

2020-2021
NJSIAA/ROTHMAN INSTITUTE WRESTLING REGULATIONS
ASSESSORS and COACHES CERTIFICATION INSTRUCTIONS

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

COACHES ARE NOT PERMITTED IN THE ASSESSMENT ROOM

IMPORTANT DATES (November 3, 2020 publication date) **REVISED: 1/19/2021**

CERTIFICATION MAY BEGIN **NOVEMBER 5, 2020** revised: **January 19, 2021**

CERTIFICATION MUST BE COMPLETED BY **DECEMBER 21** revised: **March 16, 2021**

RETESTING – WRESTLER MUST WAIT **24** HOURS BEFORE RETESTING (due to the hydration requirement)

There is no appeal process. The lowest weight will be determined at the initial certification. The 1.5-3% is now calculated in the initial certification.

If an athlete is not certified by opening day an email from the Assessor, cc'd to the Principal and Athletic Director, must be sent to Kim Cole, kcole@njsiaa.org or Jewel Sellers, jsellers@njsiaa.org to approved certification.

Pre-testing may be done any time but no later than two hours prior to the actual testing. Pre-testing may be done by assessor, doctor, nurse or coach. If coaches get involved with pre-testing they must communicate with the assessor. If school equipment is used to perform pre-test, steps should be taken to **include safety precautions for the security of equipment**, i.e. sign in sheet, locked area, and communication between school personnel.

The deadline for the descent plan is **TBD-last day of regular season.**

The 2lb. growth allowance will not be calculated in the descent plan

Per NJSIAA Medical Advisory Committee: Descent plan will no longer round down

A wrestler can only step on one scale at certification

SITE DIRECTOR MUST RETURN THE SIGNED MINIMUM WEIGHT CERTIFICATE INDIVIDUAL FORM TO THE ASSESSOR TO COMPLETE THE CERTIFICATION PROCESS AND CLEAR THE ATHLETE TO WRESTLE

NOTE: Please review any relevant COVID-19 Resources on the NJSIAA website to assist. School Protocols must be followed.

<https://www.njsiaa.org/health-safety/covid-19-resources>

WEIGHT REDUCTION GUIDELINES

The NJSIAA and the New Jersey Wrestling Coaches Association have developed guidelines for certifying the minimum weight classification at which a wrestler may compete.

The weight classes in New Jersey are those appearing in NFHS Wrestling Rules Book.

Acute dehydration and crash dieting could lead to impaired physical and mental health and inferior performances on the mat. Studies have documented the negative physiologic effects of rapid weight loss that are a decrease in maximum oxygen uptake and a decrease in maximal isometric strength.

Weight loss in wrestling, if it is to be done in a safe and rational manner, must be based on the ability of the participant to lose the weight in terms of total body fat rather than in body fluids. A minimum of seven percent (7%) for males and twelve percent (12%) for females of total body fat is set as the lowest standard at which a wrestler should be allowed to participate. A wrestler who is then actively engaged in workouts five days a week in addition to matches, and who has continued to grow in adolescence would need to be on a 2,000 to 3,000 calorie diet per day.

A wrestler's weight can be easily monitored throughout the wrestling season by impedance and daily weight measurements.

Specific recommendations are

1. Reasonable diet restriction as previously outlined beginning at least one month prior to the season can result in weight loss in terms of total body fat without the loss of strength and efficiency.
2. Schools should purchase refractometers to constantly monitor wrestler's (all athletes) hydration levels
3. Desired weight should be maintained as constant as possible by moderate restriction of food and avoiding alternate binges and crash diets.
4. Restriction of water intake for 8-12 hours before a weigh-in is reasonable only if it is necessary to drop about one pound or so.
5. Weigh-ins should be followed by re-hydration prior to the match by water only. Solutions that contain sugar should be avoided because of the delay in stomach emptying as well as the possibility of causing critical fall in blood sugar several hours later during a match.
6. Heavy eating between weigh-ins and competition should be avoided because it may produce gastrointestinal distress and in the extreme degree pancreatitis. A light meal rich in complex carbohydrates, low in fat and protein might be desirable to relieve hunger and provide energy for later in the day.

Other notes of importance:

1. A (2) two-pound growth allowance takes place on **REVISED-March 16, 2021** example 106 becomes 108

SUGGESTED PROCEDURE TO IMPLEMENT WEIGHT REDUCTION GUIDELINES

Over the past several years, there has been much concern, debate and research dealing with weight reduction in high school wrestling. From this, various safeguards have been instituted that deal with this concern. The NJSIAA guidelines identified below should assist member schools in dealing with this situation. The main thrust behind all the debate and research is to protect the health and welfare of the student/athletes who are involved in the sport.

The NJSIAA suggests that further steps can and should be taken. Instituting additional safeguards and educational procedures to address this problem, the following procedures should be implemented:

1. During the first week of the wrestling season, the wrestling coach should have a joint meeting with the wrestlers and parents to educate and inform them about proper diet and weight control procedures.

2. There should be periodic weight checks throughout the year. At these checks, the athletes should have their weight, height and body fat test taken. The purpose of this is to monitor weight changes, growth and determine percent of body fat throughout the year. A minimum of 7% body fat for males (12% females) is allowed. These tests should be given periodically during the season when the wrestlers are maintaining weight. Such testing sessions must be restricted solely to the testing activity. Through education and close monitoring, schools can prevent wrestlers from losing weight improperly.

TRAINING THE ASSESSOR

It is considered a "conflict of interest" for an active wrestling coach, at any level, to become an NJSIAA Assessor

1. Persons eligible to be trained as NJSIAA approved Assessors include licensed physicians, registered nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, licensed dieticians and exercise physiologists.
2. The Assessor may be subject to random sample tests to substantiate the quality and consistency of his/her measurements.
3. EXAMPLE: 2 or more schools may get together to do the assessments. A Certified Assessor may assess his/her own school
4. Suggested number of Assessors per school:

1- 20	athletes	One (1) assessor
21 - 50	athletes	Two (2) assessors
50 or more	athletes	Three (3) assessors

RESPONSIBILITIES OF ASSESSMENT SITE

1. Each site must have an administrator present, i.e., principal or athletic director to act as Site Director
 - i. Site Director's Responsibilities:
 - a. Coordinate times with Assessor
 - b. Distribute hydration information and diet tips to wrestlers
 - c. To be present at site
 - d. Collect paperwork prior to testing to be presented to Assessor
 - e. Collect paperwork after testing
 - f. Return signed paperwork to assessor for completion of certification process
 - g. Supervising athletes and personnel during hydration testing
 - h. Available to Assessors with concerns regarding testing
 - i. Report any questionable conduct or incidents to NJSIAA

The timeframe for hydration/weight certification is approximately 2 hours per school

1. **BodyMetricWR**
2. Refractometer
3. Latex or Rubber Gloves (do not have to be changed after every hydration test)
4. Paper cups (used for collection of urine samples)
5. Stir straws or pipettes (for obtaining drops of urine for hydration test)
6. Towel(s) (to clean feet)
7. Tissues (for wiping clean the refractometer after each individual reading)
8. Tape measure (for measuring height)
9. Right angle square (used for accuracy in measuring height)
10. Masking tape
11. Clipboards or a suitable hard surface on which athletes can complete their forms
12. Extra rolls of thermal tape for readout unit
13. Extra individual Profile Forms
14. Black pen, pencil, and black marker
15. Stapler – staples
16. Hand Sanitizer
17. Disinfectant cleaning spray (for cleaning scale)
18. Eye shields/face shields (optional)
19. Food coloring or tidy bowl or dry urinals to protect the integrity of the sample

20. School to provide administrator to oversee taking of urine samples and have at least one professional female present (not a coach) on a case-by-case basis

BODY COMPOSITION

The human body can be represented as composed of at least two components:

1. Lean Body Mass {LBM} = the muscle and bone mass predicted to be in the body
2. Body Fat (BF) = essential and non-essential fat storage predicted to be in the body. To some, this is an oversimplification. The actual composition of an individual's body is probably not truly known, nor can it be determined

THE PROGRAM

Components

The program consists of four components:

1. NJSIAA **Master** Assessors
2. NJSIAA Assessors
3. The Body Composition Assessment Program
4. The Nutrition Education Program

NJSIAA Assessors

1. Training for new assessors by an **NJSIAA Wrestling Master Weight Assessor**.
 - a. The NJSIAA Assessor program is designed to identify, select, train, certify and register individuals capable of training the Assessors for the administering of the hydration testing and bioelectrical impedance aspect of the program.
 - b. Assessors will be registered with the NJSIAA and will be the only individuals qualified to conduct assessments for member schools.
2. Professionalism/Privacy.
 - a. When an individual is certified and registered as a NJSIAA Assessor, it is his/her professional responsibility to protect the integrity of the testing program, and ultimately, our student-athletes. There is an expectation of the highest professional and ethical conduct relative to performing assessments on our high school wrestlers in New Jersey. These student-athletes should be treated with the highest regard for their "right to privacy" and for the confidentiality of all data collected about them for this program.
 - b. Assessors are expected to conduct themselves in a manner above reproach as it relates to the professional standards of those working with athletes. There will be times when professional judgment will be necessary to clarify and validate the assessment process.
3. Assessor's Responsibility: Assessors shall:
 - a. **Certified NJSIAA Assessors must enter all information into the OPC**
 - b. Urine, height and weight testing must be conducted by Assessor.
 - c. Return **Minimum Weight Certificate Individual Form** to Site Director after completion of testing.
 - d. Coordinate and schedule dates, times and appropriate locations for assessments of member schools.
 - e. Conduct the assessments in a professional manner, treating each participant with respect, dignity and honesty.
 - f. Insure the availability of the proper equipment in good working order prior to any scheduled assessment.
 - g. Collect and account for the assessment fees collected, distributing the breakdown of the fee as required.
 - h. Complete certification process by logging in, clicking on alpha master and changing the "P" to a "Y" after the Minimum Weight Individual form has been signed by the parent, head coach and athletic director.

NOTE: Each NJSIAA Assessor and school should discuss what supplies the school must provide (e.g., if on-school site, computer hookup, tables, etc.)
4. Set-Up for Assessment
 - a. School shall provide volunteers to help with the assessment process, (school nurses, biology or health teachers, athletic trainers or persons with similar training are excellent assistants). At no time should the wrestling coach be allowed to assist in the assessment except to control wrestlers.
 - b. Prior to the assessment of the wrestlers the Assessor should set-up and/or inspect the

- area where testing will occur.
- c. It is critical that the Assessor ensure the security of the facility and quickly evaluate the best way to protect the integrity of the assessment process.
 - d. During the testing, wrestlers should move in an assembly style fashion through the testing process.
 - e. Wrestlers should enter a secured restroom supervised by school personnel without being out of the sight of any monitors or being able to pass urine samples among other wrestlers. The wrestler shall then proceed to the NJSIAA Assessor who will determine, with a refractometer, if the wrestler is properly hydrated.
5. Meeting with All School-Provided Personnel
It is suggested that after the set-up is completed, the Assessor shall meet with all personnel who will be involved with the assessment process and review their location and responsibilities during the assessment process.
 6. All sites will follow the same procedure, which is to measure hydration levels with a refractometer and record body fat as indicated with the **BodyMetrixWR**. Site Directors will receive the **Minimum Weight Certificate Individual Form** at the end of the testing, which must be reviewed and signed by the parent, head coach and athletic director and returned to the Assessor for completion of the certification process.
 7. On certification date, wrestlers must first be hydrated with a urine specific gravity reading not to exceed 1.025. Hydration levels will be measured by using refract-o-meters. Once the wrestlers demonstrate they are hydrated, **a body fat analysis will be performed using a BodyMetrixWR unit to determine body composition**. If the wrestler is not hydrated, he/she must be rescheduled for another day with the Assessor. **A wrestler must wait 24 hours before retesting**. The wrestler's height, in their stocking feet, will be measured and rounded down to the nearest ½ inch and recorded on the form as well.
 8. **The Assessor needs to input the (1) one-pound allowance into the scale to account for the clothing allowance.**
 9. If the lowest certified weight is equal to one of the fourteen weight classes, the wrestler may not wrestle below that weight. If a wrestler's weight falls between two weight classes, the lowest weight class to be certified will be at the higher weight class.
 10. No wrestler is eligible to wrestle in interscholastic competition until he/she has successfully completed the certification process. A wrestler who competes without certification will lose by forfeit with the team score adjusted accordingly.
 11. A **MINIMUM WEIGHT CERTIFICATION TEAM FORM** must be completed and **FILED WITH THE PRINCIPAL'S OFFICE BY OPENING DAY. After filing deadline, all matches in which a wrestler competes without certification on file with the Principal will be forfeited.**
 12. Once a wrestler reaches their target weight, the weight management guideline located in the NFHS Wrestling Rules Book will be followed.
 13. Should a wrestler attempt to falsify the hydration or body fat composition readings, this will be considered flagrant misconduct and a two-dual meet/tournament suspension will be imposed. The wrestler will have to re-schedule the certification before competition is permitted.

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 sent to 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 principal.
4. Once a wrestler is certified at a weight there will be no retesting for a better reading.
5. No athlete participating in a fall sport will be allowed to participate in certification until their fall

- season is over unless approval is given by the parent, athletic director, coach and wrestling coach.
6. All participants in the certification process must have parental consent prior to testing.
 7. All required paperwork must be filed with the principal by opening day.

Hydration Suggestions

Two Days Prior to Certification

- Drink plenty of fluids throughout the day. Wrestlers should be drinking at least 8 glasses of water per day.
- 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).
- Eat smaller, more frequent meals.
- Avoid foods high in fat (fried foods, meat, French fries, and pizza).
- Avoid salty foods (potato chips, pretzels, tuna, crackers, soft drinks).
- Be sure you eat and drink – don't dehydrate.
- Schools should be encouraged to buy a refract-o-meter and monitor their wrestler's progress.

One Day before Testing

- Continue drinking fluids. Urine should be clear if you are fully hydrated.
- Continue eating fibrous foods and snacks.
- Avoid caffeinated drinks – coffee, tea, soda, etc.
- Avoid any vitamins or mineral supplements.
- 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 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.

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