

## **Adopted Weight Management Program**

- 1) Each school would be required to certify minimum weights of all wrestlers and turn in the forms to the KHSAA.
- 2) Certification of Minimum Weight must be done between October 15 and December 15.
- 3) Forms must be required to be turned in on or before December 22.
- 4) Effective January 1, wrestlers for which there is no completed form on file become ineligible.
- 5) Minimum weight re-certifications must be performed by the same physician/medical professional.
- 6) Wrestlers not competing or practicing prior to December 15 establish minimum weight at time of first scale weight.
- 7) Minimum Weight Testing Requirements
  - a) Must be done by someone on approved list of Assessors
  - b) Each school will be solicited to name assessors.
  - c) Assessors may not be members of school coaching faculty in any sport.
  - d) Assessors must have medical background – by definition, employed in the healing and health care profession – Nurse, Doctor, Physical Therapist, Doctor of Osteopathy, Athletic Training Certified or others on list in regulation.
  - e) Lange or Harpendon Calipers must be used for the three skin fold measurements (two for females).
  - f) At start of testing, hydration level is tested using reagent strips. Reading of greater than 1.02 will result in automatic cancellation of test, and cannot be re-done for 48 hours. This test result would indicate dehydration at a level that cannot be permitted.
  - g) Measurements will be recorded and entered into spreadsheet for calculation.
  - h) Final spreadsheet will be sent to KHSAA via disk and/or email. This can substitute for forms as far as KHSAA requirement, but forms must be completed and maintained on file for parent and athlete permission on minimum weight.

IT IS IMPERATIVE THAT THE INFORMATION ABOUT THIS REQUIREMENT BE DISTRIBUTED TO ALL INVOLVED IN WRESTLING SO THAT NO ATHLETE IS DECLARED INELIGIBLE DUE TO A COACH'S FAILURE TO COMPLY WITH A RULE