
MIAA Communication

In behalf of the MIAA Wrestling Committee, the intent of this e-mail is to provide you with the most accurate and up-to-date information available on the implementation of the new NFHS Weight Management Rule for Wrestling, which has been endorsed by the Wrestling Committee and which will be implemented for the 2006-2007 Wrestling Season.

Background

Upon the deaths of three college wrestlers in 1997 who were engaged in unsafe weight-loss activities, the NFHS Medical Advisory Committee released a "strong recommendation" that all state athletic committees and high school athletic associations have a comprehensive weight management program. After much discussion and collaboration between and among the NCAA, the NFHS, and the NWCA (National Wrestling Coaches Association), this "strong recommendation" developed into an NFHS Weight Management Rule to be implemented for the 2006-2007 season. The rule includes the following components:

- Hydration Testing (Specific Gravity of Urine must be less than or equal to 1.025)
- Body composition assessment
- Establishment of a minimum wrestling weight based upon 7% body fat for males and 12% body fat for females
- Monitoring of a maximum 1.5% per week weight loss program
- A nutrition education component

Implementation Components

At the Wrestling Committee meeting held on May 15th, 2006, a consensus was reached that the implementation in Massachusetts of this new rule will include, but is not limited to the following components:

- All wrestlers intending to compete during the 2006-2007 season will be assessed at a divisional/sectional high school site matching their current alignment. (e.g. a Division 2/South Section team will be tested at one of the schools in their grouping)
- The initial testing date will be November 19th. Make-ups and re-tests will be conducted at 4 regional sites to be determined on November 26th. The final regional testing date will be December 3rd
- Hydration will be determined by a measurement of Urine Specific Gravity (USG) with the use of a Refractometer. (USG must be less than or equal to 1.025.)
- If and only if the hydration test is passed, the body fat composition will then be determined by the use of a Tanita Bio-impedance scale
- There will be no on-site appeals of testing data. Retest dates are referenced above
- Wrestlers appealing body fat composition testing results will be allowed the opportunity, at their own expense, to access Hydrostatic Body Weight Testing at a site to be determined
- All data will be entered into the Optimal Performance Calculator, developed by the NWCA and available to all schools, individual wrestlers and their families. This calculator determines the wrestler's minimal wrestling weight and the first allowable date that weight can be reached at the maximum 1.5% weight loss per week standard. It will also provide a nutritional program to assist wrestlers in reaching their certified weight in a healthy and safe manner
- This online NWCA weight monitoring program will be utilized by all schools during the 2006-2007 season. The NWCA will work with the MIAA to ensure that all data and forms generated by their program are compatible with, and transferable to, existing MIAA forms to avoid duplication of efforts. The cost to a school for this program will be \$30
- To cover the anticipated expenses of implementing all of the above, which includes testing and site personnel, testing equipment, and training, a fee of \$10 per wrestler will be part of the testing registration process

The implementation components outlined above are a result of many hours of work and passionate discussion of all potential ramifications, by your peers. Additional details will be forthcoming, including a schedule of information/training sessions to be co-sponsored by the MIAA and the NWCA. We ask for your patience and your understanding that this has all been necessitated by a rule intended to provide the safest environment possible for our student athletes.