

MPSSAA Weight Certification/Management Program

The MPSSAA Weight Certification/Management Program has three components: (I) Weight Certification Plan, (II) Weight Management Plan, and (III) Nutritional Education Plan.

I. Weight Certification Plan

Wrestlers must have their minimum weight class certified on or after November 1, and prior to their first competition. After their first competition, wrestlers may not certify to a lower weight classification. The Weight Certification Plan involves three steps:

- *Hydration Testing*, with a specific gravity not greater than 1.025. Hydration testing occurs immediately prior to a body fat assessment. A specific gravity of 1.025 or lower will assure that the wrestler is properly hydrated prior to a body-fat assessment.
- *Body-fat Assessment*, using various factors including height and current weight, to predict what the wrestler would weigh in a hydrated state at a 7% level of body fat (12% for females). Wrestlers must be sufficiently hydrated at the time of their body-fat assessment.
- *Licensed Health Care Provider (LHCP) Signature*, certifying a minimum weight class in which a wrestler may compete. The LHCP must utilize the results of the body-fat assessment to certify a minimum weight classification for the wrestler. If a wrestler's projected minimum weight at a 7% level of body-fat (12% for females) is within 2% of a lower weight class, the LHCP, at his or her discretion, may certify the wrestler at the lower weight class; otherwise, the minimum weight class will be the next higher weight class.

Schools should use the MPSSAA Verification of Minimum Wrestling Weight document as verification of each wrestler's minimum weight class. This document is available on the MPSSAA website.

II. Weight Management Plan

Coaches/schools must monitor the weight descent of wrestlers throughout the season. If wrestlers lose weight, they should do so gradually, with an average descent of no more than 1.5% per week. Wrestlers must be within one weight class of their minimum certified weight class beginning with the 9th week of the season (late January/early February) or be recertified to a higher weight class. There are four important aspects to the Weight Management Plan:

1. MPSSAA Wrestling Team Weight Chart (TWC)

- The TWC is an interactive form, obtained online from the MPSSAA website, that includes columns to record the actual weight of all wrestlers on the team at the time of weight certification and their minimum certified weight class.
- The TWC is programmed so that once the wrestler's actual weight at the time of weight certification is entered, the chart automatically projects what each wrestler's minimum weight class could be for each week of the season through week 9.
- Each school will complete the TWC and submit a copy to the local supervisor of athletics prior to the first match. Coaches must take a copy of the TWC to all matches and tournaments to verify the minimum weight class in which their wrestlers may compete for that week.

2. Minimum Weekly Weight Class

- A wrestler may not compete in a weight class lower than the minimum weight class indicated on the TWC for that week.
- The MPSSAA Wrestling Weigh-in Form should be completed for each competition and completed forms should be taken to all contests.

3. Maximum Descent

- A wrestler may not drop more than one weight class per week (Weeks are defined on the TWC). Also, a wrestler may not drop more than one weight class from one week to the next week. If a wrestler weighs-in for two or more contests in a week, the highest weigh-in for that week will apply.
- The MPSSAA Wrestling Weigh-in Form will be used to verify previous weights/weight classes in which the wrestler has weighed-in.

4. Beginning with the 9th week of the season (late January/early February), and through the remainder of the season, wrestlers who weigh-in more than one weight above their minimum certified weight class will automatically be recertified to a higher weight class.

III. Nutritional Education

Proper nutrition and managing proper weight loss are extremely important to the health and performance of the wrestler.

1. The coach/school must provide nutritional information to wrestlers. Nutritional information for wrestlers may be found on the MPSSAA website. In addition, nutritional information and a complete nutritional program can be obtained through the National Wrestling Coaches Association (NWCA) weight management plan.
2. The goal of the MPSSAA Weight Certification and Management Plan is for wrestlers to achieve and compete at a safe weight classification while maintaining maximum health and strength.
3. There are three important components involved in achieving a safe, healthy weight while maintaining maximum strength: proper nutrition, proper hydration, and a graduated plan for losing body fat.
4. A guiding principle behind the plan is that wrestlers lose body fat to achieve a desired weight class – not water weight. Researchers have found that most individuals can lose approximately 1.5% of their body-fat per week while maintaining a healthy diet. A sound, healthy diet is necessary to maintain proper health and maximum strength.