolation-1st round	12:00 a.m. (3 mats)
Consolation-2nd round	1:00 p.m. (1 mat)
Semifinals	1:00 p.m. (2 mats)
Consolation	3:30 p.m. (3 mats)
END SESSION	BREAK
Medal Round	5:30 p.m. (3 mats)

The starting weight class order of Championship Final bouts for 1st place at the Meet of Champions will be selected by random draw by the tournament director prior to the semi-final round of the tournament. This random draw will determine only the first weight class to be wrestled, with the remaining weights following in successive order.

4. **WRESTLING RULES:**

The 2009 National Federation High School Wrestling Rules will govern competition. All protests will follow Rule 6-6-5 as to proper procedure,

5. **WEIGH-IN PROCEDURES:**

“Only NFHS weigh-in procedures shall be followed for all NH regular season and tournament events. (NFHS Rule 4; Sect. 5 Weighing In)”

6. **NEW ENGLAND MEET:**

The top three competitors in each weight class will qualify to represent New Hampshire at the New England Wrestling Championships.

7. **ADMISSION FEES:**

Friday Night:	Student/Senior Citizen* \$5.00	Adult \$7.00
Saturday:	Student/Senior Citizen* \$7.00	Adult \$10.00
All Tourney (Friday & Saturday):	Student/Senior Citizen* \$9.00	Adult \$15.00

*NOTE: A Senior Citizen is an individual who has reached the age of 65 or older.

8. **FIFTY/FIFTY (50/50) RAFFLES:**

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at “neutral sites” that are not NHIAA Member School sites.

9. **TAUNTING:**

Taunting in all sports is a flagrant unsportsmanlike foul, which shall result in the ejection of the participant from that day of competition, plus the next day of scheduled competition.

Taunting is defined as: “Any actions or comments by coaches, players, or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds

or words are vulgar or racist. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters.”

Examples of taunting that would lead to ejection include, but are not limited to “trash talk”, physical intimidation outside the spirit of the game, reference to sexual orientation; “in the face” confrontations by one player to another; standing over/straddling a tackled or fallen player.

NOTE: This policy reinforces the responsibility of game officials, site managers, and game directors during regular season and NHIAA Tournament play.

10. **FACILITIES:**

Facilities will be available to teams for dressing/changing purposes. The cafeteria will also be available for use.

11. **COACHES’ MEETINGS:**

There will be a coaches' meeting on **Tuesday, February 16, 2009 at 6:00 p.m.** at Bow High School in Bow, New Hampshire.

12. **ADMISSION PASSES:**

In accordance with By-law Article I, Section 11, C, passes will be distributed to school administrators for use at the wrestling tournaments. There will be a separate entrance for coaches and team personnel. A predetermined number will be checked in at the gate. The game manager will hand out four (4) coaches passes to each school. In order to be inside the ropes you must be wearing a pass and have it visible.

13. **TOURNAMENT:**

Each school will have 14 seeded wrestlers and 4 team personnel. For Meet of Champions, 14 qualified wrestlers will be allowed into the event.

14. **SEEDINGS:**

Division Meets seedings will be done by the Wrestling Committee on the **Tuesday** prior to the meet. Seedings for the State Meet of Champions will be done on a pre-established seedings' chart. **All seedings are final.** In the event a wrestler may not participate, another athlete may enter if he is not already entered into the tournament and meets all the qualifying criteria. The Committee Chair or the Tournament Clerk must be notified of such a change by 8:00 p.m. on the night prior to the beginning of the competition.

15. **HOSTING TOURNAMENTS:**

All schools will be allowed to bid for the hosting of future Divisional Meets and the State Meet of Champions by fulfilling the criteria established by the NHIAA Wrestling Committee.

16. **TOURNAMENT PROGRAM SALES:**

The NHIAA holds the exclusive rights to publish New Hampshire Interscholastic Athletic Association (NHIAA) programs. In the event that an NHIAA Sport Standing Committee elects to produce a program without NHIAA assistance, procedures must be adhered to as follows:

- a. The NHIAA name and logo must be prominently displayed on the outside cover.
- b. A sportsmanship message must be included in the program.
- c. There will be no advertising that includes alcohol or tobacco products.
- d. A good faith effort must be made to give balanced representation among participating schools in terms of advertising and promotions.

The following disclaimer must be at the beginning of the program. “The contents of this program are not endorsed by the NHIAA and no financial remuneration will be forwarded to the NHIAA.”

17. **CERTIFICATION POLICY:**

In accordance with the Wrestling By-Law, Section 3:

"All wrestlers will certify their scratch weights no later than the second Saturday in January."

- In the case of a weather related cancellation on the second Saturday, wrestlers will certify on the day of their school's next competition weigh-in (match or tournament). Notification of the NHIAA or the Wrestling Committee Chairman is required.
- Other types of extensions can be granted by the NHIAA Wrestling Committee if a proper appeal is filed. All necessary written material, including signed waiver form and medical documentation, must accompany any appeal.

The deadline for receiving waiver requests is at noon on the Thursday before the scheduled seedings meeting.

18. **FEMALE WEIGH-IN:**

When female participants are going to be weighed in for competition, host schools must be notified a minimum of twenty-four hours in advance. The weigh-in will take place at a different site than the male participants.

19. **SEEDING CRITERIA FOR DIVISIONAL TOURNAMENTS:**

The wrestlers will be seeded for the two division tournaments according to the following criteria:

- a. All head-to-head records against other entries of this same weight class, as well as overall in-state record and common opponents.
- b. Past champion in same weight class. (One year past)
- c. Past champion in a different weight class. (One year past)
- d. New England place winner. (One year past)
- e. Meet of Champions place winner. (One year past)
- f. Division Place Winner. (One year past)
- g. Acknowledged strong opponents.

20. **BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids.

A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as Virucidal, Tuberculocidal, Staphylocidal is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

21. **INTERPRETATION OF EXCESSIVE BLEEDING:**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution

before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

22. **WEIGHT LOSS PROCEDURE:** The following weight control program is mandated. Prior to the beginning of the first meet, each wrestler must consult their coach, parents, and school athletic trainer or physician. It is mandated that all wrestlers have their body fat measured by a medical professional prior to the first meet. Appropriate wrestling weight is that weight, which can be maintained, by eating a healthy, balanced diet. 7 % for males and 12% for females is designated as the medically safe, minimum percent body fat for high school wrestlers. Wrestlers shall not certify for a weight class that is below these minimum guidelines. Most high school wrestlers will perform very well at a body fat above 7%. No wrestler is permitted to wrestle at a weight class lower than his certified weight. Appeals to the minimum weight certification requirement requires a statement filed by a physician to the NHIAA office.
23. **CONSECUTIVE COMPETITIONS:**
Consecutive days of competition will follow National Federation Rule 4 Section 5 Article 5, and the aforementioned notification must be between school administrators.
24. **MEDICAL COVERAGE:**
At the athletic competitions where medical coverage is either provided or mandated by the NHIAA, injuries sustained by athletes will be evaluated by the designated medical personnel. The clearance to re-enter competition after an injury will be made by the medical personnel only. Their decision is final and cannot be overturned by the coach, coaching staff, parents/guardians, or any non-designated personnel.
25. **SIX MATCHES:**
This double elimination format may result in a wrestler advancing to consolation finals requiring a sixth match. According to National Federation Rule 1; Section 2; Article 2, this match cannot take place; therefore the contestant would place fourth. If both wrestlers meet the six match criteria both receive 4th place points.
26. **NHIAA SITE SELECTION CRITERIA POLICY:**
NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.
- a. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site.
 - b. Health and safety of participants
 - c. Comfort and safety of spectators (including adequate seating and parking, and restrooms)
 - d. Handicapped accessible for spectators
 - e. Relative travel requirements of participating schools
 - f. The ability to sell, collect and account for ticket sales
 - g. Playing surfaces must meet the requirements as established for that sport
 - h. Facility rental charge (if applicable)
 - i. Sufficient parking
 - j. Other costs associated with running the event
 - Public Safety – Approximate costs
 - Custodial
 - k. Receptivity and cooperativeness of personnel working at site.
 - l. Provide concessions (Facility keeps all sales).
 - m. Provide area for NHIAA memorabilia sales.
 - n. Ability to host tournament on Sunday in case of emergency or postponement.
 - o. Specific Requirements to Host a Wrestling Meet:

The list is as follows:

- Police and extra security if needed.
- Arrange for a hotel for the officials (Class L)
- Arrange for separate room and food for the officials
- Placement for wall charts
- Locker rooms
- Clocks
- Sub-Varsity athletes to run the score cards to the wall charts
- Time keepers
- A grandstand for pictures and awards
- Ticket takers and persons to control the doors
- Buckets, Cleaning items
- Booster Clubs
- Help with breaking down the mats
- Custodians

The Committee is to provide such things as:

- Officials
- An assistant clerk, and a clerk
- Athletic trainer
- Score keeper
- Wall charts

25. **JEWELRY AND BODY PIERCING RULE:**

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform.

26. **SNOW SCHEDULES FOR WRESTLING:**

All wrestlers get a one (1) pound allowance per day of postponement.

Division I

Plan I- 1 Day Event

Follow Meet of Champions Schedule

Plan II - 2-Day Event (Saturday/Sunday)

Saturday

Weigh in Start	2:30 pm
Coaches Meeting	3:30 pm
First Round	4:00 pm

Sunday

Coaches Meeting	9:00 am
Start Time	9:30 am

Division II

Plan I

Two-hour delay

Plan II

Move to Sunday with same schedule

Meet of Champions

Plan I

Two (2) hour delay

Plan II

Move to Sunday with same schedule

Plan III

Move to Sunday with one (1) hour delay

*First Round of Consolation will be run on Friday evening.

NHIAA WEIGHT MANAGEMENT PROGRAM

ASSESSORS GUIDE

2009-10

The primary purpose for this program is to insure the future and safety of scholastic wrestling programs in the State of New Hampshire. It has been developed in response to the concern for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly to gain a perceived advantage over their opponent. The program is designed to assist in avoiding potentially harmful rapid weight reduction practices utilized to achieve specific weight class participation.

Coaches, parents, and administrators will ask questions about the program as you deliver the service of assessments, so it will be important to become aware of its total implications. Information has been provided throughout the manual to assist you with background information. Of specific interest are the materials from such organizations as the American College of Sports Medicine and other such influential groups. Articles from professional periodicals that support the assessment process and the program are particularly helpful since they will provide research, scientific, and empirical information.

ASSESSORS EDUCATION AND REGISTRATION

The education program is designed to identify, select, and register individuals capable of representing the NHIAA as “assessors” for the Regulations aspect of the Program. All prospective assessors are required to attend an NHIAA approved Assessor Training program to be certified as an assessor. This training must take place every three years.

THE PROFESSIONAL RESPONSIBILITIES

When an individual is registered with the NHIAA as an “Assessor” there is an automatic concern for professional responsibility. There is an expectation of the highest professional and ethical conduct relative to performing assessments on the young wrestlers in New Hampshire. These young wrestlers should be treated with the highest regard for their “right to privacy” and for the confidentiality of all data collected on them for this program. As an NHIAA registered assessor you are expected to conduct yourself in a professional manner. There will be times when professional judgment will be involved to clarify and validate the assessment process; the greater the depth of your understanding of body composition assessment, the more capable you will be to represent the NHIAA and the program.

ASSESSMENT FOR NEW HAMPSHIRE PROGRAM

The goal of this program is to standardize the assessment procedures and the calculations to determine minimal weight.

ASSESSMENT PROTOCOL

TIME PERIOD FOR MEASUREMENT

Assessments may begin on the **Monday, November 2, 2009**. Wrestlers **MAY** be measured any time on or following this date to establish the “ALPHA” weight (weight and associated %Body Density at the time of initial assessment for the school year). All wrestlers, including those coming out late (after the beginning of the season) must have their minimum weight class established prior to competing. It is the school’s responsibility to contact an approved “Assessor” from the list posted on the NHAA web site.

HYDRATION REQUIREMENT

Specific gravity assessment of the urine will determine whether a candidate may participate in the measurement process. **Dehydration will concentrate urine and thereby increase the urine’s specific gravity. Accurate determination of minimum wrestling weight from assessment requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025g/ml or lower. If the wrestler has a specific gravity above the predetermined level, he/she may NOT be assessed for body composition.** It is up to the Assessor to administer this test with assistances from the school.

BODY DENSITY / WEIGHT ASSESSMENT

Those meeting the specific hydration requirement will proceed to the area where the assessment for body composition will be done. This area will be controlled so the Assessor can concentrate on the accuracy and communication of scores to the recorder. In addition the setting should allow privacy for the subject and confidentiality of the recorded information.

APPEALS / REASSESSMENT

The last date appeals and reassessments may be made is February 7, 2009. The wrestler may appeal his/her body composition measurements **one time** by reassessment. The reassessment will be done using the same method as the original assessment. The appeal must be done within 14 calendar days starting the day after the Alpha date. The assessor will enter the new assessment as an **appeal** into the computer. **An updated Alpha Master sheet must be submitted to the NHIAA within 24 hours.** The wrestler must adhere to the 1.5% weight loss plan starting from the original alpha date.

Note: During the appeal process, a wrestler may not wrestle in a weight class lower than that indicated by his/her official weight loss table as established at the alpha weigh-in.

Any athlete may appeal his/her % body fat measurement or calculation using a two-step process that must begin within 14 days of the original assessment.

Step 1. Reassessment – The athlete shall repeat the assessment and must use the same method. An updated Alpha Master sheet must be submitted to the NHIAA with in 24 hours.

Step 2. Hydrostatic Weighing or Bod Pod: If the wrestler is dissatisfied with the results of step one, he/she may choose to be reevaluated using either hydrostatic weighing or the Bod Pod to determine body fat percentage. An updated Alpha Master sheet must be submitted to the NHIAA with in 24 hours.

These results are final and no further appeals are allowed.

- Step 2 must take place within 21 days of the original assessment
- The Hydrostatic weighing or Bod Pod must be completed before an athlete on appeal wrestles in a weight class lower than that indicated by his/her original assessment.

NHIAA Wrestling Weight Assessor Testing Procedures

- 1) Prior to assessment date, information is provided to each NHIAA wrestling coach via the Wrestling Policy and Procedures Manual. Coaches should copy the **Parent Release Form** and the **Staying Hydrated For top Performance** flier. Each wrestler must be informed of the importance of hydration and be provided with the parent release form.

HYDRATION TEST

- 1) Provide urine sample cup to only those wrestlers that are providing samples.
- 2) Wrestlers provide samples one at a time (Athletes **MUST** report to assessment in shorts or singlet attire only).
- 3) **Monitoring** this process is a part of the Assessor's responsibility. Make certain that each wrestler is tested individually to prevent urine exchange or the addition of water to the urine (this is an area where the right to privacy must be respected). If an athlete needs to use a stall with the door closed the assessor may put red food coloring in the toilet to prevent any water from the toilet getting into the sample. Instruct the wrestler to fill the cup mid stream. (Release a small portion of urine prior to filling the cup). All urine samples must remain in the controlled environment along with the wrestler.
 - a) Have the wrestler dip the test strip in the sample and place on the top of the cup horizontally (*leave strip over cup* 45 seconds *before reading*), test for "Specific Gravity" for 1.025, or lower. Note pass or fail on "Individual Profile" work forms and on **wrestlers' hand**. Any handler of the samples other than the wrestler should be wearing gloves. Have wrestler dispose of samples in toilet, cups and strips into a proper container.

**USING REAGENT STRIPS
2009-10**

Purchase sufficient Multistix strips to conduct the specific gravity urine test.

- A. The AMES, Multistix 10SG Reagent Strips for Urinalysis (2304A) is one strip that can be used. However, any urine dipstick for testing urine specific gravity may be used. Your local hospital or clinic can give you a source. One source that you can order them from is Shoreline Sport Medicine Supply, Inc., 400 Ann St. N.W. Ste. 107, Grand Rapids, MI 49504, 1-616-365-8545 or FAX 1-616-8545 to FAX a purchase order. Strips are available in bottles of 100.
- B. You may contact a local physician's office for the name of a supplier in your area. Some physicians may be willing to donate enough strips for your team.
- C. Multistix strips do have a shelf life, check the expiration date printed on the container. (If given to athletes for experimentation they must be kept in a clean, sealed container.
- D. Order your strips early so you are certain to have them by the time you plan to have measurements done.

*Mix urine well in a cup by swirling urine.

*Remove one strip from bottle and replace cap. Completely immerse Reagent areas of the strip in FRESH urine and **remove immediately** to avoid dissolving reagent. All unused strips must remain in the original bottle. Do not remove strips from the bottle until immediately before the strip is to be used for testing. Immediately replace the bottle's cap and tighten after removing the reagent strip.

*While removing the strip from the urine, run the edge of the strip against the rim of the container to remove excess urine.

For 45 seconds hold the strip in a horizontal position to prevent mixing of the chemicals. (do not leave stick in urine for 45 seconds. Dip & remove immediately).

*Visually compare reagent area to the specific gravity color chart on the bottle's label by holding strip close to the color blocks. Avoid laying strips directly on color chart as this will result in urine soiling the chart.

*Discard urine in urinal or toilet and cup in an appropriate receptacle.

	PASS						FAIL
SPECIFIC GRAVITY	1.000 <input type="checkbox"/>	1.005	1.010 <input type="checkbox"/>	1.015 <input type="checkbox"/>	1.020 <input type="checkbox"/>	1.025 <input checked="" type="checkbox"/>	1.030 <input type="checkbox"/>

If the wrestler passes the test darken the PASS box on the form (only after they have printed their name on the form. If the wrestler fails the test, they will have to be retested at a later date. The wrestler is required to wait a minimum of 48 hours before retesting.

B. Refractometer (follow the manufacturer's directions)

BODY DENSITY / WEIGHT ASSESSMENT

Those meeting the specific hydration requirement will proceed to the area where the weight measurement and assessment for body composition will be done. This area should be controlled so the Assessor can concentrate on the accuracy and communication of scores to the recorder. In addition the setting should allow privacy for the subject and confidentiality of the recorded information.

Method of test

1. Skin fold measurements or BIA measurements and scales will be utilized to determine each wrestler alpha weight and body fat percentage.
2. Complete calculations, Fill in final data forms on NWCA web site (www.nwcaonline.com) using the individual school's password. Adjustment of the lowest minimum weight by 2% may be used only with a signed parental permission form

All NHIAA certified assessors should become familiar with the NWCA web site and its use for retrieving the alpha masters.

**NH Interscholastic Athletic Association
Wrestling Minimum Weight Program
-Hydration Testing-**

Attention: Hydration Test Administrators

Testing to determine a wrestler's hydration status as part of a minimum competitive weight certification process has been increasingly embraced by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and various other athletic associations in recent years.

In part, due to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthy nutrition habits. Hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers.

TESTING HYDRATION STATUS

Note: Hydration testing **MUST** be done immediately prior to the actual taking of measurements and at the same site where the measurements will be taken.

Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessment, requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025), body fat measurements are **not** to be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. **NO SOONER THAN 48 HOURS.**

OBTAINING A SECURE URINE SAMPLE

To assure an appropriate urine sample has been collected the following procedures are required.

Area: a bathroom with toilet or urinal can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriate disposal of the urine must be available.

Safety: use gloves when measuring the urine and appropriately dispose of the urine in toilet. Place cup in hazard collection system.

Collection container: cups of sufficient size to provide a 2-3 oz. (1/2 cup) urine sample can be used by the wrestler to collect the sample.

Collecting the urine sample: school personnel must insure that the wrestler has provided a sample of their own urine.

Reasonable supervision is key. Normally one to three wrestlers can be supervised at one time in an open area. The urine should feel warm in the collection container. If the urine is cold, reject that sample and require the wrestler to provide another sample.

To further insure a secure sample is collected water faucets may be shut off. Red dye may be added to toilet bowls.

TESTING THE SAMPLE

It is acceptable to use either Reagent Strips or a Refractometer for testing purposes. Whichever instrument is chosen, carefully follow directions for its use, to insure an accurate reading.

Note: A Refractometer must be accurately calibrated prior to use.

To Parent/Guardian:

The NH Interscholastic Athletic Association (NHIAA) has instituted the NH Weight Monitoring Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a NHIAA certified assessor. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your wrestler was assessed as less than 7% body fat (or 12% for females). The athlete is requesting that he or she be allowed to wrestle at their present weight – (alpha weight). Because this weight is less than 7% (for males) and 12% (for females) body fat, NHIAA recommends that your wrestler visits a personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

Please ask your physician to evaluate your wrestler for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and the examination, determine if his/her present weight is compatible with normal growth, development, and good health.

Thank you,

NHIAA

For more information visit: [www.nwcaom](http://www.nwcaom.org)

Wrestlers Name: _____

Body Fat Percentage: _____

Alpha Weight: _____

Desired Weight Class: _____

NHIAA Assessor's Signature: _____

SAMPLE FORM

This form can be found at www.nhiala.org
under the AD forms section.

I AGREE THAT THE ABOVE NAMED ATHLETE MAY SAFELY PARTICIPATE IN THE ABOVE DESIRED WEIGHT CLASS.

Physician's Signature: _____

Date: _____

WRESTLING WEIGHT MANAGEMENT

Parent Permission to Wrestle Under 7% Body Fat

Data on this form is to be entered only by approved assessor or school Athletic Director.

The NHIAA has established minimum weights for wrestlers through its wrestling weight management protocols. With a parental permission form, a wrestler may wrestle at the weight class in which his 7% predicated weight, less 2% (not 2% body fat) places him.

Wrestler's Name _____ School _____

Date of form completion _____

Alpha Date _____

Alpha Weight (lb) _____

Alpha % Fat _____

Original Minimum Wrestling Weight (lb) _____

2% of **Original Wrestling Weight** (lb) _____

Adjusted Minimum Wrestling Weight (lb) _____

Weight Class after 2% Waiver _____

SAMPLE FORM

This form can be found at www.nhiaa.org
under the AD forms section.

Signature of NHIAA Assessor or school AD _____

.....

The NHIAA does not advocate that a wrestler's established minimum wrestling weight is necessarily his/her optimum weight, but simply it is the lowest allowable weight at which the wrestler can compete.

Parent Statement of Waiver;

I, as parent and/or legal guardian of the wrestler named above, agree to let my child participate in wrestling at a weight which is 2% below his original minimum wrestling weight.

Printed Name of Wrestler Parent _____ Date _____

Signature of Wrestler Parent _____

STAYING HYDRATED FOR TOP PERFORMANCE (And Passing the Hydration Test for Assessments)

The purpose of the hydration test is to help assure that each wrestler's weight taken at the time of measurements is an accurate weight from which a minimum weight can be established. Below are some guidelines that can help you prepare for the hydration test. But staying hydrated means more than passing the hydration test. It is an important step in making sure you perform your best in your sport.

Water is second only to air in its importance to our survival. Our bodies are 60 to 65% water by weight. Much of this fluid weight comes from the muscles (70% water) and the blood – both of which are critical to optimal athletic and wrestling performance. ***Dehydration compromises muscular endurance and strength.*** Dehydration also decreases blood volume, which can decrease athletic performance and increase the risk for heat illness (heat cramps, heat exhaustion, or heat stroke).

The key to staying well hydrated is to drink plenty of non-caffeinated beverages throughout the day, and to replace fluid loss incurred while working out. On a daily basis, this will help you feel stronger and last longer at practice and matches. It will help you pass the hydration test before your measurements are taken.

Below are some guidelines:

- * **2 hours before exercise or hydration test, drink 16 to 24 ounces of water or non-caffeinated beverage. The 2-hour time frame will allow the body to clear excess fluid from the body. Being dehydrated, then drinking immediately prior to an athletic contest or the hydration test will do little to help improve performance or pass the hydration test.**
Drink 8 to 10 (8 ounces) glasses of water, milk, juice, or non-caffeinated beverages daily.
- * Drink another 4 cups for every hour you workout. If you have a 2-hour football practice, that means an additional 8 cups of fluids. Individuals who sweat heavily or are in a hot environment may need to drink 6 to 8 cups of non-caffeinated beverage for each hour they workout.
- * These tips stress avoiding caffeine, because caffeine is a diuretic. That means it increases urine production. Increased urine production means you are losing extra fluids, essential for top performance and will likely become dehydrated. Caffeine is a common ingredient in some sodas, coffee beverages and some teas. Chocolate and some pain relievers may also contain caffeine. Additionally, carbonated beverages will also contribute to the sensation of “feeling full” or bloated. This sensation may be counter-productive, as it will likely diminish the thirst drive.

For more information visit: www.nwcaonline.com

Beginning with the 2005-2006 wrestling season, NHIAA adopted a weight control program for New Hampshire high school wrestlers aimed at establishing a healthy minimum weight for each wrestler.

Measurements are used to predict (on a scientific basis) the lowest healthy weight for wrestlers. The program requires each male wrestler to maintain at least 7% body fat and females 12% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 12% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and 2) the amount of weight that can be lost.

The first step of the testing is a hydration level. Proper level of hydration is important to provide a sample that will concentrate urine and thereby increase the urine's specific gravity. The wrestler must be properly hydrated. The specific gravity of the urine is over 1.020 if the wrestler is dehydrated (i.e. scheduled for a different time when the wrestler is properly hydrated).

I hereby grant the NHIAA and its member schools the right to determine the hydration level to be used for the purpose of testing and understand that the NHIAA accepts my self/son/daughter on the following:

In becoming a participant in the program, the parent/guardian agrees to the following:

1. A bathroom with a toilet for the purpose of testing.
2. Use of gloves by individual personnel.
3. Personnel will be present to collect the sample or her own urine.
4. Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
5. Urine collection cups will be properly disposed of following single use and will only be used for testing the hydration level of athletes.

SAMPLE FORM

This form can be found at www.nhiala.org under the AD forms section.

on level. Proper level of hydration is important to provide a sample that will concentrate urine and thereby increase the urine's specific gravity. The wrestler must be properly hydrated. The specific gravity of the urine is over 1.020 if the wrestler is dehydrated (i.e. scheduled for a different time when the wrestler is properly hydrated).

ghter for the purpose of testing and understand that the NHIAA accepts my self/son/daughter on the following:

ollowing:
rovide a urine sample for testing.

will be mandatory.
s provided a sample of his/her own urine.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the urine testing and body fat assessment procedures are required for a wrestler to participate.

DATE

TIME

NAME OF ATHLETE: _____

SIGNATURE OF ATHLETE: _____
(if over 18 years old)

NAME OF PARENT/GUARDIAN: _____

SIGNATURE OF PARENT/GUARDIAN: _____

WRESTLER BODY COMPOSITION DATA

Name - _____ Alpha Date - ___/___/___

USG - PASS/FAIL (circle one). _____ (must be 1.025 or less to proceed on with body comp assessment today)

Weight - _____ (to the tenth of a pound)

Skin fold measurements

Triceps - _____

Scapula - _____

Umbilicus - _____

APPEAL - WRESTLER

NAME - _____

SAMPLE FORM

This form can be found at www.nhcaa.org
under the AD forms section.

USG - PASS/FAIL (circle one). _____ (must be 1.025 or less to proceed on with body comp assessment today)

Weight - _____ (to the tenth of a pound)

Skin fold measurements

Triceps - _____

Scapula - _____

Umbilicus - _____

Note – this data must be entered on NWCA online as an appeal!!

New Hampshire Interscholastic Athletic Association
251 Clinton Street
Concord, N.H. 03301-8432
Phone 603-228-8671 Fax 603-225-7978 E-Mail info@nhiaa.org

WAIVER FOR WEIGHT CERTIFICATION

The deadline for **receiving** waiver requests is at **noon on the Thursday before the seedings meeting (February 11, 2010)**. When appropriate medical documentation must be provided. Please be specific and attach any other material you feel will help the Committee make their decision. **For any appeal it is necessary to enclose the wrestler's first weigh-in sheet. That weigh-in must take place at the FIRST match after the wrestler becomes eligible to certify. There is no lapse time allowed.**

_____ School requests that _____ be
certified at the following weight _____

The reason that this wrestler cannot
Saturday in January is:

<h2>SAMPLE FORM</h2> <p>This form can be found at www.nhiaa.org under the AD forms section.</p>
--

_____nd

*Other types of extensions can be granted by the NHIAA Wrestling Committee if a proper appeal is filed. All necessary written material must accompany any appeal.

Date: _____

Principal's Signature: _____

Athletic Director's Signature: _____

**Sports Medicine Advisory Committee
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ___/___/___

Diagnosis _____

Mark Location of Lesion(s)

Communicable _____ Non-Contagious _____

Location of Lesion(s) _____

Date Treatment Started: ___/___/___

Medication(s) used to treat lesion(s): _____

Earliest Date may return to participation: ___/___/___

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____
(M.D. or D.O.)

Office Address _____

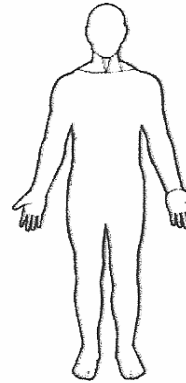
Note to Providers: (psoriasis, etc.). Please

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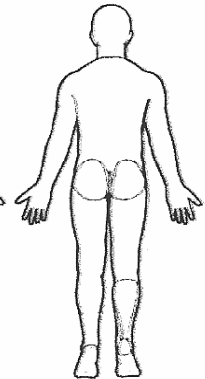
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signing the p

Below are some treat

Bacterial diseases (i



Front



Back

SAMPLE FORM

This form can be found at www.nhiala.org
under the AD forms section.

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disease or
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shed at the
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physician

ist lesions.

Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorum): Minimum of 120 hours or a full five days of oral anti-viral treatment with no new lesions and all lesions scabbed over. If no oral treatment has been given, visible lesions may be present.

Tinea lesions (ringworm scalp, skin): Oral or topical treatment for seven days on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis: 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.