



## NJSIAA Weight Certification Instructions

Updated October 2023

### General

The school district approved NJSIAA assessor is the only person allowed to perform weight certification. Coaches are prohibited from participating in, or being present at, weight certification. A school administrator is required to be present at weight certification to ensure that all procedures are followed. **Please note that hydration testing cannot occur without a school administrator in the bathroom to ensure the integrity of the testing.**

Weight certification may begin on November 1<sup>st</sup> of each year. Weight certification will remain open in Trackwrestling during the season and will close the day after the boys district tournament.

Prior to November 1<sup>st</sup> of each year, pre-testing may be conducted by an assessor, athletic trainer, nurse, or coach with school district approval.

**Girls wrestlers must be entered into the NJSIAA Trackwrestling girls season. Any girl planning to wrestle at a boys event must also be entered into the NJSIAA Trackwrestling boys season.**

### Training the Assessor

Persons eligible to be trained as an NJSIAA assessor include licensed physicians, registered nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, licensed dieticians and exercise physiologists. Coaches are not eligible to be trained as an NJSIAA assessor.

NJSIAA maintains a list of master assessors who are approved to train any eligible person to become an assessor – this list can be found on the NJSIAA website under the wrestling homepage. The training fee to become an assessor is \$75.00 and will be payable to the master assessor directly. It is the responsibility of the master assessor to notify NJSIAA once training is complete. NJSIAA will set up the assessor in Trackwrestling once notified by a master assessor.

Two or more schools may get together and use the same assessor(s) for weight certification. The recommended number of assessors per wrestler is:

1 – 20 wrestlers	One (1) assessor
21 – 50 wrestlers	Two (2) assessors
51 or more wrestlers	Three (3) assessors

An assessor may be subject to random sample tests to substantiate the quality and consistency of their measurements.

### Wrestling Scales

Wrestling scales must be certified before opening day. If the accuracy of a scale is ever challenged during a weigh-in, then the certified scale calibration certification must be made available. A one-point deduction will be imposed if a school fails to produce proof of certification.

### **Assessor's Responsibilities**

Assessor shall:

1. Conduct urine, height and weight testing.
2. Return Minimum Weight Certification individual form to the athletic director after completion of testing.
3. Coordinate and schedule dates, times, and appropriate locations for assessments.
4. Professionally conduct the assessments – ensuring to treat each student-athlete with respect, dignity, and honesty.
5. Ensure the availability of the proper equipment that is in good working condition before any scheduled assessment.
6. Complete the weight certification process by logging into Trackwrestling, clicking on alpha master, and changing the “P” to a “Y” after the Minimum Weight Certificate has been signed by the parent, head coach and athletic director.

### **Items Needed**

The following items are needed to ensure a safe and accurate weight certification.

1. BodyMetrix WR \*
2. Refractometer
3. Exam gloves
4. Paper cups (urine sample collection)
5. Stir straws/pipettes (urine droplets)
6. Food coloring or tidy bowl or dry urinal (protect urine sample)
7. Towels
8. Tissues (cleaning refractometer)
9. Tape measure (height measurement)
10. Right angle square (height measurement)
11. Extra rolls of thermal tape for readout unit
12. Masking tape
13. Clipboards
14. Pen, pencil and black marker
15. Stapler
16. Hand sanitizer
17. Disinfectant cleaning spray

\* The BodyMetrix WR does not require recalibration.

### **Body Composition**

The human body is composed 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.

### **Weight Assessment**

Prior to a scheduled weight assessment, the school should ensure an appropriate area has been set up to protect the integrity of the weight assessment. Volunteers should be provided as needed to assist with overseeing the student-athletes and ensuring they follow instructions – student-athletes should never be out of sight of school personnel. A member of the coaching staff cannot serve as a volunteer or otherwise be present during a weight assessment. It is recommended that the assessor meet with all volunteers prior to the start of the weight assessment to review the procedures and responsibilities of all involved.

Schools are responsible for soliciting parental consent prior to a student-athlete participating in their weight assessment. Student-athletes should plan to wear shorts, t-shirts, and socks during weight assessment.

The following procedures must be followed by all assessors:

1. Hydration levels
  - a. Measure hydration levels with a refractometer.
  - b. Urine-specific gravity readings may not exceed 1.025.
  - c. If the reading exceeds 1.025, then student-athlete must wait 24 hours before re-testing.
  - d. If the reading is at or less than 1.025, then proceed to body fat analysis.
2. Body fat analysis – use the BodyMetrix WR unit to determine body composition.
3. Height and weight measurement:
  - a. Height measurements should be rounded down to the nearest ½ inch.
  - b. Scales must be certified for use during both weight assessment and weigh-ins.
  - c. Weight must be recorded to the one-tenth decimal – rounding down to the nearest pound is strictly prohibited.
4. Minimum Weight Certificates – at the end of testing, individual forms are to be given to the school athletic director who is responsible for reviewing and soliciting signatures of the parent, head coach and themselves. Once each individual form has been reviewed and signed off by all three parties, the athletic director should return the individual forms to the assessor. The assessor will enter all data into Trackwrestling and indicate a “Y” that the individual form has been signed off by all three parties.
5. Minimum Weight Certificate – Team Form – once all weight assessments have been entered, then a completed team form must be filed with the principal prior to the start of the season. Updated team forms may be filed with the principal during the season when new student-athletes are entered into Trackwrestling.
6. **Once a weight assessment has been entered, it may not be deleted to allow a new weight assessment to be entered.** Student-athletes who are out with injury or ineligible to participate at the start of the season should wait for their weight assessment until they are closer to participating.

### **Weight Management Guidelines**

Acute dehydration and crash dieting can lead to poor physical performance and mental health issues. Studies have documented the adverse physiological effects of rapid weight loss – a decrease in maximum oxygen uptake and a reduction in maximal isometric strength.

Weight loss in wrestling must be based on the ability of the participant to lose weight in terms of total body fat rather than in body fluids. A minimum body fat of 7% in males and 12% in females is set as the lowest standard at which a wrestler is allowed to participate. A wrestler’s weight should be monitored during the wrestling season with regular weight checks.

Coaches should address weight management with parents and educate them on the importance of proper diet, proper hydration and weight control procedures.

Schools are encouraged to provide education and resources to their student-athletes and families on how to safely manage their weight during the wrestling season.