NIAA WEIGHT MANAGEMENT PROGRAM
ASSESSORS GUIDE
2026-2027

The primary purpose for this program is to ensure the future and safety of scholastic wrestling programs in the State of Nevada. It has been developed in response to the concern for guidance of young wrestlers as they make decisions about diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly to gain a perceived advantage over their opponent. The program is designed to assist in avoiding potentially harmful rapid weight reduction practices utilized to achieve specific weight class participation.

COMPONENTS

The program consists of three parts:

1. The Nutrition Education Program
2. The assessment
3. Educational program for coaches, wrestlers, and parents

This manual addresses the assessor "in-service" and the assessment aspect of "program" but it is important that you, the assessor, are aware of the nature of the total program. Coaches, parents, and administrators will ask questions about the program as you deliver the service of assessments, so it will be important to become aware of its total implications. Information has been provided throughout the manual to assist you with background information. Of specific interest are the materials from such organizations as the American College of Sports Medicine and other such influential groups. Articles from professional periodicals that support the assessment process, and the program are particularly helpful since they provide research, scientific and empirical information.

IN-SERVICE EDUCATION AND REGISTRATION

This in-service education program is designed to identify, select, and register individuals capable of representing the NIAA as "Assessors" for the regulatory aspect of the program. Those qualifying as "Instructors" will also be registered as "Assessors". All prospective assessors are required to attend an annual in-service or be certified by a lead assessor.

PROFESSIONAL RESPONSIBILITIES

When an individual registers with the NIAA as an "Assessor," there may be a certain level of apprehension as to the level of professional responsibility associated with this title. There are professional and ethical conduct expectations when performing assessments. These student-athletes should be treated with the highest regard for their "right to privacy" and for the confidentiality of all data collected on them for this program. As a NIAA registered assessor you are expected to conduct yourself in a manner such that there will be no questions about your positive contribution of the participants in the sport of wrestling. There will be times when professional judgment will be involved to clarify and validate the assessment process; the greater the depth of your understanding of body composition assessment, the more able you will be to represent the NIAA and the program.

ASSESSMENT FOR NEVADA PROGRAM

A key to the success of this program will be our ability to standardize the assessment procedures and the calculations which determine minimal weight. This section is directed specifically to the method and procedures for assessment for the Nevada Weight Monitoring Program.

STANDARD INSTRUMENTATION

Bioelectric Impedance = Tanita TBF Professional model 300W or 300WAplus (NIAA approved models)

ASSESSMENT PROTOCOL

TIME PERIOD FOR MEASUREMENT

Assessments may begin on **November 1st**. Wrestlers may be measured any time on or following this date to establish the "ALPHA" weight (weight and associated % Body Density at the time of initial assessment for the school year). All wrestlers, including those coming out late (after the beginning of the season) must have their minimum weight class established prior to competing. Coaches will be provided with a password to access the "Alpha Master" results within three working days. It is the school's responsibility to contact an approved "Assessor" from the list posted on the NIAA website.

THERE ARE FOUR PARTS TO THE ASSESSMENT

HYDRATION REQUIREMENT

Specific gravity assessment of the urine will determine whether a candidate may participate in the measurement process. If the wrestler has a specific gravity above the predetermined level, he/she may NOT be assessed for body composition. This is simply a pass/fail assessment based on a specific gravity level equal to or greater than 1.025g/ml. It is up to the Assessor to administer this test with assistance from the school.

HEIGHT MEASUREMENT

It is very important that an accurate measurement take place. Accurate to the nearest ½ inch. (1/4" round up/down to the next highest 1/2")

BODY DENSITY / WEIGHT ASSESSMENT

Those meeting the specific hydration requirement and after the height measurement will proceed to the area where the Tanita assessment for body composition will be done. This area should be controlled so the Assessor can concentrate on the accuracy and communication of scores to the recorder. In addition, the setting should allow privacy for the subject and confidentiality of the recorded information.

Appeals / Reassessment *Note: See the discussion at the end of the manual*

The wrestler may appeal his/her body composition measurements **one time** by reassessment. The reassessment will be done using the same procedures as those used during the original assessment. Within 14 calendar days, starting the day after the Alpha date, The wrestler's coach must apply for reassessment to the weight management director (Dave Nevin – Northern, Jimmy Guerino Southern regions The director will provide the reassessment form to the wrestler. The assessor will send the new reassessment as an **appeal** to the weight management director (Dave Nevin – Northern, Jimmy Guerino – Southern regions), who will evaluate the appeal and then put it into the OPC. With all reassessments, the wrestler **MUST** have an authorization from the weight management director, who will send the wrestler's coach the form for the appeal reassessment to be done:

Physician Clearance

To remove the "**Not Eligible Until Cleared By a Physician"** statement that is automatically placed on the Alpha Master when a wrestler is assessed below the 7/19% level, follow these procedures: When you receive the **Physician Clearance Form** back from the wrestler, check and see if the Physician is allowing the wrestler to wrestle at their alpha weight. If the (B) choice is circled then input the original data, including the date as an appeal for that wrestler. This will put the wrestler's name on the Alpha master again with the statement that the wrestler has been cleared by a Physician and is eligible. If the doctor mandates that the wrestler wrestle at the 7%/19% weight, then you must figure out what that is and input it as an appeal with the original date.

NIAA Wrestling Weight Assessor Testing Procedures

1. Information is provided to each NIAA wrestling coach via e-mail and the Wrestling Policy Manual prior to the assessment date. Coaches should download the **Parent Release Form**, the **Individual Profile Form**, and the **Staying Hydrated For Top Performance** flyer that can be downloaded from the NIAA website. Team rosters MUST be entered into TrackWrestling prior to the assessment. Each wrestler must be informed of the importance of hydration and be provided with both the parent release and individual profile forms.
2. Confirm assessment date with the school's wrestling coach **one week prior** by phone or e-mail.

At the site

1. Confirm "Parent Release Form" for each wrestler and keep to the end of the year.
2. Attach the Release Form to the Profile Form.
3. Have each wrestler carry the Profile Form with him/her during testing.

NOTE: Explain to the wrestlers and coaches that any attempt to/or circumventing (Cheating) the testing procedures will result in suspension for the wrestling season.

HYDRATION TEST

1. Collect the profile forms and provide a urine sample cup to only those wrestlers who are providing samples.

2. Three wrestlers at a time provide samples (athletes **MUST** report to assessment in <u>"weigh-in" shorts or singlet attire only).</u>

<u>Monitoring</u> this process is a part of the Assessor's responsibility. <u>Make certain that each wrestler is tested individually to prevent urine exchange or the addition of water to the urine</u> (this is an area where the right to privacy must be respected). If an athlete needs to use a stall with the door closed Warn the wrestler any attempt to cheat will eliminate them from wrestling for one year. Instruct the wrestler to fill the cup mid-stream. (Release a small portion of urine prior to filling the cup) All urine samples must remain in a controlled environment with the wrestler.

3. Have the wrestler hold the full cup until you are ready to test the sample with the refractometer. Follow the instructions of the refractometer and put a small amount of sample into the small cup of the meter and push the test button; test for "Specific Gravity" (for **<u>1.025</u>**, or lower). Note **pass or fail** on "Individual Profile" work forms and on **<u>wrestler's hand</u>**. Any handler of the samples other than the wrestler should be wearing gloves. Have the wrestler dispose of samples in the toilet with cups placed into a proper container.

4. When using an electronic refractometer: Assessors must use gloves, place the wrestler's sample in the unit, and have the wrestler dispose of the remaining sample in the toilet and the cup in a trash can. After obtaining a reading, the assessor must dispose of the sample, clean the unit and ensure that the unit is dry before testing the next sample.

Note: See the instructions on the sheet titled "Hydration testing" if you have questions.

Height

1. Obtain the wrestler's height to the nearest ½". (1/4" will round up to the next highest ½")

2**. Method of test**. Using a measuring tape that is taped to a wall, have the student athlete stand with bare feet, buttocks, back, shoulders and heels against the wall ensuring that the wrestlers knees are straight and no bending is taking place. Using a carpenters square which is flush on the wall and touching the head, record the exact height of the athlete. It is very important that an accurate measurement take place.

BODY DENSITY / WEIGHT ASSESSMENT

Those meeting the specific hydration requirement and after the height measurement, the wrestler will proceed to the area where the weight measurement and assessment for body composition will be done. This area should be controlled so the Assessor can concentrate on the accuracy and communication of scores to the recorder. In addition, the setting should allow privacy for the subject and confidentiality of the recorded information.

Method of test The assessor will put down a damp towel that the athlete will wipe their feet on just before they step on the scale.

1. The assessor will input the individual profile data into the Tanita console.
2. The athlete will step on the scale and after the calculations have been computed and are displayed the athlete will step off. Record the wrestler's weight and body fat %. Print the results and attach to the profile form. *
3. If the athlete is below 7%/19% body fat, hand the *Physician Clearance Form and Parent information sheet* to the athlete. Have the athlete and his/her coach sign the profile form stating that they have received the "notice to the parents" and have agreed to give it to them.
4. Complete calculations, Fill in final data forms on NWCA/Track Wrestling web site using the individual schools password. **Adjustment of the lowest minimum weight by 2% will be calculated by the web site** (only if the body fatness percent is above 7%/19%). If the body fatness is below the 7%/19% level the web site will put on the alpha master that the wrestler must have a physician clearance to wrestle. Fill out the physician clearance form and hand it to the wrestler along with the letter to the physician and parent. The clearance form must be returned to you so that you can re-enter the data as being cleared before the wrestler can compete. Check the form to be certain it is complete and accurate.
5. Retain the individual profile forms until the season is over.

*note - Having the printed results of the assessment will verify that the data input to the OPC is accurate if there is any question later.

Assessor Supplies

Personal protection supplies
Black pen, pencil, and black marker
Disinfectant Cleaning Spray
Rubber gloves
Urine sample cups
Spray bottle with fine mist
Masking tape
Rinse bottle
Tanita TBF Model 300W or 300WAplus
Hand Sanitizer
NIAA Weight Monitoring Manual
Hydration Test Strips
Towels (to clean feet)
Tape measure
Right angle square

The Program calls for the assessment of all the wrestlers in the State of Nevada before competing. Given the methods to accomplish this task the appropriate choice is Tanita TBF assessment. There has been more work done to establish population-specific methods, procedures, and calculations with the Skinfold method than with any other method. Standardization of procedures and taking the "Human Element" out of the measurement process is a major factor in the control of validity and reliability. This can be best accomplished, to ensure accurate reproducible and fair results in a controlled environment, through the Tanita assessment procedure.

All NIAA certified assessors can and should become familiar with the Trackwrestling/Flo Sports website and practice inputting the data and then retrieving the alpha list as well as the weight loss plans for the individual test wrestlers that you put into the website.

Included in your assessor mailing are instructions from Track Wrestling for assessor training and protocol. This will help you in the use of the OPC program

TERMS

1. **TOTAL BODY WEIGHT** (TBW) = weight of the body on a certified, calibrated scale.
2. **BODY DENSITY** (BD) = the mass of the body per unit of volume. (The fat free component is assumed to have a density of 1.100 gm/cm3. The mass of fat is considered to be about. 90 gm/cm3).
3. **PERCENT BODY FAT** (%BF) = the proportion of total body weight that is fat weight and expressed as a percentage. %BF = (TBW-LBM) / (TBW) x 100
4. **LEAN BODY MASS** (LBM) = the weight of the lean tissue of the body such as muscle, bone, and blood. The weight of the body without the fat weight. LBM = TBW-FW
5. **FAT WEIGHT** (FW) = the weight of the fat tissue of the body. Includes both essential and stored fat tissue. FW = TBW x %BF
6. **MINIMUM WRESTLING WEIGHT** (MWW) = the lowest weight at which a wrestler may compete, determined to be 7% body fat for the Nevada Wrestling Monitoring Program.
7. **IDEAL BODY WEIGHT** = a body weight selected for a specific individual or group based on both empirical and scientific evidence that provides an optimum level of performance.
8. **MINIMUN WEIGHT** = a body weight selected for a specific individual or group based on a specific percent body fat. A minimal, but not necessarily ideal or optimum body weight.

9. **REGRESSION EQUATION** = equations which express the relationship (based on correlation) between the criterion measure (GOLD STANDARD) and the prediction measure. In Skinfold assessment these are determined for specific combination of sites, and specific populations.
10. **POPULATION SPECIFICITY** = the attempt to make prediction calculation (equations) on representative subjects from specific groups of individuals, the results of which are intended to be applied to similar, larger population. In Skinfold assessment for body composition the important specific factors are sex, age, national origin, maturation and hydration.
11. **BIOLOGICAL VARIABILITY** = variation which will contribute to error due to factors as hydration and deposition.
12. **TECHNICAL VARIABILITY** = variability which will contribute to error due to such factors as lack of standardization of procedures among assessors.
13. **RELIABILITY** = reproducibility, the consistency and dependability of a measure. >.9 with experienced assessors. Increases with fewer sites and monitored practice.
14. **VALIDITY** = degree to which an assessor obtains an accurate measure. How well the group being assessed matches the group from which the regression equation was obtained. Dependent upon: age, activity level, population specific, body composition status.

Nevada Interscholastic Athletic Association
Wrestling Minimum Weight Program
-Hydration Testing-

Attention: Hydration Test Administrators

Testing to determine a wrestler's hydration status as part of a minimum competitive weight certification process has been increasingly embraced by the sports medicine community, as well as sport governing bodies (NFHS, NCAA), coaches and various other athletic associations in recent years.

In part, due to the physical developmental stage of adolescent wrestlers, along with both the immediate and lifelong benefits of healthful nutrition habits, hydration testing is a key component in helping wrestlers, parents, coaches and administrators determine a safe and healthy minimum weight for high school wrestlers.

TESTING HYDRATION STATUS

Note: Hydration testing **MUST** be done immediately prior to the actual taking of measurements and at the same site where the measurements will be taken.

Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from assessment requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. **If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025), measurements are not to be taken**. Testing must be rescheduled for a different time when the wrestler is properly hydrated…**NO SOONER THAN 24 HOURS.**

OBTAINING A SECURE URINE SAMPLE

To assure an appropriate urine sample has been collected the following procedures are required.

Area: a bathroom with toilet or urinal can be used by the wrestler to provide a urine sample. The determination of specific gravity can be completed in another area, but a means of appropriate disposal of the urine must be available.

Safety: use gloves when measuring the urine and appropriately dispose of the urine in toilet. Place cup in hazard collection system.

Collection container: paper cups of sufficient size to provide a 20-30 ml urine sample can be used by the wrestler to collect the sample.

Collecting the urine sample: school personnel must ensure that the wrestler has provided a sample of their own urine. **Reasonable supervision is key.** Normally one to three wrestlers can be supervised at one time in an open area. After, the urine is warm by feel in the collection container. If the urine is cold, reject that sample and require the wrestler to provide another sample under close supervision.

To further ensure a secure sample is collected, water faucets may be shut off and/or Red dye may be added to toilet bowls.

VOLUNTEERS CAN HELP WITH THE TESTING

1. It is recommended this person be a nurse, medical technician, athletic trainer, or person with similar training. Your school nurse or a biology or health teacher can also do the hydration test.
2. Coaches are **not** to do these tests.
3. Assessors **MAY** agree to test one or two athletes on a follow-up visit at a school or if an athlete goes to a clinic to be measured.

TESTING THE SAMPLE

It is acceptable to use either a Refractometer or Hydrometer for testing purposes. Whichever instrument is chosen, carefully follow directions for its use, to ensure an accurate reading.

Note: A Refractometer must be accurately calibrated prior to use.

SPECIFIC GRAVITY 1.000□ 1.005□ 1.010□ 1.015□ 1.020□ 1.025☒ 1.030□

If the wrestler passes the test, darken the PASS box on the Individual Profile form (only after they have printed their name on the form). **Sign your name on the line provided**. This will be required by the assessor before measurements will be taken.

If the wrestler fails the test, they will have to be retested at a later date. The wrestler is required to wait a minimum of 24 hours before retesting.

Note: Urine testing should be completed within one hour after voiding. If testing cannot be completed within one hour, another sample must be taken.

Forms

Individual Profile Form

Parent Permission /Consent for Urinalysis

Letter to Parent of Wrestler less than 7% BF

Letter to Physician

Physician Clearance Form

You will need to download the "*Letter to the Parent,*" and the "Letter to *Physician," and the "Physician Clearance Form*".

Make a few sets of these to give to the wrestlers who have low body fat of 12% buys 19% girls.

Nevada Interscholastic Activities Association
WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM

Parental Permission Form: *yes*_____ *no* ____ *If no* ***do not assess wrestler***
Please complete (PRINT) to (x x x) line.

Type of Assessment: Original _____

Name:_____ Grade: _____
First MI Last

School: _____

Gender: M / F Age: _____ Birth date: _____

Desired Weight Class: _____

x x x

DATA COLLECTION

Urinalysis: Specific gravity of urine: _____ Assessor: _____

Indicate: pass or fail
Must be 1.025 or lower for testing to continue

Height: _____ Weight: _____ lbs.
Nearest ½"(round up or down)

Tanita TBF body fat percentage *_____

NIAAWMP Assessor:_____

Date: _____

- **Any wrestler measuring below 7% body fat (12% female), must be given the Parent Information Form on Health Risk from low body fat percentage and Physician's Clearance Form**

Received Forms:

_____ _____

Signature of wrestler **Signature of coach**

Nevada Interscholastic Activities Association
PARENTAL PERMISSION/CONSENT FOR URINALYSIS

NIAA adopted a weight control program for Nevada high school wrestlers. The program has two basic components: 1) A nutrition education dimension and 2) the establishment of a healthy minimum weight for each wrestler.
Tanita measurements are used to predict (on a scientific basis) the lowest healthy weight for wrestlers. The program requires each male wrestler to maintain at least 7% body fat and females 19% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 19% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and 2) the amount of weight that can be lost.
The first step of the testing is a urinalysis, which is required to determine the athlete's hydration level. Proper level of hydration is important to provide an accurate measurement of body fat percentage. Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025) measurements will not be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. NO SOONER THAN 24 HOURS.

I hereby grant the NIAA and it's agents permission to perform a urinalysis on my self/son/daughter for the purpose of determining the hydration level to properly determine an accurate skin fold measurement. I understand that the NIAA accepts my self/son/daughter on their willingness to participate.
In becoming a participant in the program I understand that my self/son/daughter will agree to the following:

1. A bathroom with a toilet or urinal will be used by the wrestler to allow the wrestler to provide a urine sample for testing.
2. Use of gloves by individuals when measuring the urine and proper disposal of said urine will be mandatory.
3. School or NIAA personnel will be present (female to female, male to male) to ensure that the wrestler has provided a sample of his or her own urine.
4. Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
5. Urine collection cups will be properly disposed of following single use.

I hereby agree to release, discharge and forever hold harmless the NIAA and its agents from any and all claims, which I might now, or hereby have with respect to the urine testing I am consenting to herein. I am free to deny any consent for my self/son/daughter both now and at any point during the testing.
I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the urine testing procedure my self/son/daughter will be engaged. I accept the risks. Knowing these, having had an opportunity to ask questions which have been answered to my satisfaction, I consent and give permission for my self/son/daughter to participate in the urinalysis.

_____
DATE

NAME OF ATHLETE:_____

SIGNATURE OF ATHLETE: _____
(if over 18 years old)

NAME OF PARENT/GUARDIAN:_____

SIGNATURE OF PARENT/GUARDIAN:_____

Nevada Interscholastic Activities Association
Physician Clearance

Wrestler Body Fat Allowance

This form must be returned to the original assessor and the wrestler data posted on the team's "Alpha Master" ***before*** *the wrestler can compete*

Any Male wrestler whose body fat percentage at the time of measurement (Alpha Date) is below 7% must obtain in writing, by a licensed physician (M.D.,D.O., Physician Asst., Nurse Practitioner), stating that the athlete is ***naturally*** at the sub 7% body fat level. In case of a female wrestler a written physician's clearance must be obtained for the female athlete is ***naturally*** at the sub 19% body fat level. This clearance is for one season duration and expires at the conclusion of that season.

MUST BE COMPLETED BY ASSESSOR:

Wrestlers name: _____ Grade_____

School: _____

ASSESSMENT DATA

Alpha Date: __/___/___ Alpha Weight_____ Body Fat % ____

Option"A" (Alpha Weight) Class eligible _____ Option "B" (7%/19% BF) Weight Class Eligible _____

MUST BE COMPLETED BY PHYSICIAN:

Circle "A" or "B" Weight at time of exam _____

A. Alpha Weight Eligibility. Wt Class_____ The wrestler named has received clearance as provided by the Nevada Weight Management Program to ***Participate*** at a weight class **not** lower that his/her Alpha Weight (weight listed above) qualifies the wrestler for, which is below the 7% (male) or 12% Female minimum body fat allowance.

B. 7% Weight Eligibility. Wt. Class _____ the wrestler named must wrestle at the weight class that which meets or exceeds the 7% of 19% body fat minimum requirement.

PHYSICIAN'S SIGNATURE _____ DATE: ___/____/____.

ADDRESS _____ CITY _____ STATE _____

Parent signature: _____ Date: _____

Assessor signature: _ _____ Date: _____

Assessor: e-mail

NOTE: this form is the only document accepted as a "physician Clearance". Mail or fax this form to the original assessor (listed above). The wrestler may not compete until this form has been returned to the assessor and the wrestler's name appears on the team's "Alpha Master". Assessor must forward copy to Weight Management Director

Math to figure the 7%/19% wrestling weight class.

Method of finding 7%/19% weight class.

Weight classes for Boys:
106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.
Weight classes for Girls:
100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170,1 90, 235

The math is fairly simple.
For option A the alpha weight determines the weight class.
Example. Alpha weight is 119 with a body fatness of 5.5%. The lowest weight class eligible would be 120lb.
For option B you must figure what the 7% weight is for the wrestler.
Example. Alpha weight is 119 with a body fatness of 5.5%.
Find the lean body weight of the wrestler (0 fat weight).
5.5% times 119. (.055 X 119 = 6.5lb)
119 – 6.5 = 112.5 lean body weight.
112.5 (lean body weight) times 1.07 will give you the 7% body weight. (112.5 X1.07=120.37lb). The weight class would be 126 for the wrestler if the physician select the 7% level.

If the physician selects the 7% level you must send me the results, and the Weight Management Director will change the data on the OPC.

APPEALS

There has been some confusion on the procedures that we must adhere to as assessors and the requirements that the wrestler must also follow to have a successful reassessment. Hopefully this discussion will clarify this procedure.

The rule states that the wrestler has 14 calendar days to reassess starting the day following the original assessment. The wrestler can have only one reassessment.

The wrestler is encouraged to use the same assessor, but he/she does not have to.

The wrestler **MUST** bring with him/her an appeal form which the coach of the wrestler can get from the Nevada Weight Management Director. This form will have the original assessment and areas for the entry of the new data from the appeal assessment. The reason that this must be done is that you as the assessor, need to be aware of the original data, such as the height and age that the OPC program will not allow to be changed. Remember that the reassessment has the same procedures and tests of the original assessment.

The weight loss rule for the time period between the original assessment and the reassessment is as follows. The wrestler must adhere to his/her individual weight loss plan as far as weight loss. I.E. they cannot lose more than 1.5% of their Alpha weight figured daily (1.5%/7Xnumber of days). That weight is listed on the wrestler's individual weight loss plan on the OPC. If the wrestler is outside his/her weight loss plan the appeal will still be accepted if their body fatness does not drop.

After the reassessment, you will send vie fax or e-mail the appeal form back to the Weight Management Director to input into the OPC as a denied or allowed appeal.