

NORTHERN LEHIGH SCHOOL DISTRICT

SECTION: PROGRAMS

TITLE: WRESTLING WEIGHT
CERTIFICATION

ADOPTED: February 5, 2007

REVISED:

<p>1. Authority</p> <p>2. Definition</p> <p>3. Guidelines</p>	<p style="text-align: center;">123.1. WRESTLING WEIGHT CERTIFICATION</p> <p>The School Board, per the P.I.A.A. Weight Control Program, has determined that prior to the participation by any student in interscholastic wrestling, the minimum weight classification at which the student may wrestle during the season must be:</p> <ol style="list-style-type: none"> 1. Certified by an authorized medical examiner. 2. Established NO EARLIER THAN six (6) weeks prior to the first practice day of the winter sports season. <p>This certification shall be provided to and maintained by the student’s principal.</p> <p>In certifying the minimum weight classification, the authorized medical examiner shall first make a determination of the student’s urine specific gravity body weight and percentage of body fat, or shall be given that information from a person authorized to make such an assessment. Persons authorized to make this assessment must be certified through the PA Athletic Trainers’ Society, the National Wrestling Coaches Association, or must be an authorized medical examiner.</p> <p>Authorized Medical Examiner – An authorized medical examiner is a licensed medical or osteopathic physician, certified physicians assistant, certified registered nurse practitioner, or a school nurse practitioner.</p> <p><u>Initial Assessment</u></p> <p>Where the Initial Assessment establishes a percentage of body fat below seven percent (7%) for a male or twelve percent (12%) for a female, the authorized, medical examiner may require that the student wrestle at a minimum weight classification one or more weight classifications above what would otherwise be appropriate based upon the student’s minimum wrestling weight, as established by the initial assessment. Under these circumstances, the authorized medical examiner may NOT allow a wrestler to participate at a minimum weight classification below that determined by the initial assessment.</p>
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An appeal to the weight class determination must be made prior to the team's first wrestling competition. However, the appeal must be to a certified testing site (as approved by P.I.A.A.) and the method of testing will be either BodPod or hydrostatic weighing. If an appeal is made the results of the testing are binding. Only one appeal is permitted and all costs associated with the appeal will be the sole responsibility of the student and his parent/guardian.

References:

Wrestling Weight Certification Procedure – 123.1 AR-1

Urine Specific Gravity Testing Procedure – 123.1 AR-2