



2011

# WRESTLING WEIGHT MANAGEMENT & TESTING



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SPORTSMANSHIP

SPORTSMANSHIP

COURAGE COMPETITION DETERMINATION

# SPORTSMANSHIP

SPORTSMANSHIP

COURAGE DETERMINATION

PERSEVERANCE CELEBRATE DETERMINATION



SPORTSMANSHIP

COURAGE DETERMINATION PERSEVERANCE



COMPETITION COURAGE



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SPORTSMANSHIP



COURAGE CELEBRATE

DETERMINATION COMPETITION CELEBRATE

CELEBRATE CELEBRATE COURAGE PERSEVERANCE



DETERMINATION COMPETITION PERSEVERANCE

PERSEVERANCE COMPETITION COURAGE

COMPETITION COURAGE



PERSEVERANCE CELEBRATE COURAGE SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP

# Weight Management Rules

## **Regulation:**

All wrestlers shall complete the LHSAA Weight Management Test in order to be eligible to compete in wrestling at all levels of competition.

## **Testing:**

All wrestlers will be given a hydration test using a refractometer to determine the specific gravity.

Wrestlers that pass the hydration test will then be given the Bio-Impedance Body Composition test on the Tanita scale and given a printout of the results.

Wrestlers that fail the hydration test will have to wait 24 hours before a re-test can be done. Wrestlers must pass the hydration test before taking the BIA.

## **Fees:**

Schools will be assessed \$10 per wrestler for each test administered. Wrestlers that fail the hydration test shall be re-tested at \$10 per test. **All fees shall be paid at the time the test is administered.**

The school will be charged \$30 for access to the NWCA web site which will provide all necessary information regarding each wrestler. **(Payable at the time of testing.)**

## **Weight Management and Testing Preparation Guidelines:**

- a. No vigorous activity on the evening before and the day of testing.
- b. Avoid any caffeinated beverages on the day before and the day of testing.
- c. On the day of the testing you should drink 500ml (about 17 ounces) of fluid (a sports drink is an excellent choice). This will ensure the wrestler is adequately hydrated prior to testing.
- d. Avoid any vitamin or mineral supplement two days before the day of testing.

## **Testing Schedule:**

All schools must report for testing on the day, time and at the site assigned.

Any changes to the schedule must be requested in writing and approved by the Executive Director.

## **Who must be present:**

Head coach, assistant coach or faculty/school representative of school must accompany wrestlers to the test and sign the testing sheets or wrestlers will not be tested.

## **Re-Certification of a Wrestler:**

- a. A wrestler that has passed the test and wants to re-certify his/her minimum weight may do so one time and one time only.
- b. The wrestlers coach must contact the area testing coordinator to set up a testing date and time.
- c. The wrestler may re-certify his/her minimum weight only one time. The fee for re-certification shall be \$20.00 to be paid at the time of the test.
- d. If the wrestler fails the hydration test, he/she may make as many attempts as necessary to pass the hydration test. Each attempt shall require an additional \$20.00 re-certification fee.
- e. Once the wrestler passes the hydration test, the re-certification process can be completed and the minimum weight shall be re-calculated.
- f. If the wrestler never completes the re-certification process, then he/she must keep his/her established minimum weight.
- g. Friday, December 23, 2011 is the final day for re-certification.**

## **Testing day**

- a. Schools should report at the site for their scheduled time.
- b. Wrestlers must show his/her ID at the hydration test and at the scale.
- c. Males dress for the test shall be under wear only. No shirts or socks will be allowed.
- d. Females dress for the test shall be her wrestling uniform. No socks allowed.
- e. All athletes must be present 15 minutes prior to closing time to be tested.

## **Scheduled re-tests or special situations**

Once a coach has scheduled a day and time for a wrestler other than the scheduled test dates, the school shall be charged for the test if the athlete does not show up for the test.

Remember, all tests (re-tests) given other than the scheduled dates shall require approval of the test coordinator Roberto Furtado or Assistant Executive Director B.J. Guzzardo.

**Sunday, January 29<sup>th</sup>, 2012 is the final day for wrestlers that have never wrestled to take the test. Contact B.J. Guzzardo (225) 296-5882 or Roberto Furtado for a date and time to be tested.**

**Only wrestlers that have taken and passed the minimum weight testing shall be eligible to wrestle during the season and the state tournament.**

## Rules Governing Minimum Weight

1. No wrestler may wrestle below his/her minimum weight class at any time during the season, including the state tournament. A wrestler who wrestles in an interscholastic match below his/her minimum weight shall be ruled ineligible immediately and shall not wrestle for the rest of the season.
2. No wrestler shall enter the state tournament unless his/her minimum weight has been properly certified. [It is possible for a wrestler to participate in the state tournament without previously having wrestled in an interscholastic match prior to the state tournament if he/she has taken and passed the hydration test and body fat assessment by the established deadline.]
3. A wrestler may wrestle one weight class above his/her minimum weight. A wrestler who wrestles two or more weight classes above his/her minimum weight must adhere to rule 25.7.11 before he/she may wrestle at their established minimum weight. *Example #1:* A wrestler's established minimum weight is 138 lbs. He/she weighs in for a meet at 134.5 lbs. The wrestler may wrestle in the 138 lb or 145 lb weight class. *Example #2:* A wrestler's established minimum weight is 138 lbs. He/she weighs in for a meet at 143.8 lbs. The wrestler wrestles in the 145 lb or 152 lb weight class. The wrestler shall not wrestle at his/her minimum weight until he/she loses the weight not to exceed 1.5 percent per week.
4. A 2-pound growth allowance shall be added to each weight class on December 25 of each year.
5. **A wrestler shall never wrestle below his/her minimum weight nor wrestle at his/her minimum weight prior to the established date for the wrestler to reach his/her minimum weight. The wrestler shall be ruled ineligible for the remainder of the season, the school placed on administrative probation and the coach sanctioned.**

Example: A wrestlers minimum weight has been established at 126 lbs for January 10, 2012.

1. The wrestler shall not wrestle at 126 lbs before January 10, 2012.
2. The wrestler shall lose weight at a rate not to exceed 1.5 percent per week.
3. The wrestler shall wrestle at his/her actual weigh-in weight or at a weight class higher.

# LHSAA Wrestling Certification & Control Program Rule Interpretations

**1. *What does the test accomplish?***

On the date of testing, a wrestler passes the hydration test and the bio-impedance scale figures his/her minimum weight at 7% body-fat for males and 12% for females and gives the date in which he/she is allowed to wrestle at his/her minimum weight using the 1.5 percent per week decent rate for weight loss.

**2. *Why Test?***

To insure that all wrestler's lose weight at a safe and healthy rate and to prevent rapid weight loss which is detrimental to an athletes health now and in future years. It also insures that the athlete stays hydrated.

**3. *May a wrestler wrestle prior to taking and passing the hydration and body fat assessment test?***

**NO, a wrestler is ineligible at all levels of competition until he/she takes and passes the test. Penalty: Ineligible student-athlete, fines, probation, other sanctions.**

**4. *A wrestler's body fat is below 7% for a male or 12% for a female. Can he/she wrestle?***

Yes, provided he/she passed the hydration test during testing.

**5. *A wrestler's minimum weight is established at 126 lbs but the wrestler weighs 150 lbs. When can this wrestler wrestle at 126 lbs?***

This wrestler can wrestle at 126 lbs when he/she has lost weight at the rate of 1.5 percent per week and reached the 126 lbs weight on the date established by the testing.

**6. *Can a wrestler who weighs more than his/her minimum weight wrestle while losing weight?***

Yes, in the weight class of his/her actual weight at weigh-in or a higher weight class.

**7. *What are the consequences for violating the weight control program rules?***

The Executive Director may rule the wrestler ineligible, place the school on probation, place sanctions on the coach, forfeit matches and in extreme or multiple violations, rule a school may not compete for state championship honors.

## 2011-2012 WRESTLING RULES CLINIC(S) & WEIGHT MANAGEMENT DATES

CLINIC AREA	DATE	SITE	TIME
Shreveport	October 3 <sup>rd</sup>	Airline HS (library)	7 p.m.
Lafayette	October 4 <sup>th</sup>	Teurlings HS (cafeteria)	7 p.m.
Baton Rouge	October 10 <sup>th</sup>	LHSAA Office (multi purpose rm)	7 p.m.
New Orleans	October 11 <sup>th</sup>	Brother Martin HS (mall)	7 p.m.

Testing Coordinator – Roberto Furtado (504) 723-3905 [roberto.furtado@jppss.k12.la.us](mailto:roberto.furtado@jppss.k12.la.us)  
[coachfurtado@earthlink.net](mailto:coachfurtado@earthlink.net)

### **Administrator(s):**

New Orleans Area - Rod Cusachs (504) 473-1398 [rodCUSACHS@cox.net](mailto:rodCUSACHS@cox.net)  
Paul Dugas (504) 460-9705 [nolaman1983@yahoo.com](mailto:nolaman1983@yahoo.com)

Baton Rouge Area - Tommy Prochaska (225) 954-2762 [tprochaska@catholichigh.org](mailto:tprochaska@catholichigh.org)  
Jimmy Bible (225) 270-1981 [jbible@wbschools.k12.la.us](mailto:jbible@wbschools.k12.la.us)

Shreveport Area – Donnie Burton (318) 617-9277 [lacoach@yahoo.com](mailto:lacoach@yahoo.com)

Lafayette Area - Paul Ducrete (O) (337) 232-3111 (c) (337)739-1672 [pjdpt@netzero.net](mailto:pjdpt@netzero.net)

Date Administrator(s) - Chris & Bonnie Slaughter [bbs1024@aol.com](mailto:bbs1024@aol.com)

## **\*\*\*Attention\*\*\***

All concerns and or questions regarding testing procedures and guidelines must be directed to Roberto Furtado (Coordinator). Otherwise testing dates are set and all calls regarding scheduling and availability of said testing must be made to an area administrator(s).

Payments for testing must be made and received prior to testing of all student athletes. Testing assessors will not initiate testing of individuals until payment is received. Each school shall be assessed a fee of \$10 per wrestler registered to test and \$30 for access to the NWCA website.

A recertification fee of \$20 will be assessed for each wrestler **attempting** to recertify & each athlete will only be allowed to recertify one time. **There will be no exceptions.**

A typewritten roster of athletes to be tested **shall** be supplied by the coaching staff and accompany payment and registration form to facilitate correct spelling and eliminate potential errors.

Head coaches, assistant or a faculty representative must be present during testing of athletes. Parents and other guardians such as siblings etc. will not be allowed to represent the school and/or athlete unless listed on the schools coaching roster and certified as a representative of said school by the LHSAA.

**\* Checks must be written to the SROTC (Southern Region Olympic Training Center) \***

**-----IMPORTANT – MUST READ-----**

**To all coaches and administrators: any athlete caught cheating or attempting to circumvent and taint any part of the testing process will be:**

- a) athlete suspended for the remainder of the season**
- b) school & coach fined by the LHSAA**

**No wrestler and coach will be allowed to enter the testing area with water or any other type of fluids in or on any part of their bodies. All wrestlers must not make an attempt to alter their height, such as bending ones knees or extending their height by standing on ones toes. The testing administrator will provide specific instruction and failure to comply will result in a test failure and possible disciplinary action.**

**Any wrestler/coach failing to comply with any part of the testing procedure will not be tested and will be subject to disciplinary action.**

2011-2012 LOUISIANA HIGH SCHOOL WRESTLING  
WEIGHT MANAGEMENT TESTING DATES

**\*\*\* TESTING AREA ADMINISTRATORS SHOULD BE CONTACTED BY COACHES AT LEAST (1) ONE WEEK PRIOR TO SCHEDULED TESTING TO INSURE AVAILABILITY AND COORDINATE THE APPROPRIATE RESOURCES. TESTING AREA ADMINISTRATORS WILL DETERMINE START TIME AND ENDING TIME OF TESTING ON SAID TEST DATES.**

**TEST AREAS**

**NORTH LOUISIANA AREA**

*Calvary Baptist Academy  
9333 Linwood Street Shreveport, Louisiana 71106  
70503*

**LAFAYETTE/LAKE CHARLES AREA**

*ACADIANA PHYSICAL THERAPY  
816 Harding Street Lafayette, Louisiana*

**GREATER NEW ORLEANS AREA**

*Southern Regional Olympic Training Center (SROTC)  
Rummel High School campus  
3321 HESSMER AVE.  
METAIRIE LA 70002*

**BATON ROUGE AREA**

*Catholic High School  
855 Hearthstone Dr  
Baton Rouge, LA 70806*

**The following are set dates for all weight management testing. Testing administrators will not conduct any testing on any other date than those set by said schedule. Failure to comply will result in forfeiture of test and all associated fees and may result in athlete suspended for the remainder of the season and or school & coach fined by the LHSAA.**

All Areas:

October's dates – 15<sup>th</sup> & 16<sup>th</sup>, 22<sup>th</sup> & 23<sup>rd</sup>, 29<sup>th</sup> & 30<sup>th</sup>

November's dates – 13<sup>th</sup> & 20<sup>th</sup>

December's dates – 11<sup>th</sup> & 18<sup>th</sup>, 23<sup>rd</sup>

January - 8<sup>th</sup>, 22<sup>th</sup>, 29<sup>th</sup>

ALL ADDITIONAL TESTING DATES/OPPORTUNITIES MUST BE APPROVED BY BOTH MR. GUSSARDO AND MR. JAMES RAVANNAK AND THE AVAILABILITY OF THE PERSPECTIVE TESTING SITE/AREA.

**\*\* Final date for recertification will take place no later than December 23<sup>rd</sup>, 2011 at all testing facilities. Any recertification completed/post dated later than December 23<sup>rd</sup>, 2011 will be voided and may result in disciplinary action.**

**\*\* Final testing date is January 29<sup>th</sup> 2011 for any new weight certification any test completed/post dated later than January 29<sup>th</sup>, 2011 will be voided. Exception will only be given by Testing Coordinator (Roberto Furtado & Mr. Guzzardo, LHSAA Assistant Commissioner)**

**SOUTH REGIONAL OLYMPIC WRESTLING TRAINING CENTER**  
**2113 North Hullen Street**  
**Metairie, LA 70001**  
**504-833-1999**

WEIGHT MANAGEMENT TESTING RECORD

Page \_\_\_\_\_ Of \_\_\_\_\_, TEST# \_\_\_\_\_

SCHOOL \_\_\_\_\_ Date \_\_\_\_\_

Wrestlers Tested:

- |     |     |
|-----|-----|
| 1.  | 16. |
| 2.  | 17. |
| 3.  | 18. |
| 4.  | 19. |
| 5.  | 20. |
| 6.  | 21. |
| 7.  | 22. |
| 8.  | 23. |
| 9.  | 24. |
| 10. | 25. |
| 11. | 26. |
| 12. | 27. |
| 13. | 28. |
| 14. | 29. |
| 15. | 30. |

SAMPLE

(TO BE SIGNED BY COACH  
AT TESTING SITE ON  
DAY OF TESTING)

Coaches' fee \$30.00, \$ \_\_\_\_\_ Athletes' Fee \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Coaches' Name Printed \_\_\_\_\_ Date \_\_\_\_\_

Coach's Signature \_\_\_\_\_

Signature of official in charge

NOTE: Please write *retest* behind athlete's name for the retest.

WHITE - TRAINING CENTER • YELLOW - LHSAA • PINK - SCHOOL