

# OHSAA Wrestling Alpha Weight Appeal

## 2010-2011 Appeal Assessment to Determine Minimum Wrestling Weight

Master Assessors please use the Appeal Link. BodPod Technicians when completed please fax this to the OHSAA Office, Attn: Kim Zaborniak 614-267-1677

Name of Student-Athlete (first, initial, last): \_\_\_\_\_

School Name: \_\_\_\_\_ School Password \_\_\_\_\_

Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

### CALCULATION OF MINIMUM WRESTLING WEIGHT

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

Appeal Date: \_\_\_\_\_

Urine Specific Gravity: \_\_\_\_\_

Alpha Body Weight (BW): \_\_\_\_\_ (Recorded to tenth of a pound, no rounding.)

#### STEP 2. BODY DENSITY (BD) Calculate body density by SKIN-FOLD, HYDROSTATIC OR BODPOD

##### SKIN-FOLD MEASUREMENTS (To the nearest half of a millimeter)

	Test 1	Test 2	Test 3	Median Value
Triceps (T)	_____	_____	_____	_____
Subscapular (S)	_____	_____	_____	_____
Abdominal (A)	_____	_____	_____	_____

Median(T) + Median(S) + Median(A) = Sum Skin-Folds (SUM SF) = \_\_\_\_\_

#### STEP 3. PERCENTAGE OF BODY FAT (%BF) = $(4.57/BD) - 4.142$ \* 100 %BF = \_\_\_\_\_

THERE IS NO EVIDENCE, SCIENTIFIC OR OTHERWISE, THAT THE MINIMAL WRESTLING WEIGHT IS THE OPTIMAL WEIGHT FOR WRESTLING PERFORMANCE.

### CERTIFICATION

By signing this form you certify that you have reviewed and comprehend the OHSAA Wrestling Weight Monitoring Program. You also certify that this assessment was performed in accordance with standard protocols outlined in the OHSAA Wrestling Weight Monitoring Program and shall only be recalculated by following the appeal procedures as stated in the regulation.

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Head Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Assessment Site \_\_\_\_\_  
Technician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This form must be submitted to the OHSAA prior to the wrestler competing at the new/appealed weight.

#### APPEALS

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial assessment.

1. All steps of the appeal shall occur within 14 calendar days of the original Alpha Date.
2. The 14 day period shall start on the day following the Alpha Date.
3. The 1.5% weight loss limitation is in effect the day following the Alpha Date.
4. In order to utilize the results of an appeal, the wrestler must compete at his/her approved lowest minimum weight during an appeal for a lower weight.
5. Any athlete may appeal his/her initial assessment one time by reassessment
6. An athlete must take an Individual Profile Form and written parental permission with him/her to the appeal assessment.

The steps of the appeal process are as follows:

Step 1. Reassessment: The athlete shall repeat the "Alpha Weigh-In" as described in the regulation.

1. The master assessor shall be responsible for conducting the initial appeal using skin-fold calipers.
2. The reassessment shall occur within 14 calendar days of the original Alpha Date unless a written extension is granted by the OHSAA before the expiration of the 14 day period. All steps of the appeal must be completed during the same 14 day period.
3. Reassessment included hydration assessment, weight measurement, plus three measurements of three skin fold sites. If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.
4. When the assessor enters the appeal data, he/she must indicate that this is an APPEAL by entering the information using the APPEAL link.
5. Failure to adhere to these conditions or timelines will be cause for denial.
6. The wrestler is responsible for any costs incurred during the appeal process.

Step. 2 If dissatisfied with the initial results, the wrestler may choose to be hydrostatically weighted or undergo air displacement weighting to determine body fat percentage. Results obtained at this step are automatically accepted. The athlete, family, school or coach may not appeal further.

1. All appeals and assessments must be complete by January 24, 2010.
2. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air
3. The wrestler is responsible for any costs incurred during the appeal process.
4. A student may not wrestle at the new, appealed weight until approval has been received from the OHSAA.
5. PENALTY: A wrestler who weighs-in at a weight before the proper amount of time has passed to achieve the lowest minimum weight will be considered an ineligible wrestler and subject to OHSAA regulations and sanctions.
6. A wrestler may compete before or during an appeal only at his or her lowest allowable weight based on the initial assessment.
7. A wrestler may skip STEP 1 and proceed directly to STEP 2.