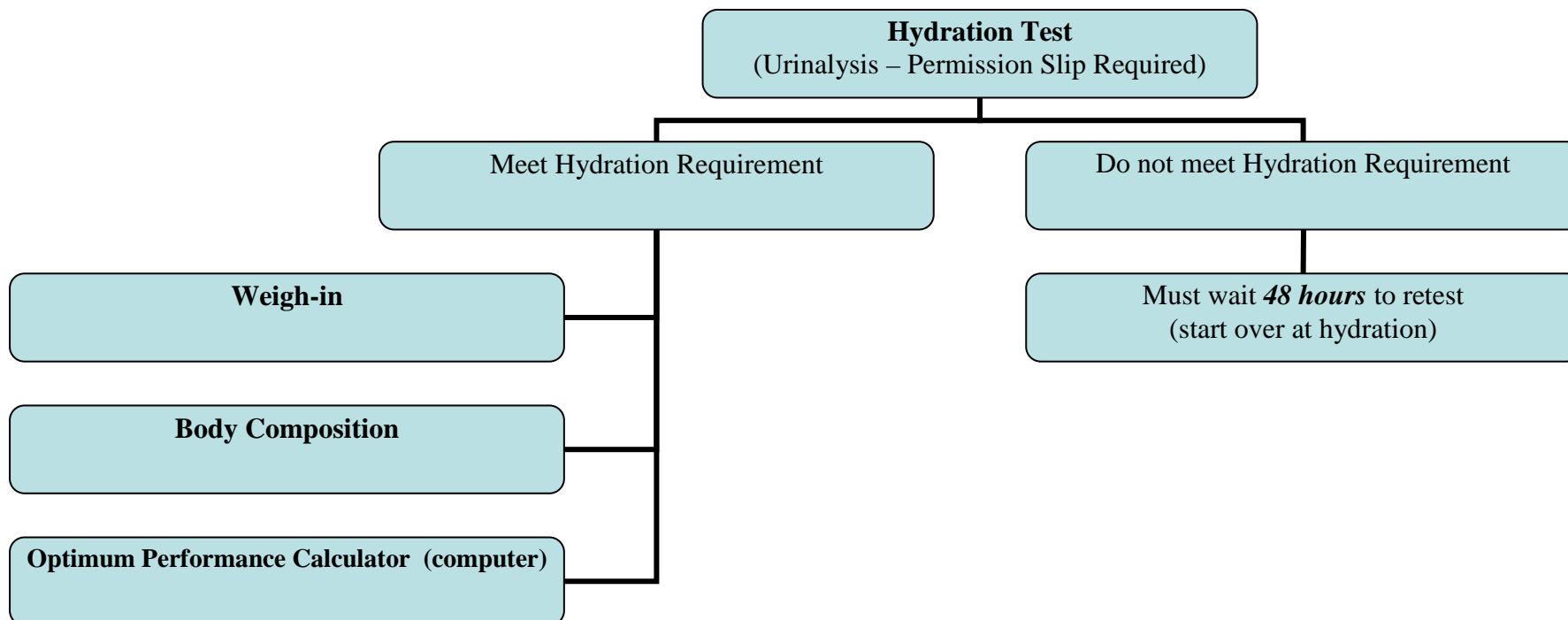


NFHS/OHSAA WEIGHT MANAGEMENT RULES 2018-2019



WEIGHT MANAGEMENT SUMMARY (WHAT IT'S DOING):

1. Determine a MINIMUM WRESTLING WEIGHT (your weight @ 7% body fat) – wrestlers may not go below 7% body fat.
2. Based on # 1, the MINIMUM WEIGHT CLASS you can wrestle.
(example: MWW = 131.39 – your MWC is 132 pound weight class)
3. Descent plan – losing no more than 1.5% a week, how long will it take you to get to your MWW (and MWC).

*NOTE – if your body fat % is less than 7% at the time of the test, your weigh-in becomes your MWW and MWC
(example: you pass hydration, step on the scale at 135.5 at 6% body fat. Your MWW = 135.5 & MWC = 138)*

FAIRMONT WRESTLING WGT. CERT. – Wed. 11/21/18 @ 8 a.m.

OHSAA WRESTLING WEIGHT CERTIFICATION

WEDNESDAY 11/21/18
@ Kettering Fairmont High School
8:00 A.M.

Getting Prepared for the Test – According to the OHSAA

Athletes should be given the following set of instructions in order to maximize the chances of a successful testing session:

WEEK OF CERTIFICATION:

❖ **MONDAY-WEDNESDAY**

Avoid any caffeinated beverages on the day before and day of the testing.

Avoid medications and any vitamin or mineral supplements two days before and the day of testing.

(Note – if the medication is absolutely necessary, obviously, you can take it)

❖ **TUESDAY NIGHT / WEDNESDAY MORNING**

No vigorous activity on the evening before and the day of the testing.

❖ **UPON WAKE-UP ON WEDNESDAY MORNING**

Be awake 2-3 hours prior to testing (6:00 a.m.'ish)

Urinate upon waking + immediately drink 16 oz of water.

Do not eat two hours prior to testing.

Upon arrival at 7:30 am, drink 16 oz of water (supplied by Coach Baxter).

❖ **WRESTLERS SHOULD REPORT IN “WEIGH-IN ATTIRE”**

T-shirt and shorts

WGT CERT 2018

MONDAY 11/19/18 & TUESDAY 11/20/18

Hydrate by drinking 32 oz of water throughout the day, following our practice.

(no pop or juice – water only!)

(avoid medication & vitamins, unless you absolutely have to consume them!)

WEDNESDAY 11/21/18

6:30 – Wake-up / Urinate / Drink 16 oz of water

7:30 – Arrive @ Fairmont High School / Drink 16 oz. of water (*provided*)

8:00 – Test (Hydration/Urinalysis – Record Weight – Body Composition)

8:45 – Eat (parent club provides breakfast sandwich & juice)

Mat Setup / Taping / Mopping (may be moved to a time before we eat!)

10:00-12:00 – Scrimmage

(West Gym/Experienced & Wrestling Room/Beginners)

Mat Clean-up / Quick Team Meeting