



CECIL COUNTY PUBLIC SCHOOLS

DIVISION OF EDUCATION SERVICES

GEORGE WASHINGTON CARVER EDUCATION LEADERSHIP CENTER

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Dear Wrestling Parent/Guardian:

The following information describes the weight certification procedures that will be used to determine a safe minimum wrestling weight for Cecil County Public Schools (CCPS) wrestlers. Additional information and forms referred to in this letter are available from the coach or on the CCPS Athletic Website.

Structure and Concept

The CCPS weight certification program is structured on regulations and guidelines established by the National Federation of High Schools (NFHS), the NFHS Medicine Advisory Committee, and the Maryland Public Secondary Schools Athletic Association (MPSSAA). An essential component of the program is establishing a safe minimum weight class for wrestlers using hydration testing and body fat analyses. Briefly, the current weight, height, and level of body fat are determined for each wrestler, and calculations determine the wrestler's weight if reduced to a 7% level of body fat (19% for females). The weight that corresponds to a 7% level of body fat is used to determine a safe minimum weight class.

Regulations

As proscribed by MPSSAA regulations, Maryland public school wrestlers must have their minimum weight class certified prior to their first match. This involves two steps. First, each wrestler must have a body fat analysis, which includes a determination of what the wrestler would weigh if he achieved a 7% level of body fat (19% for females). Second, a physician's signature is required to certify the wrestler's minimum weight class, based on the results of the body fat analysis. Wrestlers may not recertify to a lower weight class after their first match.

Measuring Body Fat: The Tanita TBF-300W (300W)

CCPS will use the Tanita TBF-300W (300W) to conduct body fat analyses of CCPS wrestlers. The 300W is used to conduct similar tests on wrestlers in many states and is endorsed by the NCAA as a means of calculating safe minimum wrestling weights. The 300W operates under the principle of bioimpedance.

Simply explained, the 300W sends a very small electric signal through the body, and the amount of time it takes for the charge to complete its circuit determines the amount of body fat. The quicker the circuit is completed the less body fat. The test takes approximately 10 seconds to complete. The individual simply steps on the scale, a small signal is sent, and the measurement is taken.

Importance of Proper Hydration

To ensure validity and accuracy, an individual must be properly hydrated prior to the body fat analysis. Otherwise, the test will indicate a higher level of fat than actually exists. Briefly, if a body is not properly hydrated, the electric signal is artificially slowed, resulting in a false reading. Accordingly, the hydration level of each wrestler will be determined immediately prior to the body-fat analysis. A wrestler must “pass” the hydration test before undergoing the body fat analysis. A sample of the wrestler’s urine is needed to conduct the test. It will be briefly examined exclusively for its level of hydration, and immediately discarded. It is not difficult for individuals to determine whether they are properly hydrated. Briefly, the more clear the urine, the greater the probability that they are properly hydrated. However, there are a number of factors that can influence an incorrect reading. These factors include coffee, consumed the night before or the day of the test, chocolate, and heavy exercise in the hours prior to the test. An information sheet is available on the CCPS Athletics Website or from the coach regarding proper hydration and recommendations on how wrestlers can ensure that they are properly hydrated for their body fat analyses.

CCPS Will Sponsor Body Fat Analyses/Weight Certification

CCPS will sponsor hydration tests and body fat analyses for wrestlers at no cost to parents. The tests will be conducted at one of our high schools. **The clinic will begin promptly at 6:00 p.m.** Wrestlers should wear gym shorts and t-shirts for the analysis. Wrestlers will be given a copy of the results of their analysis to take home to parents. Parents may accompany their child, but it is not required. Once a wrestler has successfully undergone the body fat analysis, a minimum weight class will be determined and verified by a physician present at the test site. The weight certification process is then completed. CCPS will retain a copy of the weight certification document.

Pertinent Forms / CCPS Athletics Website

All pertinent forms and additional information regarding the CCPS Wrestling Weight Certification Program are available on the Cecil County Public Schools Athletics Website, or from the coach. Pertinent forms and additional information include *Parent Permission Form*, *Frequently Asked Questions: A Guide for Parents and Wrestlers*, and *Wrestlers’ Weight Certification Hydration Tip Sheet*.

Parent Consent

Parents are asked to do two things. **First**, parents are asked to sign a parent permission form allowing their son or daughter to have their weight certified by CCPS (form available on the CCPS Athletics Website). CCPS will not perform the weight certification process/body fat analysis unless the wrestler has a signed parent permission slip. The wrestler must bring the signed parent permission form and a student ID to the testing facility. **Second**, parents will need to have their child at the testing site (North East High School) at 6:00 p.m. Since many schools have arranged for transportation, it is recommended that parents call the wrestling coach or athletic director to see if transportation arrangements have been made.

Determining the Minimum Certified Weight Class

The attending physician will certify each wrestler at the weight class that corresponds to the wrestler’s projected weight at a 7% level of body fat (19% for females). In many instances, a wrestler’s projected weight at a 7% level of body fat will fall between two weight classes. If the projected weight is within two percent (2%) of the lower weight class, the attending physician may “round down” and certify the wrestler at the lower weight class. Otherwise, the physician will “round up” and certify the wrestler at the higher of the two weight classes. This decision will be based on the judgment of the attending physician. Wrestlers may not certify for a weight class more than 2% below their projected weight at a 7% level of body fat (19% for females).

Appeal

Parents who choose to appeal the CCPS-sponsored certification must do so **before the first match**.

If the attending physician chose not to “round down” and certify a wrestler to the lower of two weight classes, and the wrestler’s projected weight at a 7% level of body fat (19% for females) is within 2% of the lower weight class, the wrestler’s family physician may do so if he or she feels that it is safe for the wrestler. This certification from the family physician must be submitted in writing, with acknowledgment of the results of the body fat analysis. Weight certification below a 2% margin will not be allowed.

Nutrition Education

An extremely important component of the CCPS and MPSSAA weight certification program is to provide nutrition information to wrestlers, parents, and coaches. Medical evidence supports that reducing weight to a 7% level of body fat (19% for females) is the minimum to which a high school athlete should aspire. However, the manner in which wrestlers reduce and maintain weight is a potential matter of concern. The nutrition information provided on the MPSSAA website (www.mpssaa.org) is adapted from the California High School Athletic Association’s nutrition education program. The information is specifically designed to provide wrestlers and parents with information on how wrestlers may attain and maintain an appropriate body fat level while maintaining maximum strength and energy. Wrestlers and parents are strongly encouraged to access this information on the MPSSAA website (www.mpssaa.org).

As a final reminder, please remember that reducing to a 7% level of body fat (19% females) is not necessarily recommended, but rather, it is a minimum. In fact, the large majority of high school wrestlers compete at a weight above a 7% level of body fat. **In no way is CCPS recommending or endorsing that a wrestler reduce to a weight that corresponds to a 7% level of body fat.** Instead, if in the opinion of a medical doctor and a wrestler’s parents, a 7% level of body fat is safe and appropriate for a wrestler, then the wrestler may reduce to a corresponding weight classification.

Thank you in advance for supporting our efforts to attain the highest degree of safety for your child.