

# **OHSAA Wrestling Alpha Weight Individual Profile / Reassessment / Appeal Form**

Reassessment / Appeal Assessment to Determine Minimum Wrestling Weight

Master Assessors and approved air or water displacement sites use the Appeal Link on [www.trackwrestling.com](http://www.trackwrestling.com)

Parental Permission Form YES \_\_\_\_\_ NO \_\_\_\_\_ (If no, do not assess wrestler)

Wrestler's Name \_\_\_\_\_ GENDER: M F

Grade \_\_\_\_\_ School \_\_\_\_\_ School ID # \_\_\_\_\_

Assessor's Name \_\_\_\_\_

Assessor's Phone Number \_\_\_\_\_

Type of Assessment: Original \_\_\_\_\_ Re-Assessment \_\_\_\_\_ Appeal \_\_\_\_\_

Urine Collection Cup # \_\_\_\_\_

**STEP 1: URINE SPECIFIC GRAVITY** \_\_\_\_\_ (Record athlete's actual specific gravity)

- ❖ **If failed, wrestler must wait 48 hours to be re-assessed!**
- ❖ **MUST record FAILED hydration test the same day**

**PASS      FAIL**

**STEP 2: ALPHA DATE** \_\_\_\_\_ (This is the date of the initial measurement or appeal)

**STEP 3: WEIGHT** \_\_\_\_\_

**STEP 4: SKINFOLD MEASUREMENT**

- Tricep Measurement \_\_\_\_\_
- Subscapula Measurement \_\_\_\_\_
- Abdominal Measurement \_\_\_\_\_

- ❖ **Continue until you get 3 numbers within a mm**
- ❖ **Must input results within 72hrs of alpha date. Same day is preferred**

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**APPEAL ONLY (Site must be approved by OHSAA)**

- Hydrostatic Weighing or Bod Pod: Percent body fat \_\_\_\_\_
  - ❖ **Must be completed within 14 days of original alpha date**
  - ❖ **Complete Steps 1-3 prior to body composition testing**
  - ❖ **Input results within 72hrs. Same day is preferred**

This form must be kept on file for one year. All data is entered into [www.trackwrestling.com](http://www.trackwrestling.com) within 72 hours of test. Immediately is preferred. Information must be entered prior to the wrestler competing at the new/appealed weight.

### **Appeal Process (from 2015-16 Wrestling Regulations)**

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 must be completed during the 14-day appeal period.
2. The 14-day appeal period shall start on the day following the assessment date.
3. The 1.5% weight loss limitation is in effect the day following the assessment 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:

**Appeal Process Step 1 - Reassessment:** The athlete shall repeat the weight assessment 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 assessment 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 includes 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.
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.

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

1. Hydrostatic weighing or air displacement weighing facilities must be approved by the OHSAA and the Appeal Proposal shall be filed with the OHSAA before any assessment occurs.
2. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air displacement weighing.
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 the assessor has entered the valid data into the TrackWrestling system.
5. A wrestler may skip a skin fold reassessment and proceed directly to a hydrostatic reassessment or an air displacement reassessment.

1. All appeals and assessments must be complete by **January 15, 2016**.
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