

NJSIAA ASSESSORS and COACHES CERTIFICATION INSTRUCTIONS 2022-2023

WRESTLERS SHOULD BEGIN A DESCENT PLAN AS EARLY AS POSSIBLE TO FACILITATE PROPER WEIGHT LOSS. EARLY IMPLEMENTATION OF A DESCENT PLAN ALLOWS THE ATHLETE TO BE HYDRATED AND CERTIFIED AT THE INITIAL CERTIFICATION

COACHES ARE NOT PERMITTED IN THE ASSESSMENT ROOM DURING TESTING

CERTIFICATION MAY BEGIN **NOVEMBER 1, 2022**

RETESTING – DUE TO THE HYDRATION REQUIREMENT, WRESTLERS ARE REQUIRED TO WAIT **24 HOURS** BEFORE RETESTING

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

Pre-testing may be conducted at any time but no later than two hours before the actual testing. Pre-testing can be completed by the assessor/ athletic trainer, doctor, nurse, or coach. If a coach is involved with pre-testing, they must communicate this with the assessor. If school equipment is utilized for pre-testing, steps should be taken to include safety precautions for equipment security (i.e., sign-in sheet, locked area, and communication between school personnel).

The deadline for the descent plan is **February 18, 2023**.

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

Per NJSIAA Medical Advisory Committee recommendation, the descent plan will no longer round down.

A wrestler can only step on one scale at certification.

SUBMIT INDIVIDUAL MINIMAL WEIGHT CERTIFICATES TO THE ASSESSOR TO COMPLETE THE CERTIFICATION PROCESS AND CLEAR THE ATHLETE TO WRESTLE.

GIRLS ASSESSMENT GUIDELINES

All girls' wrestlers must be entered into the girls' season. If the girl plans to wrestle with a boys' team, or against boys at a tournament, during the regular season, then they must also be entered into the boys' season.

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 poor physical and mental health and inferior performances on the mat. Studies have documented the adverse physiologic effects of rapid weight loss: a decrease in maximum oxygen uptake and a reduction in maximal isometric strength.

Weight loss in wrestling, if it is to be done safely and rationally, 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 daily weight measurements.

Specific recommendations:

1. Reasonable diet restriction, as previously outlined, beginning at least one month before 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 monitor wrestler's (all athletes) hydration levels constantly.
3. Desired weight should be maintained as constant as possible by moderate food restriction 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.
5. Weigh-ins should be followed by re-hydration before the match by water only. Solutions containing sugar should be avoided because of the delay in stomach emptying and the possibility of causing a critical fall in blood sugar several hours later during a match.
6. Heavy eating between weighing and competition should be avoided because it may produce gastrointestinal distress and, in severe cases, 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 **January 14, 2023** (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 implemented. The NJSIAA guidelines identified below should assist member schools in addressing any potential issues. The emphasis behind the debate and research is to protect the health and welfare of the student-athletes involved in the sport.

The NJSIAA suggests implementing the following procedures:

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 the 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

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 dietitians, and exercise physiologists.
2. High school wrestling coaches are not eligible to become an assessor.
3. The assessor may be subject to random sample tests to substantiate the quality and consistency of their measurements.
4. Two or more schools may get together to complete weight certification assessments. A certified assessor may assess their school.
5. 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

Each site must have an administrator present, i.e., principal, or athletic director to act as Site Director.

Site Director's Responsibilities:

1. Coordinate times with assessor
2. Distribute hydration information and diet tips to wrestlers
3. Must be present at site
4. Collect paperwork prior to testing to be presented to assessor
5. Collect paperwork after testing
6. Return signed paperwork to assessor for completion of the certification process
7. Supervising athletes and personnel during hydration testing
8. Must be available to assessors with concerns regarding testing
9. Report any questionable conduct or incidents to NJSIAA

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

ITEMS NEEDED

1. BodyMetrixWR
2. Refractometer
3. Exam 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 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. Black pen, pencil, and black marker
14. Stapler – staples
15. Hand Sanitizer
16. Disinfectant cleaning spray (for cleaning scale)
17. Eye shields/face shields (optional)
18. Food coloring or tidy bowl or dry urinals to protect the integrity of the sample
19. 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 is 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 parts:

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 administering 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 an NJSIAA assessor, it is their professional responsibility to protect the integrity of the testing program. All data collected will remain confidential.
 - b. Assessors are expected to conduct themselves in a manner above reproach related 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. Urine, height, and weight testing must be conducted by the assessor.
 - b. Return **Minimum Weight Certificate Individual Form** to site director after completion of testing.
 - c. Coordinate and schedule dates, times, and appropriate locations for assessments of member schools.
 - d. Professionally conducts the assessments, treating each participant with respect, dignity, and honesty.
 - e. Ensure the availability of the proper equipment in good working order before any scheduled assessment.
 - f. Collect and account for the assessment fees collected, distributing the breakdown of the fee as required.
 - g. Complete the 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. Before assessing the wrestlers, the assessor should set up and inspect the area where testing will occur.
 - c. It is critical that the assessor ensure the facility's security and quickly evaluate the best way to protect the integrity of the assessment process.
 - d. Wrestlers should plan to weigh in wearing a t-shirt and shorts.
 - e. During the testing, wrestlers should move in an assembly-style fashion through the testing process.
 - f. Wrestlers should enter a secured restroom supervised by school personnel without being out of 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 adequately hydrated.
5. Meeting with All School-Provided Personnel
 - a. It is suggested that after the set-up is completed, the assessor shall meet with all personnel involved with the assessment process and review their location and responsibilities during the assessment process.
6. All sites will follow the same procedure: measuring hydration levels with a refract-o-meter and recording 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 to complete 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, they must be rescheduled for another day with the assessor. **A wrestler must wait 24 hours before retesting.** In their stocking feet, the wrestler's height will be measured and rounded down to the nearest ½ inch and recorded on the form as well.
8. If the lowest certified weight equals 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.

9. No wrestler can wrestle in an interscholastic competition until they have completed the certification process. A wrestler who competes without certification will lose by forfeit with the team score adjusted accordingly.
10. 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.**
11. Once a wrestler reaches their target weight, the weight management guideline located in the NFHS Wrestling Rules Book will be followed.
12. 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 reschedule the certification before the 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 a medical/hardship/ineligibility issue prohibits the athlete from testing within the above-stated times, properly signed documentation must be sent to NJSIAA for review and approval before testing the athlete. Medical Issue – note signed by a doctor; Hardship Issue – letter signed by parent and principal; Ineligibility Issue – Letter or documentation signed by the wrestler's principal.
4. Retesting to obtain a new weight certification after initial certification is not permitted.
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 before testing.
7. All required paperwork must be filed with the principal by opening day.

Hydration Suggestions

Two Days Before Certification

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

Diet Tips

1. Eat light pm meals. Eat slowly. Eat one helping.
2. Decrease intake of calories but no less than 1500 calories.
3. Eat low-calorie snacks – carrots, celery, lettuce, plain popcorn.
4. Eat low-calorie desserts or no desserts.
5. Keep a daily diary of everything you eat and analyze caloric intake to substitute low-calorie items.
6. Avoid fast foods, which have a high-fat content.
7. Cut out butter, margarine sauces, gravy, and dressing.
8. Do not fry foods. Grill, bake, boil, or broil.
9. Avoid caffeine. Avoid salt.
10. Avoid situations where you will eat to excess.
11. Restrict weight loss to no more than 1.5% of body weight per week.