

# Washington Wrestling Weight Management Program

## Revisions Highlighted in Yellow

Approved by Executive Board Sept. 29, 2025

**QUESTIONS:** [wwwmp@wiaa.com](mailto:wwwmp@wiaa.com)

### **WEIGHT CLASSES:**

Note: When there is competition between a male and female, the boys weights are official.

**Girls Weights:** 100–105–110–115–120–125–130–135–140–145–155–170–190–235

**Boys Weights:** 106–113–120–126–132–138–144–150–157–165–175–190–215–285

### **PURPOSE:**

The purpose of the WIAA Wrestling Weight Management Program (WWWMP) is to ensure the future of interscholastic wrestling programs in the State of Washington and protect the health of all student athletes. The WWWMP has been developed to assist young wrestlers as they make decisions about diet, nutrition, and weight control. The program is designed to assist in avoiding potentially harmful rapid weight reduction practices utilized to achieve specific weight class participation. It is the WIAA philosophy that the basis for a sound and healthy weight control plan is best designed when the wrestler, their parents, their coach, and a physician are included in the planning process. The WIAA Wrestling Weight Management Program (WWWMP) is designed to be in compliance with the NFHS Weight management Guidelines.

### **COMPONENTS:**

The Wrestling Weight Management Program consists of three parts:

1. The Regulations
2. Training Assessors
3. Nutritional component

### **THE REGULATION:**

The establishment of a minimum wrestling weight class based on 7% body fat for males and 12% for females is required for all high schools. The WIAA does not advocate that a wrestler's established minimum wrestling weight class is the athlete's best weight class, but simply the minimum weight class at which the athlete will be allowed to compete.

The WWWMP program will utilize the established and documented formula as the mechanism to calculate the minimum wrestling weight for each wrestler and use the minimum wrestling weight to assign a minimum weight class.

Assessors will use the OPC website and WIAA forms as data reporting tools. Schools will utilize the OPC website and forms as data retrieval tools and nutritional program supplement.

At each official weigh-in for competition the Head Coach is responsible to have 1 copy of the Weight Report for their school, 1 copy for the opposing school or tournament director, and 1 for the wrestling official conducting the weigh in. It is a requirement to report any rule violations to your school Athletic Administration.

**Wrestlers not appearing on the current WIAA weigh-in form will NOT be permitted to compete at any Jamboree or Contest.**

#### **ESTABLISHING MINIMUM WEIGHTS:**

- A. The determination of predicted weights at a minimum of 7%/12% body fat
- B. The lowest weight class a wrestler may compete at will be determined as follows:
  1. If the certified minimum weight at 7% or 12% body fat or the weight for that week of their descent plan, **is exactly that of one of the adopted weight classes**, that weight shall be the wrestler's minimum weight class.
  2. If the certified minimum weight at 7% or 12% body fat or the weight for that week of their descent plan, **is two percent or less from one of the adopted weight classes**, the lower weight class shall be the wrestler's minimum weight class.
  3. If the certified minimum weight at 7% or 12% body fat or the weight for that week of their descent plan, **is greater than two percent from one of the adopted weight classes**, the next higher weight class shall be the wrestlers minimum weight class.
  4. Any wrestler whose body fat percentage at the time of certification falls below the 7% for males and 12% for females must submit the WIAA Certified Weight Variance Form signed by a physician licensed to perform physical examinations providing the athlete is naturally at the sub 7%/12% body fat level. The physician's clearance is valid for one season. The WIAA Certified Weight Variance Form must be received by the WIAA before the athlete is allowed to wrestle in any interscholastic competition. For re-assessment options refer to G under re-assessment.

#### **TIME PERIOD FOR MEASUREMENTS:**

- A. Assessments may begin the Monday, two weeks before the start of each season. Wrestlers may be measured any time on or following the start date to establish a minimum wrestling weight. All wrestlers, including those who come out late, must have their minimum weight established prior to competing.

#### **RE-ASSESSMENT**

- A. If you do not accept your initial assessment, you have up to 14 calendar days to reassess.
  - a. Your alpha weight will be used for any reassessment occurring 1-7 calendar days after the initial assessment.

- b. Your alpha weight (minus 1.5% will be used for re-assessments occurring 8-14 calendar days after the initial assessment.)
- c. Once you have re-assessed, the results of the reassessment are final and there are no more re-assessments.
- d. If you accept your initial assessment, there will be NO more assessments.

### **GROWTH ALLOWANCE: JANUARY 1**

All wrestlers will receive a two-pound growth allowance beginning January 1<sup>st</sup>. Example  
 $106 = 108$

One additional pound will be allowed for consecutive days of wrestling in post-season qualifying tournaments. Example: Second day of a post season qualifying tournament:  
 $106 = 109$

The growth allowance **is not** factored into the regular season descent plan.

### **WEIGHT LOSS PER WEEK**

- A. A weight loss of 1.5% of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide their weight loss during the season.
- B. The weight loss plan will determine which weight classes a wrestler may weigh-in and participate at each week. Weight allowances based on consecutive matches do not affect the weight class in which the wrestler has been certified the week of their descent plan.

### **TOURNAMENT/MATCH WEIGH-IN**

- A. At each official weigh-in for competition the Head Coach is responsible to have 1 copy of the Weight Report for their school, 1 copy for the opposing school or tournament director, and 1 for the wrestling official conducting the weigh in. It is a requirement to report any rule violations to your school Athletic Administration.
- B. Wrestlers not appearing on the current WIAA weigh-in form will NOT be permitted to compete at any Jamboree, Match or Tournament.
- C. A wrestler may weigh-in for only one of the two weight classes the wrestler's weekly descent plan allows. NFHS rules allow the wrestler to wrestle up one weight class above the weight class they have weighed-in.
- D. If a wrestler weighs in one weight class below their lowest approved weight, they can only wrestle at the lowest weight of their current descent plan.

- E. Weigh-in in any weight class above the eligible weigh-in weight classes defined by the weekly weight loss descent plan will require the wrestler to recertify **(LOCK-IN)** immediately at that weight class. Head Coach is required to lock-in or contact [wwwmp@wiaa.com](mailto:wwwmp@wiaa.com) to have wrestler (Locked-in).

EXAMPLE: Week 8, the wrestlers two weights he can weigh-in at are 144 and 150, but the wrestler weighs-in at 157. He would then be locked in at 150 or 157 for the remainder of the season. The coach must email the Weight Management Team.

- F. Contact the WWWMP administrators if an athlete needs to stop the descent plan for an injury or any other unexpected circumstance that has occurred.
- G. The coach must enter and commit all wrestlers’ actual recorded weight into the OPC website within 72 hours of the Jamboree, Match, or Tournament.

**PENALTY --A wrestler who participates at a weight class, below the eligible weight class(es) defined by the weight loss plan, before the proper amount of time has passed to achieve the weight class will be considered an ineligible participant. The offending school must self-report the violation to their league. Coaches that do not record the wrestlers’ weight into the OPC within the required time frame will be in violation of the WIAA rules.**

**Note: See Chart A for an example of a season long weight loss plan.**

**Chart A** (Example Season Long Weight Loss Plan)

|   |                         |  |
|---|-------------------------|--|
| Weight at Initial Assessment =<br>170 lbs BF% = 18% |                         | 1.5% loss per week = 2.55 lbs Minimum<br>Wrestling Weight = 149.89 lbs |
| 1.5% loss per week = 2.55 lbs                       |                         |  |
|   | <b>Projected Weight</b> | <b>Eligible weight classes to weigh-in</b>                             |
| Week 1  | 167.45                  | 165, 175   |
| Week 2  | 164.90                  | 165,175  |
| Week 3  | 162.35                  | 165,175  |
| Week 4  | 159.80                  | 157,165  |
| Week 5  | 157.25                  | 157,165  |
| Week 6  | 154.70                  | 157,165  |
| Week 7  | 152.15                  | 157,165  |
| Week 8  | 149.89                  | 150,157  |
| Week 9  | 149.89                  | 150,157  |
| Week 10   | 149.89                  | 150,157  |
| Week 11   | 149.89                  | 150,157  |

Note 1: Chart A assumes initial assessment performed during Week 1 of the season. The date of a wrestler’s initial assessment directly impacts the number of weeks that a wrestler has to complete the weight loss plan. Depending on initial assessment date

and result, some wrestlers will not achieve minimum wrestling weight within the length of the wrestling season.

Note 2: In the example weight loss plan the wrestler reaches the established minimum wrestling weight during Week 8. The wrestler will not be eligible to participate at a weight class below 150 lbs. regardless of the wrestler's actual weight at any point after Week 7 (7% body fat has been met and may not go any lower).

Note 3: **The 2% variance** is already calculated in the projected weight class on the descent plan.

### **THE ASSESSMENT PROCESS:**

**Coaches must enter new team members and confirm the team roster and then print out each wrestlers data collection to be given to the assessor prior to assessment process.**

**All athletes must have photo ID and their data collection form to begin the assessment process.**

**ATHLETE TESTING ATTIRE:** The following attire will be required for the entire testing process:

***A school issued wrestling uniform (footie type socks are optional).***

#### **1. SPECIFIC GRAVITY URINE TESTING:**

All high school wrestlers enrolled in a WIAA member school must be tested for specific gravity urine density prior to being measured for body density and body fat percentages. The testing of specific gravity in urine is simply to measure the hydration levels of the athlete prior to being measured for body density. This is a pass/fail assessment based on a specific gravity equal to or less than 1.025g/ml.

Specific gravity is measured by the following method:

DIGITAL REFRACTOMETER

**NOTE: Specific gravity test strips are no longer used for hydration testing.**

### **PROTOCOL FOR REFRACTOMETER**

1. The assessor shall use appropriate protective gloves for these procedures
2. The athlete handles all urine sampling
3. The athlete handles all urine disposal

#### **PROCEDURE:**

1. The athlete collects urine sample in mid-stream in privacy of the urinal
2. The athlete is provided a marked cup immediately before sampling occurs
3. Access will be limited to one athlete at a time
4. The specific gravity test shall be conducted immediately after urine sample is provided

5. Test the urine sample as per instructions provided with the refractometer.
6. Record specific gravity reading
7. If greater than 1.025 (only read three digits past the decimal) the subject may NOT continue the body composition assessment until such time as they pass the hydration test.
8. The urine sample is discarded in an acceptable receptacle.
9. The refractometer is cleaned according to instructions provided before being used for next student urine sample.
10. Once the athlete passes the hydration test they must complete the assessment without any weight loss activities (exercise) and must be completed within 15 minutes or less.
11. Failure of the hydration test does not constitute an assessment.

### **BODY DENSITY AND BODY FAT PERCENTAGE MEASUREMENT**

The WIAA will accept body density and body fat percentage measurements using one of two different methods:

- a. Skinfold test using Lang Skinfold calipers with calibration block.
- b. Air Displacement Plethysmography (ADP) using the Bod Pod
- c. BodyMetrixWR Ultrasound System

### **SKINFOLD MEASUREMENTS:**

1. All measurements should be made on the right side of the body.
2. A caliper should be placed 1 cm. away from the thumb and finger perpendicular to the skinfold and halfway between the crest and the base of the fold.
3. The pinch should be maintained while reading the caliper.
4. The assessor should wait one or two seconds (and not any longer) before reading the caliper.
5. The assessor will take duplicate measures at each site and retest if duplicate measurements are not within 1 to 2 mm.
6. The assessor will rotate through measurement sites or allow time for skin to regain normal texture and thickness.
7. Three (3) measurements should be taken at each testing point on the body.
8. The Assessor will input all data into the WIAA website within 48 hours of the assessment.

### **SKINFOLD MEASUREMENT SITES:**

**Calculation of Body Fat: The Lohman Equation for Males using three site measurements and the Boileau Equation for Females using two site measurements.**

**Abdominal:** Vertical fold, 2 cm to the right of the umbilicus.

**Triceps:** Vertical fold, on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.

**Subscapular:** Diagonal fold (at a 45-degree angle) on (1) to two (2) cm below the inferior angle of the scapula.

Make sure athletes are in school issued uniforms. If necessary to access skinfold measurement points, female athletes should wear a sports bra. No one will be naked throughout the process.

**MALE TEST SITES:**

Abdominal  
Triceps  
Sub scapula

**FEMALE TEST SITES:**

Triceps  
Sub scapula

**PROTOCOL FOR STANDARDIZED ASSESSMENT:**

To insure valid and reliable assessment, the following general assessment protocol should be employed by the assessor, coach and athletes:

1. The coach will enter all team members into the OPC website.
2. The coach will print assessment data collection forms for each wrestler being assessed.
3. Athletes will have photo ID with them at the assessment.
4. Certified digital scales will be used for assessments.
5. Each school must provide the appropriate number of support personnel to assist in conducting the Wrestling Weight Management Assessment in a timely manner.
6. Athletes will pass the hydration assessment (Specific Gravity equal to or less than 1.025) prior to body density/fat assessment.
7. Once the assessment begins no weight loss methods may be utilized by the athletes.
8. An athlete maybe re-evaluated for the hydration at any time. Failure of the hydration test does not constitute an assessment.

The key to the success of the Wrestling Weight management Program will be our ability to standardize the assessment procedures to determine minimal wrestling weight.

**RESPONSIBILITIES of SCHOOLS in the MEASUREMENT PROCESS:**

1. The school is responsible for having a school district employee (non-wrestling coach) certified as an approved WIAA Wrestling Weight Management Assessor or contract an approved WIAA Assessor. The list of approved WIAA Assessors will be available on the WIAA and the OPC websites.
2. Schools using WIAA Certified Assessor will be required to have available at the time of assessment:
  - a. Data Forms.
  - b. Four adults (teacher, AD, parent, etc...) or student trainers who will:
    1. Assist with measuring body weight.
    2. Assist with the recording of data.
    3. Assist with urine specific gravity testing.

**Assessments shall not be conducted by any active wrestling coach at any level, or anyone associated with the wrestling program unless approved by WIAA staff.**

## **COSTS**

- A. All costs incurred for initial assessment, re-assessment, and WWWMP are the responsibility of the school or parent.
- B. Charges for Assessment may not exceed \$5.00 per person when schools contract with a WIAA Certified Assessor. Charges for regional testing sites may not exceed \$5.00 per person.

WIAA Certified Assessors are permitted to charge mileage at WIAA adopted mileage rate or a service fee of \$30 or less whenever travel is required to a location at which fewer than six wrestlers are to be assessed on any given date.

## **Violations**

**Any athlete who provides false information or falsifies any part of the wrestling weight management process will become immediately ineligible to participate for one calendar year from the date of determination of the infraction.**

**Any coach (or other individuals associated with the team) who provides false information or falsifies any part of the wrestling weight management process will be guilty of a rules violation and reported to the School Administration and appropriate league.**

## **WEIGH-IN REPORTS:**

### **Dual Match Competition:**

Each school will be required to present a copy of their current WIAA Weigh-in Form to the wrestling official and opposing coaches prior to the contest weigh-ins.

### **Tournament Competition:**

For regular tournaments and the initial postseason tournament, each school must provide the tournament manager a copy of their current WIAA weigh-in form. The Tournament Manager will be required to have available and present a copy of each participating schools weigh-in form upon request.

## **"TRAINING THE ASSESSOR"**

### **I. Training of New Assessors**

- A. Schools will nominate potential assessors to the WIAA. Nominated assessors may include physicians, registered nurses, licensed practical nurses, certified athletic trainer, physical therapist, physicians' assistant, nutritionist, health educator, exercise physiologist, or other school approved individuals.
- B. Each assessor candidate will be required to submit (or have submitted) a criminal history screening prior to acceptance into the program.
- C. The assessor will submit to training session and annual update education.
- D. The assessor will be subject to a random sample test to substantiate the quality of their measurements.

- E. The new assessor training will consist of working with a WIAA training facilitator, and then complete the online certification process.

## **II. Re-certification**

- A. Yearly assessor re-certifications will require completing the online certification process to begin on the First Monday of October.

## **III. Data Collection**

- A. The WIAA will provide all reporting forms.
- B. The assessor will conduct all body density and body fat percentage measurements.
- C. The school and assessor will work together/communicate to make sure the refractometer, cups or other approved instruments to conduct the urine specific gravity test or work with the contracted school to be sure appropriate testing supplies will be provided.
- D. The Assessor will input all data into the WIAA website within 48 hours of the assessment.