

**2011-2012 NJSIAA/*THE STAR*
LEDGER WRESTLING
TOURNAMENT REGULATIONS**

COACHES CERTIFICATION INSTRUCTIONS

**WRESTLING CERTIFICATION/RETESTING DATES
AND INSTRUCTIONS 2011-2012**

ATHLETES SHOULD BE ON A DESCENT PLAN AS EARLY AS POSSIBLE TO FACILITATE PROPER WEIGHT LOSS. – THIS IS ACCOMPLISHED BY HAVING THE ATHLETE HYDRATED AND CERTIFIED AT THE INITIAL CERTIFICATION

****NEW FOR THIS YEAR****

DATES

CERTIFICATION MAY BEGIN NOVEMBER 7

CERTIFICATION MUST BE COMPLETED BY DECEMBER 16

RETESTING

MUST WAIT A MINIMUM OF 48 HOURS BETWEEN TESTING

THERE IS NO APPEAL PROCESS THIS YEAR. THE LOWEST WEIGHT WILL BE DETERMINED AT THE INITIAL CERTIFICATION. THE 1.5%/3% IS NOW CALCULATED INTO THE INITIAL ASSESSMENT

PRELIMINARY TESTING MAY BE DONE ANY TIME BUT NO LATER THAN TWO HOURS PRIOR TO THE ACTUAL TESTING. PRELIMINARY TESTING MAY BE DONE BY ASSESSOR/TRAINER, DOCTOR, NURSE OR COACH. IF COACHES GET INVOLVED WITH THE PRELIMINARY TESTING, THEY MUST COMMUNICATE WITH THE ASSESSOR/TRAINER. IF SCHOOL EQUIPMENT IS USED TO

PERFORM PRELIMINARY TESTING, STEPS SHOULD BE TAKEN TO INCLUDE SAFETY PRECAUTIONS FOR THE SECURITY OF EQUIPMENT, i.e., SIGN IN SHEET, LOCKED AREA, COMMUNICATION BETWEEN SCHOOL PERSONNEL

WRESTLER MUST WEIGH-IN AND STEP ON MAT IN ORDER TO ESTABLISH THE LOWEST POSSIBLE WEIGHT CLASS THAT WRESTLER CAN WRESTLE IN THE DISTRICT TOURNAMENT

DEADLINE FOR DESCENT PLAN IS NOW THE FRIDAY OF THE DISTRICTS. THE 2LB. ALLOWANCE WILL NOT BE CALCULATED INTO THE DESCENT PLAN

SITE DIRECTOR MUST RETURN THE SIGNED MINIMUM WEIGHT CERTIFICATE INDIVIDUAL FORM TO THE ASSESSOR TO COMPLETE THE CERTIFICATION PROCESS. THE ASSESSOR WILL CHECK OFF ON THE ALPHA MASTER REPORT THAT THE WRESTLER IS NOW ELIGIBLE TO COMPETE

COACHES GUIDELINES

1. All dates and times for certification and retesting are at the discretion of the Assessor and school Administration.
2. All wrestlers must be tested/retested by the NJSIAA Certified Assessor hired/assigned by the school. At no time can a coach/parent/athlete choose which Assessor is to perform the assessment.
3. If there is a medical/hardship/ineligibility issue that prohibits the athlete from testing within the above stated times, properly signed documentation must be faxed to the NJSIAA for review and approval before the athlete can be tested. Medical Issue – note signed by doctor; Hardship Issue – letter signed by parent and principal; Ineligibility Issue – Letter or documentation signed by principle.
4. Once a wrestler is certified at a weight there will be no retesting for a better reading.
5. Wrestler must weigh-in and step on mat in order to establish the lowest possible weight class that wrestler can wrestle in the district tournament.
6. No athlete participating in a fall sport will be allowed to participate in certification until their fall season is over.
7. All participants in the certification process must have parental consent prior to testing.
8. Coaches may not have contact with their athletes prior to start of season as per NJSIAA Constitution and ByLaws Article XIV, Limitations on Games and Practices, Section 2.
9. All required paperwork must be filed with the principal by December 16.

NJSIAA Wrestling Weight Certification Program

OVERVIEW

The New Jersey State Interscholastic Athletic Association (NJSIAA) believes that one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. Many states have instituted body composition testing programs in the past several years. The primary purpose of a body composition-testing program is to determine the lowest certifiable, safe and healthy weight for each wrestler in order to provide a safe wrestling experience for all high school wrestlers. The wrestler's lowest certifiable weight may not be his or her optimal competitive weight; it is simply the lowest, safe weight at which a wrestler may compete. In addition to this Weight Certification Program, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and in a healthy and safe manner. This program has been developed in response to the need for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers frequently attempt to lose weight rapidly, often in an unhealthy and unsafe manner, to gain a perceived advantage over their opponent. This Weight Certification Program is designed to assist wrestlers and coaches in avoiding potentially harmful, rapid weight reduction practices utilized to achieve specific weight class participation.

Weight Loss Plan

1. It is suggested that all wrestlers weigh-in within one weight class of their target weight class for the hydration/body composition process. This can be accomplished without a crash diet as long as the target weight is reasonable and the wrestler maintains a healthy diet without dehydrating.
2. For wrestlers who weigh more than their anticipated certification weight on the day of body composition readings a weight loss plan will be initiated to guide the wrestler to meet the minimum certified weight. The NWCA model for safe weight loss will provide a weight loss plan that calculates when the wrestler can safely reach the target weight based on the 1.5% weight loss per week.
3. The Individual Weight Loss Plan reflects the first possible day a wrestler will be eligible to weigh in at the approved certified weight class. **It will also reflect the latest possible date the wrestler may wrestle in that weight class (if the wrestler is trying to get to a lower certification weight class). No wrestler will be allowed to wrestle at a weight lower than that indicated by the Weight Loss Plan for any specified date.**
4. There are two types of weight loss plans: (a) one which state “within” the district targeted weight class at hydration (example - District target 120. Must weigh-in under 126 at hydration); or (b)

- where the wrestler must travel through “**more than one weight class**” to hit the District targeted weight class (example – District target 120, weighed in over 126 at hydration).
5. In both instances above, the District targeted weight class must be made by the Friday of the Districts.
 6. The difference between (a) and (b) above is that if the wrestler is going through multiple weight classes, that wrestler must hit the pre-determined target(s) that will allow enough time to safely make the District target. If this wrestler fails to make the target(s) date on the first weigh-in possible after that target, then that lowest District targeted weight class is forfeited and the next lowest weight class becomes the new District target weight class. If another date for a targeted weight class is missed, then the 2nd District target weight class is forfeited as well and so on.
 7. **EXAMPLE:** District target 120. Weighed in over 126 at hydration, say 129. The pre-determined descent targeted weight class has that wrestler making 126 by January 7th, which will still allow enough time to make the District target weight. The wrestler fails to make 126 for the match on January 8th. That District target of 120 is now forfeited and the new District target is now 126. The wrestler now has the Friday of the Districts to make that new District target of 126. If not, then it is 132 in the Districts. If the wrestler has even more targets because of the descent through even more weight classes, then each and every target must be hit on-time to insure enough time to get to the District target. Any missed targets result in the lowest remaining District target to be forfeited.

***Note-* THE MINIMUM WEIGHT CERTIFICATION TEAM FORM FROM THE COMPUTER PROGRAM THAT SHOWS THE ALLOWABLE WEIGHT CLASSES FOR ALL TEAM MEMBERS, WILL BE SHARED WITH THE OPPOSING COACH AT THE WEIGH-IN PERIOD AND MUST BE IN THE MAT AREA. THIS FORM INDICATES THE DATE WHEN THE WRESTLER IS ELIGIBLE FOR A PARTICULAR WEIGHT CLASS. FAILURE TO DO SO WILL RESULT IN AN UNSPORTSMANLIKE PENALTY**

1. **1 Point- Team Deduction**
2. **The Point Penalty for not having the Individual Bout Summary Forms at the head table has been eliminated again this year but still must be completed for the District Seeding Meeting on the computer generated NWCA form.**

FAILURE TO HAND IN THE COMPUTER GENERATED FORM AT THE DISTRICT SEED WILL RESULT IN A ONE (1) POINT-TEAM DEDUCTION FOR EVERY FORM THAT IS MISSING. (A MAXIMUM OF 6 (SIX) POINTS) ALL FORMS MUST BE COMPLETED BY END OF SEASON.

It is **HIGHLY RECOMMENDED** that individual results are entered into the computer immediately following each match, which can then be sent to area papers and regional ranking people with a click of the mouse.

Hydration Suggestions

Two Days Prior to Certification

1. Drink plenty of fluids throughout the day. Wrestlers should be drinking at least 8 glasses of water per day.
2. Increase intake of foods high in fiber – this will help with the removal of excess weight from the body.
(Salads, cereal, vegetables, and fruits are examples of foods high in fiber).
3. Eat smaller, more frequent meals.
4. Avoid foods high in fat (fried foods, meat, French fries, and pizza).
5. Avoid salty foods (potato chips, pretzels, tuna, crackers, soft drinks).
6. Be sure you eat and drink – don’t dehydrate.
7. Schools should be encouraged to buy a refract-o-meter and monitor their wrestler’s progress.

One Day before Testing

1. Continue drinking fluids. Urine should be clear if you are fully hydrated.
2. Continue eating fibrous foods and snacks.
3. Avoid caffeinated drinks – coffee, tea, soda, etc.

4. Avoid any vitamins or mineral supplements.
5. Schools should be encouraged to buy a refract-o-meter and monitor their wrestler's progress.

Day of Testing

1. Do not avoid elimination (urinating) prior to arriving at the testing site.
2. Avoid caffeinated drinks (tea, coffee, soda, energy drinks, etc.).
3. Avoid any vitamin or mineral supplements prior to testing.
4. Drink about 16-20 ounces of water prior to testing.
5. Do not eat two (2) hours prior to testing.
6. Schools should be encouraged to buy a refract-o-meter and monitor their wrestler's progress.

Diet Tips

Eat light pm meals. Eat slowly. Eat one helping.

Decrease intake of calories but no less than 1500 calories.

Eat low calorie snacks – carrots, celery, lettuce, plain popcorn.

Eat low calorie desserts or no desserts.

Keep a daily diary of everything you eat and analyze caloric intake so as to substitute low calorie items.

Avoid fast foods, which have a high fat content.

Cut out butter, margarine sauces, gravy and dressing.

Do not fry foods. Grill, bake, boil, or broil.

Avoid caffeine. Avoid salt.

Avoid situations where you will eat to excess.

Restrict weight loss to no more than 1.5% of body weight per week.