FHSAA™
WRESTLING

Handbook for
Wrestling Assessors

FHSAA™
Acknowledgement

This handbook is a compilation of information found throughout various websites as well as the Florida High School Athletic Association's (FHSAA) Wrestling Manual. The National Wrestling Coaches Association (NWCA) website has many resources available for coaches, athletes, parents and assessors. NWCAonline.com is also the home of the Optimal Performance Calculator (OPC). The National Collegiate Wrestling Association (NCWA) also has valuable information online. This website can be found at ncwa.net.

The FHSAA can be found online at FHSAA.org. A current list of available Assessors and Master Assessors can be found at www.fhsaa.org/wr/assessors/htm.

Handbook compiled by:

Michele C. Benz, LAT, ATC, CSCS
Miami Palmetto Senior High School

Jeremy R. Parker, LAT, ATC
Coral Reef Senior High School

Monica C. Vargas, LAT, ATC
Miami Killian Senior High School
Table of Contents

1. History
   Pg. 4
2. Program Design
   Pg. 6
3. Equipment
   Pg. 10
4. Implementation Guidelines
   Pg. 13
5. Program Implementation
   Pg. 16
6. Optimal Performance Calculator
   Data Input
   Pg. 23
7. Appeals Process
   Pg. 29
8. Helpful Links & Contacts
   Pg. 32
9. Helpful Forms
   Pg. 34
HISTORY
The FHSAA Wrestling Weight Monitoring Program has been established to ensure the future and safety of scholastic wrestling programs in the State of Florida. This program has been developed in response to the concern 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. This program is designed to allow wrestlers the opportunity to compete in the sport without the potentially dangerous side effects of rapid weight reduction.

It is important for coaches to realize that the use of sweat boxes, rubberized weight reduction suits, saunas or any similar process that induces excessive sweating is strictly forbidden by the National Federation of State High School Associations (NFHS wrestling rule 4-4-3) and the NCAA.
Program Design
**TIME TABLE:**

- Initial assessments must be completed annually.

- Assessments may begin on the first practice date allowed by the FHSAA.

- Wrestlers **MAY NOT** compete until they have successfully participated in an initial assessment and their name and data are included on the school's Alpha Master Form generated by the National Wrestling Coaches Association Optimal Performance Calculator (NWCA-OPC).

- The week prior to the District Tournament is the deadline to establish a certified minimum wrestling weight class for all athletes including those coming from football.

- All wrestlers, including those coming out late, must have their minimum wrestling weight class established prior to participation in a regular season contest (dual meet, tri-meet or tournament). Pre-season classics occur before the start of the regular season.
**TESTING METHODS:**

The minimum weight certification program has two major parts, hydration testing and body composition assessment.

**HYDRATION TESTING:**

Hydration testing is done in order to ensure that the percentage of body weight and fat are calculated in a hydrated athlete. This testing must be done PRIOR TO the body fat assessment test.

The specific gravity of the urine sample will determine if a candidate is adequately hydrated. A specific gravity result of **less than 1.025g/ml** is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a **minimum** of 48 hours in order to be retested.

Testing may be done by either using reagent strips or a refractometer. See section 3 on equipment for more details.

***White arrow indicates a hydrated (PASSING) reading below 1.025g/ml.***

---

**Reagent strip color chart:**

<table>
<thead>
<tr>
<th>StoneGuard™ II Specific Gravity Colors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.000</td>
</tr>
</tbody>
</table>
BODY FAT ASSESSMENT:

Body fat assessment will be evaluated through either bioelectrical impedance or skinfold measurement. The athlete’s height must be taken prior to the body fat assessment.

*ONLY MEASUREMENTS TAKEN BY PERSONS WHO ARE CERTIFIED FHSAA ASSESSORS WILL BE ACCEPTED*

The establishment of a certified minimum wrestling weight class based on seven percent (7%) body fat for males or twelve percent (12%) for females is required for all high school wrestlers.

The lowest weight class a wrestler may compete at will be determined as follows:

1. If the certified minimum weight, at seven percent (7%) or twelve percent (12%) body fat, is exactly that of one of the adopted NFHS weight classes, that weight shall be the wrestler’s minimum weight class.

2. If the certified minimum weight at seven percent or twelve percent body fat is less than on half pound from one of the adopted weight classes that weight class shall be the wrestler’s minimum weight class.

3. If the certified minimum weight, at seven percent or twelve percent body fat is greater than or equal to one half pound from one of the adopted weight classes, the next higher weight class shall be the wrestlers minimum weight class.

Wrestlers that fall below the established minimum body fat percent must obtain clearance IN WRITING from a licensed physician (MD or DO) stating that the athletes assessed body fat is at an acceptable level. The clearance is valid for one season and expires March 15 of each year. These athletes may not wrestle below their actual weight class at the time of assessment by the FHSAA Wrestling Assessor.

Weight loss per week has been set at an average of 1.5% of BODY WEIGHT (not body fat) from the time of initial assessment.
EQUIPMENT
The following is a list of the approved equipment that may be used during a minimal weight assessment.

GENERAL ASSESSMENT EQUIPMENT

- Height assessment device (scale with height, measuring tape)
- Data collection forms (index cards/pre-designed forms)
- Pens
- Urine collection station (bathroom, other privately arranged area)
- Disposable eye droppers for placing urine onto refractometer
- Specimen cups for urine collection
- Gloves
- Trash receptacle for specimen cups
- Receipt tape for Tanita body fat analyzer
- Four to five adults (supplied by school) to assist with collection of data and supervision

HYDRATION TESTING EQUIPMENT

Either method may be used.

- Refractometer
  - Calibrate regularly (2-3 times per year) with distilled water.
- Reagent Strips (i.e. Ames, Multistix, 8SG or 10 SG, 2304A or equal)
BODY FAT ASSESSMENT EQUIPMENT

Either method may be used.

- Skinfold Calipers

- Body Fat Analyzer (Tanita TBF-300W or newer more advanced model)
  - Be sure to check that there is a sufficient amount of receipt tape for analyzer prior to testing.
  - Calibration of scale should be done by Tanita.
IMPLEMENTATION
GUIDELINES
Assessment Guidelines:

☐ Athletes should drink at least 16-32 oz. of water 2-3 hours prior to hydration testing. (32 oz. is the equivalent of a Gatorade sport squeeze bottle commonly found at high school sporting events)

☐ Athletes should avoid eating, and drinking coffee, tea, colas and other caffeine products four hours prior to testing.

☐ Athletes should wear boxer shorts or brief style underwear.

☐ Athletes should avoid intense exercise 12 hours or less prior to testing.

☐ Assessments should be completed between 3 p.m. & 6 p.m., unless done on a Saturday, if testing at school sites.

☐ Athletes must pass the hydration test prior to body fat assessment. Those failing must wait a period of 48 hours before retesting.

☐ Height and body fat assessments must be conducted with athletes in bare feet.

☐ Athletes must have a current physical examination on file if mandated by assessment site [some assessors may choose to verify physical by having the athlete bring his/her physical to the assessment site]

☐ Assessors must have the assistance of at least four adults (additional assessors, coach, teacher, athletic director, parent) who will:
  o Assist with measuring height
  o Assist with the recording of data.
  o Assist with urine specific gravity testing.

*It may be helpful to furnish wrestling coaches with a copy of these guidelines prior to assessment.*
Costs:

- Charges for bioelectrical impedance or skinfold measurement assessment may not exceed $5 per person when schools contract with an FHSAA Certified Assessor.

- FHSAA Certified Assessors are permitted to charge mileage at the FHSAA adopted rate (same as officials) of 30 cents per mile round trip or a service fee of $30 or less whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.

Contraindications and Precautions to bioelectrical impedance:

- Pregnancy
- Implanted defibrillators
- Girls should not be tested during their menstrual cycle. Their testing should be delayed for 3-7 days
- Alcohol and/or diuretics may adversely affect assessment results.
- Hyperhydration (excessive consumption of fluids) prior to testing _may adversely affect assessment_ when using the Tanita body fat analyzer.

Basic Guidelines for skinfold measurements:

- Take skinfold measurements on the right side of the body (most skinfold equations were developed from measurements on the right side).
- Do not take measurements when the subject’s skin is moist (ensure that the skin is dry and has no lotion). Also, do not take measurements immediately after exercise.
- To reduce error during the learning phase, skinfold sites should be precisely determined, marked, and verified by a trained instructor. The largest source of error in skinfold testing is inaccurate site selection.
Program
Implementation
STATION SET-UP

1. **Check-in:**
   a. Picture identification
   b. Current physical examination (if mandated by assessment site)
   c. Data collection form
   d. Fee (if applicable)

2. **Hydration:**
   a. Reagent strips or refractometer(s)
   b. Gloves
   c. Cups
   d. Eye droppers, straws or stir sticks for urine sampling.
   e. Trash receptacle for cups, eye droppers and gloves.

3. **Height:**
   a. Height assessment device

4. **Body fat assessment:**
   1. Bioelectrical Impedance
      a. Be sure that there is ample receipt tape in machine.
      b. Connect scale on flat surface and balance by using yellow indicator on the front of the scale.
   2. Skinfold Measurements
      a. Body fat calipers
      b. Measurement tape
      c. Pen (to mark sites)
STATION IMPLEMENTATION

1. **Check-in:**
   a. Check picture identification.
   b. Check physical examination (if mandated by assessment site).
   c. Distribute data collection forms and instruct wrestlers to fill out their personal information.
   d. Collect fee for service (if applicable).

2. **Hydration:**
   a. Set-up adult supervision in or near the urine collection site.
   b. Set-up specific gravity assessor in or near collection area.
   c. Have wrestlers form a single line outside collection site.
   d. Allow only one wrestler into collection site at a time to avoid urine exchange or mixing.
   e. Individually distribute one cup to each wrestler as he/she enters collection area.
   f. Instruct athlete to urinate and collect specimen **midstream**. (TIP: When possible, use urinal to minimize possibility of dilution with toilet water)
   g. Instruct athlete not to flush toilet, wash hands, or use water for any reason before specimen is analyzed.
   h. Test the specific gravity of the sample using the refractometer or reagent strips.
      1. Reagent strips should be immersed completely in urine and allowed to air dry for 45 seconds before reading.
      2. Refractometer requires only one drop of urine on mirror.
   i. Indicate pass/fail on data collection sheet. A passing specific gravity is **LESS** than 1.025g/mL
   j. Return specimen to athlete. Instruct him/her to dispose of urine in toilet or urinal and to wash hands following disposal of cup in trash receptacle.
   k. Furnish athlete with results. If athlete passes send him/her on for body fat assessment. If athlete fails, advise him/her that a retest cannot be performed for 48 hours.
3. **Height:**
   a. Set up height assessment device and station one adult to collect data.
   b. Be sure athlete is in bare feet for measurement.
   c. Instruct athlete to stand tall, they should not slouch.
   d. Record information on data collection sheet.

4. **Body fat assessment:**
   a. Bioelectrical Impedance:
      1. Station one assessor at each body fat analyzer.
      2. Have wrestlers form a single line outside assessment area. (TIP: Assess female athletes first due to smaller population).
      3. Ensure athlete has a passing hydration score prior to body fat assessment.
      4. Upon entering assessment area, instruct athlete to remove all clothing other than undergarments.
      5. Athlete must be barefoot prior to stepping on analyzer.
      6. Input athlete’s information into analyzer as prompted:
         a. Turn machine on using yellow power button.
         b. Input 0.0lbs for clothing.
         c. Press either Male or Female **athletic** button
         d. Input athlete’s age
         e. Input height to the first decimal place (5’10.0”)
         f. Enter Goal: (.07 Males or .12 Females)
         g. WHEN prompted, instruct athlete to step on scale ensuring that both bare feet make contact with sensors.
*(TIP: Stepping on scale before prompted may result in irregular test results)*
7. Receipt should be signed and stapled to data collection form.
8. Instruct athlete to dress.
9. Enter information from receipt into the Optimal Performance Calculator on the NWCA website. (www.NWCAOnline.com)

www.balances.com

Weight Only Key
Measure body weight only
Kg/Lbs Lb Key
Changes measurement unit
Number Entry Keys

Body Type Keys
To select the appropriate body type
Athletic Mode is designed for individuals who meet the following criteria:
- At least 17 years old
- Involved in intense aerobic exercise for ten (10) hours per week, for a minimum of 6 months
- Have a resting pulse rate of 60 beats per minute or less.

Please see Technical Notes booklet for further explanation.

TANITA
BODY COMPOSITION ANALYZER
TBF-300 GOAL SETTER

Body Mass Index
www.scaleman.com/tanita/bodycomp.html

Subject's % of Fat
Total Weight

Tanita Body Mass Index

Total Body Water
(Hydration Level)

Target BP% is: 16%

Predicted weight: 189.6 lb
Predicted fat mass: 30.4 lb
FAT TO LOSE: 8.2 lb

Consult your physician before beginning any weight management program. Tanita is not responsible for determining your target BP%.

"Goal Setting" feature allows your athlete to determine their body composition at any body fat percentage they target.

www.balances.com/tanita/bodycomp.html

Compare these Ranges to the Subject's (%)
and Fat Mass

Pounds of Fat-Free Mass
Pounds of Fat in the Body

20
b. Skinfold Measurements

1. Station one assessor at each body fat caliper.
2. Have wrestlers form a single line outside assessment area. (TIP: Assess female athletes first due to smaller population).
3. Ensure athlete has a passing hydration score prior to body fat assessment.
4. Upon entering assessment area, instruct athlete to remove all clothing other than undergarments.

The following procedures will be used to assess skinfold measurements:

**Triceps Skinfold:**

a. Vertical fold on posterior aspect of arm, midway between lateral projection of acromion process and inferior margin of olecranon process
b. Firmly grasp the skinfold with the thumb and index fingers of the left hand, and pull away.
c. Hold the caliper with the right hand, perpendicular to the skinfold and with the caliper dial facing up and easily readable. Place the caliper heads ¼ to ½ inch away from the fingers holding the skinfold. Try to visualize where a true double fold of skin is, and place the caliper heads there.
d. Read the caliper dial to the nearest one-millimeter within four seconds. During the measurement, ensure that the left thumb and forefinger maintains the shape of the skinfold.
e. Take a minimum of three measurements at the site (at least 15 seconds apart).

**Subscapular Skinfold:**

a. Diagonal fold just below the inferior angle of scapula.
b. Follow steps b – e from triceps skinfold section.
Abdominal Skinfold (males only):
  a. Vertical fold, one inch to the right side of and ½ inch below the navel.
  b. Follow steps b – e from triceps skinfold section.

Enter information from data collection form into the Optimal Performance Calculator on the NWCA website. (www.NWCAOnline.com)
Optimal Performance Calculator Data Input
After performing each teams assessments the assessor will need to input all of the data collected on each wrestler into the NWCA website. The following is a step by step checklist for the input of data.

Each school will have a unique ID and password as will each individual assessor. The school ID and password will not change. Each assessor will be assigned his/her own password upon completing their assessor workshop. These workshops must be completed every two years. An updated "Assessor Application Form" must be completed every year and sent to the FHSAA along with a $10 application fee.

- Note: Assessors taking a recertification class will apply to the FHSAA as Lapsed Registrant on assessor application.

**SCHOOL ID & PASSWORD**

The school ID & Password will be created by the NWCA and assigned by the FHSAA. The school ID will be the state abbreviation followed by three numbers. For example: a high school in Florida will be assigned FL-001. The next school will be FL-002 and so on as determined by the NWCA. The school will also be issued a school assessor password.

**SCHOOL ASSESSOR ID'S & PASSWORDS**

Upon receipt of your "approved assessor" information, the NWCA will generate assessor ID's and passwords in a manner similar to the previous years.

The following is an example of the login screen:

For Example only:
Assessor ID: a1280
Assessor Password: xyz123p
School ID: FL-001
School Password: c1993jrp
DATA INPUT INSTRUCTIONS:

1. Go to www.NWCAonline.com
2. Go to the horizontal menu and click on “Weight Management”.
3. Once on the horizontal menu, go to “Login” button on the menu bar.
4. You will be asked to login. Enter:
   a. Assessor Login ID
   b. Password
5. From the menu bar at the top of the page, put your cursor over the assessor tab on the menu bar and click on “select school”.
6. On your initial entry, you will be taken to a page titled “Schools Currently on File.” Select the school from the drop down menu you will be entering assessment data on. You will then be asked to supply the school password. Then click “change schools.”
7. You will be brought back to the scholastic OPC homepage. Place your cursor over the “assessor” link and select “Initial Assessment.”
8. You are now on the “Initial Assessment” Page. Begin populating all fields and remember to use the TAB Button on your keyboard when migrating from field to field.
9. Once you have successfully logged into the system, enter the information requested. Be sure to move through the fields using the TAB Button, failure to do so may result in improper calculations from the OPC. Click the save or print and save button after each entry. A blank initial assessment form will appear in order to enter information for the next wrestler.

- Note: The alpha master form should be hand carried by the coach to every competition for verification that all competing wrestlers have been properly assessed.
- Note for females: Click on the Add female wrestler link of the initial assessment page.
  - Only the tricep and subscapular skinfolds will be entered.
  - Minimal wrestling weight will be calculated at 12%.
Initial Assessment

NWCA Wrestling Weight Certification

2005-06 Initial Assessment to Determine Minimum Wrestling Weight

Name of Student Athlete: [Last Name], [First Name]
School: [School Name]
Grade: [Grade]

CALCULATION OF MINIMUM WRESTLING WEIGHT

STEP 1. ALPHA BODY WEIGHT (BM)

- Alpha Date: [Date]
- Leverage Specific Group:
  - Alpha Body Weight (BM)
  - Percentile: [Percentile]

STEP 2. BODY COMPOSITION (SKINFOLD MEASUREMENTS)

<table>
<thead>
<tr>
<th>Skinfold</th>
<th>Test 1</th>
<th>Test 2</th>
<th>Test 3</th>
<th>Average Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triceps</td>
<td>14.0</td>
<td>15.0</td>
<td>12.8</td>
<td>14.0</td>
</tr>
<tr>
<td>Subscapular</td>
<td>13.0</td>
<td>15.0</td>
<td>14.0</td>
<td>11.00</td>
</tr>
<tr>
<td>Abdominal</td>
<td>12.0</td>
<td>12.0</td>
<td>13.0</td>
<td>13.00</td>
</tr>
<tr>
<td>Triceps (m)</td>
<td>14.00</td>
<td>15.00</td>
<td>12.80</td>
<td>14.00</td>
</tr>
<tr>
<td>Subscapular (m)</td>
<td>13.00</td>
<td>15.00</td>
<td>14.00</td>
<td>11.00</td>
</tr>
<tr>
<td>Abdominal (m)</td>
<td>12.00</td>
<td>12.00</td>
<td>13.00</td>
<td>13.00</td>
</tr>
</tbody>
</table>

STEP 3. PERCENTAGE OF BODY FAT (BF%)

- Method Used: Durnin-Jarrett
- Calculated BF%: [Percentage]

STEP 4. FAT WEIGHT (FWg) = [Formula]

STEP 5. MINIMUM WRESTLING WEIGHT (MMW) = [Formula]

HYDROSTATIC WEIGHING CERTIFICATION

There is no evidence, scientific or otherwise, that the minimum wrestling weight is the optimal weight for wrestling performance.

Certified: [Signature]
[Date]

skinfold data

Skinfold data then entered into the Initial Assessment form for the calculation of minimal wrestling weight.
Note: The Tanita receipt will print out with slightly different information than is offered on the NWCA - OPC
**NATA Wrestling Weight Management Program**

**Name of Student Athlete (First, Initial, Last):**

**School Name:** Oregon Test HS, OR

**Grade:** 11th

**Gender:** Male

**CALCULATION OF MINIMUM WRESTLING WEIGHT**

**STEP 1. ALPHA BODY WEIGHT (BW)**

- Date: 11/12/2006
- Alpha Body Weight (BW): [Redacted]

**STEP 2. BODY DENSITY (BD)**

<table>
<thead>
<tr>
<th>Test</th>
<th>Test 2</th>
<th>Test 3</th>
<th>Median Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thighs (T)</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Subscapular (S)</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Abdominal (A)</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
</tbody>
</table>

**BD = 0.9904**

**STEP 3. Percentage of Body Fat (%BF)**

**STEP 4. Fat Weight (FW) = Body Weight (BW) - Fat Free Weight (FFW)**

**STEP 5. Fat Free Weight (FFW) = Body Weight (BW) - Fat Weight (FW)**

**STEP 6. Minimum Wrestling Weight (MW) = Fat Free Weight (FFW) - Target Weight (TW)**

**STEP 7. Safe Volume**

**STEP 8. Min. Wrestling Weight + Safe Volume = MW**

**STEP 9. Min. Wrestling Weight After Deadline Date = MW**

**STEP 11. Min. Weight Class = (MW)**

** THERE IS NO GUARANTEE, EXCEPT AS STATED, THAT THE MINIMUM WEIGHT IS THE MINIMUM WEIGHT FOR A PERFORMANCE CERTIFICATION. The application that you have submitted and completed the NATA Weight Management Program. This application for the NATA Weight Management Program, together with all related documents, must be submitted to the NATA Wrestling Weight Management Program no later than 7 days prior to the start of the season.**

**NATA Wrestling Weight Management Program**

**ció:**

**Date:** 11/12/2006

**Signed:** Jane Smith

**NATA Wrestling Weight Management Program**

**Date:** 11/12/2006

**Signed:** Jane Smith

**Note:** This form must be completed no later than the first official practice. Please send the form, the accompanying Weight Loss Plan and the Alpha Master form to the appropriate campus administrator, along with the needs for the appropriate accommodations in the following. The program requires:NATA Wrestling Weight Management Program: 2006-2007
Appeal Process
NOTE: In order to utilize the results of an appeal the school must receive notification from the FHSAA Office prior to allowing the appealing athlete to compete. Parental permission is not a valid means to establish a lower minimum wrestling weight. Parental permission to lower a minimum wrestling weight has been eliminated from the Florida Wrestling Weight Monitoring Program. Any athlete may appeal his/her assessment results one time by reassessment. Step 1 may be bypassed and only Step 2 performed. The steps of the appeal process are as follows:

**Step 1:** The athlete must repeat the assessment as described in the regulation.

A. The reassessment must occur within 14 calendar days of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 14-day period. **The 14-day appeal period will start on the day following the date of initial assessment.** Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

B. Data should be recorded on the Bioelectrical Impedance Assessment Data Form

C. Reassessment includes hydration and Bioelectrical Impedance assessment.

D. PENALTY - A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

**Step 2:** If dissatisfaction with the results remains, the wrestler may choose hydrostatic weighing or Bod Pod assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.
A. The hydrostatic weighing or Bod Pod assessment must occur within 14 calendar days of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

B. The school must file a "Hydrostatic Weighing Proposal" or "Bod Pod Assessment Proposal" before a hydrostatic weighing or Bod Pod assessment is approved.

C. Hydrostatic weighing and Bod Pod facilities must be approved by the FHSAA; the proper form shall be filed with the FHSAA.

D. Hydrostatic weighing or Bod Pod assessment must be conducted before the wrestler participates for the first time.

E. **PENALTY** - A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.
HELPFUL LINKS AND CONTACTS
**Links:**

1. List of wrestling assessors on the FHSAA website.
   
   http://www.fhsaa.org/wr/assessors.htm

2. Wrestling assessor application:

   http://www.fhsaa.org/wr/wrassessorapp.doc

3. National Wrestling Coaches Association (NWCA), Optimal Performance Calculator *scholastic* website:

   http://www.nwcaonline.com/performance/Scholastic/

4. NWCA Frequently Asked Questions for Assessors (FAQ)

   http://www.nwcaonline.com/Performance/Scholastic/assessorFAQs.cfm

5. NWCA Initial Assessment Login screen:

   http://www.nwcaonline.com/nwcaonline/default.aspx

**Contacts:**

1. **Gary Pigott (FHSAA Wrestling Administrator)**
   Ph: (352) 372-9551 ext. 260
   Fax: 352.372.9086
   gpigott@fhsaa.org

2. **NWCA Office**
   Phone: (717) 653-8009
   Fax: 717.653.8270
   ptocci@nwca.cc
   mmoyer@nwca.cc

3. Lost NWCA Card #, contact jpbowyer@nwca.cc
HELPFUL FORMS
Equipment Checklist

Check-In:

- One adult to perform this task
- Data collection card
- Picture ID
- Completed participation physical form (if required by site)

Hydration Station:

- One **assessor** to perform this task
- Refractometer
- Reagent strips
- Cups
- Gloves
- Eye droppers, straws or coffee stirrers
- Waste disposal receptacle

Height Station:

- One adult to perform this task
- Height measuring device

Body Fat Analysis Station:

- One **assessor** to perform this task
- Tanita scale
- Extra receipt tape for Tanita scale
  OR
- Body fat calipers
Data Collection Form - BIA

School: ___________________________ Date: ____________

Name: ___________________________ Age: ______________

Grade: ___________ Gender: Male Female

For Assessor use only

Picture ID? Yes No Valid Physical? Yes No

Hydration Status: Pass Fail (above or equal to 1.025g/mL)

Height: _______Ft _______In Body Weight: _________lbs

%Body Fat: ________________ Min. Weight: ___________ lbs

Assessor Name: ______________________________________

Assessor Signature: __________________________________

Data Collection Form - BIA

School: ___________________________ Date: ____________

Name: ___________________________ Age: ______________

Grade: ___________ Gender: Male Female

For Assessor use only

Picture ID? Yes No Valid Physical? Yes No

Hydration Status: Pass Fail (above or equal to 1.025g/mL)

Height: _______Ft _______In Body Weight: _________lbs

%Body Fat: ________________ Min. Weight: ___________ lbs

Assessor Name: ______________________________________

Assessor Signature: __________________________________

36
Data Collection Form-Skinfold

School: ___________________________ Date: ______________

Name: ___________________________ Age: ______________

Grade: _______________ Gender: Male Female

For Assessor use only

Picture ID? Yes No Valid Physical? Yes No

Hydration Status: Pass Fail (above or equal to 1.025g/mL)

Height: _______Ft _______In Body Weight: ___________ lbs

SKINFOLD MEASUREMENTS

<table>
<thead>
<tr>
<th>Test 1</th>
<th>Test 2</th>
<th>Test 3</th>
<th>Average Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triceps (T)</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Subscapular(S)</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Abdominal(A)</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>

Average (T) + Average (S) + Average (A) = Sum Skinfolds (Sum SF) = ______

%Body Fat: ____________ Min. Weight: ______ lbs

Assessor Name: ________________________________________

Assessor Signature: ____________________________________

37
Minimum Weight Assessment Guidelines for Coaches

Guidelines:

- Athletes should drink 32oz of water 1-2 hours prior to assessment. 32 ounces of water is equivalent to 4 cups of water or a Gatorade squeeze bottle normally found at most high schools.
- Advise wrestlers to consume non-caffeinated beverages the day of the test and drink plenty of fluids throughout the day.
- No vitamin supplements should be consumed the day of the assessment.
- Athletes should NOT EXERCISE the day of the assessment; this will dehydrate them.
- Athletes should wear boxers or briefs to the assessment.

Note: Hydrated athletes will have clear to pale yellow urine color. Dehydrated athletes will have darker yellow to orange urine color.

What to bring to the assessment:

- Roster
- Picture I.D. for each wrestler
- Current copy of physical examination (if requested)
- $5.00 per wrestler (if applicable)
FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION
Clearance for Minimum Body Fat % of High School Wrestlers

Part I—Completed by FHSAA Wrestling Assessor

SCHOOL: ____________________________________________

STUDENT NAME: ______________________________________

STUDENT ID: ________ GRADE: _________________________

HEIGHT: ___________ WEIGHT: _________________________

BODY FAT %: ________ MIN. WEIGHT: _________________

DATE OF ASSESSMENT: ________________________________

THIS ATHLETE HAS BEEN ASSESSED UNDER THE _____% BODY
FAT MINIMUM REQUIREMENT SET FORTH BY THE FLORIDA HIGH
SCHOOL ATHLETIC ASSOCIATION (FHSAA).

Part II—Completed by Physician

_______ IT IS SAFE FOR THIS ATHLETE TO WRESTLE
DURING THE _____/_______ SCHOOL YEAR.

_______ IT IS NOT SAFE FOR THIS ATHLETE TO WRESTLE
DURING THE _____/_______ SCHOOL YEAR.

________________________________________________________________________

PHYSICIAN NAME (PLEASE PRINT) DATE

________________________________________________________________________

PHYSICIAN SIGNATURE

________________________________________________________________________

PHYSICIAN STAMP
FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION
Wrestling Weight Monitoring Program
2010-11 Assessor Application Form

Directions: Please print or type.

Name: __________________________________________ Date of Birth: __/__/____

Address: __________________________ City: _______________ FL Zip: __________

Phone: Day (____) ____ - _______ Home (____) ____ - _______ Cell (____) ____ - _______

CHECK THE APPROPRIATE BOX

☐ First Time Registrant (assessor workshop needed)
☐ Renewal (attended assessor workshop during last school year)
☐ Lapsed Registrant (assessor workshop needed, none attended since 2008-09 school year)

Certification Workshop:
1.) Name of Assessor: __________________________________________

2.) Date/Site of Assessment: __________________________________________

E-Mail Address: __________________________________________

Current Employer: __________________________________________

IN ORDER TO PERFORM THE DUTIES OF AN FHSAA ASSESSOR, YOU MUST COMPLETE THIS
REGISTRATION FORM EVERY YEAR AND ATTEND AN FHSAA ASSESSOR WORKSHOP EVERY TWO (2)
YEARS.

Relevant Background (degrees attained, certification held):

Signature: __________________________________________ Date: ______________________

A $20.00 NON-REFUNDABLE APPLICATION FEE MUST ACCOMPANY THIS APPLICATION. This includes
the cost of the Master Assessor workshop.

Return to: Wrestling Assessors
FHSAA
1801 NW 80th Blvd.
Gainesville, FL 32606

Wrestling Assessor Workshop dates can be found on the FHSAA website at http://www.fhsaa.org/wr/.
The workshop will last approximately 3 hours.