



PROGRAM REVIEW PROPOSAL

To: NJSIAA Program Review Committee

From: Kim Cole, Assistant Director

Date: October 13, 2020

RE: 2020-2021 Wrestling Tournament Regulations – Revise Descent Plan Process

Background:

Wrestling Certification begins on November 5, 2020 (Hydration, Body Fat Analysis and Weight).

The BioMetrix WR (approved in 2019) will be utilized for the body fat analysis. The NJSIAA trained 24 Master Wrestling Weight Assessors in order to train all assessors to conduct the Wrestling Weight Certification using this device.

The wrestling certification information must be entered by the assessor in Trackwrestling, which will generate a descent plan for each wrestler.

All wrestling match weights must be entered in Trackwrestling after the match, in order to generate a weigh-in form for the next match. In addition, all match results must be entered in Trackwrestling at this time. (This is the checks and balances measure that ensures that proper procedures have been followed for every wrestler). A weigh-in form can only be generated if the weights are inputted.

Up until now, a wrestler's Descent Plan has not changed throughout the season. It is a computer driven calculation on weight loss that is no faster than 1.5% of body weight per week. This proposal better protects the health and safety of the wrestlers by recalculating the Descent Plan after each match.

Proposal: The Descent Plan recalculates *after each weigh-in*.

The Weigh-in form will list only one eligible weight class for each wrestler, for each match, based on their descent plan as it relates to the date of the match. By NFHS Rules: The wrestler is still eligible to move up one weight class above their actual weight at the time of weigh in.

After each competition, the coach will enter the actual weight and results into Trackwrestling:

If the wrestler's actual weight from that competition is less than the Descent Plan Weight from the competition, the wrestler's descent plan will continue as normal.

If the wrestler's actual weight from that competition is greater than the Descent Plan Weight from that competition, the wrestler's descent plan will recalculate from the actual weight recorded from the competition. (At 1.5% week of maximum weight loss-this would take longer to get the weight back down).

Goal:

The health, safety and welfare of the wrestler are the primary concerns. The goal is to keep the wrestler's weight more consistent and to avoid the excessive weight reduction and or wide variations in weight that may be harmful to the wrestler. Our coaches, student-athletes, athletic trainers and parents have a responsibility to monitor the descent plan and ensure that the student's weight management is being properly followed.

In the past, there were issues with regard to weight class availability and weigh-in forms. This change will make it crystal clear and protect our wrestlers. We intend to conduct educational seminars for all wrestling coaches and any athletic directors willing to attend. This will be conducted in concert with the NJ Wrestling Coaches Association.

Key Changes:

1. BioMetrix WR is the only method for conducting Body Fat Assessment.
2. Only One Weigh-In Form.
3. Coaches must record the weights before the next match to generate a weigh-in form. At that time, the match results must be recorded as well.
4. Only One eligible weight class will be listed on the weigh-in form.
5. **THE WRESTLERS DESCENT PLAN WILL RECALCULATE AFTER EVERY MATCH (THE DESCENT PLAN WILL ONLY CHANGE IF THE WRESTLERS ACTUAL WEIGHT IS GREATER THAN THE DESCENT PLAN WEIGHT).**