

2011-2012 DIAA SWC BODY Composition Testing Summary

Filename: 2011-2012BodyCompositionTestSummaryv4

Testing dates and sites – Note – all wrestlers must be tested prior to competing.

- 9:00 a.m. – 1:00. Sunday October 30, 2011 at Delcastle High School – Blue Hen, Independent and non-conference schools to be processed on a schedule posted at the end of this document. Teams will be paired and tested in twenty-minute intervals.
- 9:00 a.m. – 1:00 Sunday October 30, 2011 at CR High School and Sussex Tech – HAC and Kent/Sussex private schools to be processed on a schedule posted at the end of this document. Teams will be paired and tested in fifteen-minute intervals.
- 6:00 to 7:30 Tuesday November 1, 2011 at CR High School **by appointment only and only for wrestlers participating in the “Super32” competition.**
- 9:00 a.m. – 11:00. Sunday November 20, 2011 at CR and Delcastle High Schools. All wrestlers unable to attend the October 30th testing and those that failed hydration testing on October 30th.
- Wrestlers who failed hydration on October 30th or November 20th, will be tested on Tuesday, November 29th at Delcastle or Thursday, December 1st at CR and Seaford. **Testing is by appointment only** and begins no sooner than 6:00 p.m. and will conclude by 7:30 pm.
- Appeals, novice wrestlers and wrestlers participating in fall sport state tournaments will be tested by appointment at the DIAA offices (302-857-3365) or by Pete Parlett (302-999-1663) on the Tuesday following the football championship games at a time and site TBA.
- The final testing date will be January 3rd at Delcastle, CR and Seaford from 6:00 to 7:30 p.m. This testing is limited to wrestlers that have not previously participated in wrestling. There will be no further testing after this date unless an athlete gains eligibility through a medical clearance or has regained academic eligibility (this must be verified by a school administrator).
- A wrestler who does not weigh in at least once before January 3rd, shall automatically be certified at the weight he/she first weighs in after that date.

Testing Procedure

- All wrestlers will complete a DIAA Weight Certification card, provided at the testing facility.
- The body fat measurement will be preceded by hydration testing to determine if he/she is sufficiently hydrated (1.025 or below). A refractometer will be used to test for hydration. Note – the wrestlers are advised to drink 6 to 10 glasses of water on each of the two days preceding testing and two to three glasses on the morning of testing in order to assure a successful hydration test. **DO NOT OVER HYDRATE.**
- Wrestlers will be measured for height.
- All wrestlers must wear suitable clothing for weighing in as required by NFHS rules. Wrestlers will be given a 1.0-pound clothing allowance. To receive this allowance, they must have on a pair of briefs or shorts.

- Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. Wrestlers will be assessed in the "*standard*" mode. The Tanita bioelectrical impedance Body Composition Analyzer will be used to take measurements. Several scales will be available at each test site.
- **ANY WRESTLER, WHO IS FOUND GUILTY OF DECEIVING HYDRATION TESTING PROTOCOL, WILL RECEIVE A ONE-YEAR SUSPENSION FROM DIAA SANCTIONED WRESTLING COMPETITION.**

Appeal Process

- Step 1. If more than one Tanita scale is in use at the site, the wrestler may elect to be checked on any or all of them.
- Step 2. If a wrestler wishes to appeal the results of his/her BIA measurement, he/she may choose to have his/her body fat percentage determined by an ultra sound body fat test device. The ultra sound body fat test devices are considered to be comparable to hydrostatic body fat testing. Appeal testing will be conducted at DIAA at the Collette building in Dover. To schedule an appeal, call DIAA at 302-857-3365. The cost of this appeal is \$15 payable to DIAA. From the time of the initial testing to the date of the appeal process, the restriction of 1.5% of body weight reduction per week is in effect. On the date of testing using ultra sound wrestlers cannot weigh less than the minimum weight for that date as established by the NWCA OPC. Wrestlers that exceed the allowable weight loss will have their appeal denied. Wrestlers must pass the hydration test immediately prior to being assessed by ultrasound.

Weight Loss Restriction

- Wrestlers are restricted to a maximum weight loss of 1.5 % of their initial body weight per week until the wrestler reaches the minimum weight established by the NWCA OPC. Once reaching the minimum weight no further weight loss is permitted. This applies to all wrestlers from the first time their weight is recorded throughout the season. The body weight permitted by this calculation at the end of each succeeding week is to be rounded down to the next pound. To determine this number, multiply the initial body weight at the beginning of a week by 0.985 and round that down to the next whole number. For example, a wrestler weighs 154 pounds on his initial assessment. Multiply 154 by 0.985 = 151.69 and round down to 151; the lowest weight the wrestler may weigh in at the end of seven days. Note that this includes wrestlers who elect to appeal to the ultrasound testing procedure.
- Wrestlers who have successfully completed the BIA testing procedure, and choose to appeal, are restricted to a maximum weight loss of 1.5 % of their initial body weight per week. However, on the date of testing using ultra sound wrestlers cannot weigh less than the minimum weight for that date as established by the NWCA OPC.

Body Fat Testing Rules and Points of emphasis

- Schools will be assessed a \$5 fee per wrestler tested via the BIA testing.
- Wrestlers appealing to the ultrasound test are responsible for the additional \$15 fee payable to DIAA.
- Wrestlers who fail to meet the hydration standard may not be retested for hydration within the same 24-hour period.
- DIAA will test appeal cases by appointment only at the DIAA offices located in the Collette building in Dover. Use of any other test site not approved in advance and in writing by DIAA will disqualify the wrestler from the appeal process. Note that hydration testing will be conducted and must be passed prior to the appeal testing. Appeals must be completed prior to the wrestler competing in a regular season match or tournament.
- During the time from the initial assessment by BIA testing to the appeal test date, wrestlers shall not lose more than 1.5% of their BIA test weight per week nor may their weight drop below that established by the NWCA OPC. Note- wrestlers that test at sub-7% (12% for females) body fat at the initial test using BIA are not permitted to lose any weight prior to the appeal test date. Failure to adhere to the weight loss restriction will disqualify the wrestler from the appeal process.

Tracking Body Weight Loss between Meets

- The Alpha Master Roster based on the initial Body Composition testing must be kept on file on the Athletic Director's office.
- A copy of the Alpha Roster must be provided to the opposing coach at the first meet during weigh-in.
- A copy of each certified weigh-in sheet from each meet must be kept on file in the Athletic Director's office.
- Each coach must bring a copy of all the previous official certified weigh-in sheets for his team to be presented to the opposing coach at the weigh-in. The opposing coach then has the opportunity to check for violations of the restrictions to weigh loss.
- Coaches may then use these weigh-in sheets and the permissible weight loss charts to verify that no opposing wrestler has lost more than the allowable weight in the time between weigh-ins. Violations must be brought to the attention of the official before the first match of the meet. The official may then note the protest in the scorebook.
- The validity of a weigh-in sheet presented at weigh-in may subsequently be checked against the file copy. Any discrepancy will be cause for forfeiture of the meet by the offending school.
- In the event that the Alpha Master Roster or certified weigh-in sheets from prior matches in not made available to the opposing coach during weigh-in, the match may be wrestled under protest. The match official and DIAA must be notified of the protest.

**2011-12 DIAA SWC Body Composition Testing Schedule
Kent & Sussex Counties
October 30th at Sussex Tech and Caesar Rodney HS**

TIME:	SCHOOL:	Assigned Location
9:00 - 9:15	St. Andrews	Caesar Rodney
9:15 - 9:30	Polytech	Caesar Rodney
9:30 - 9:45	Smyrna	Caesar Rodney
9:45 - 10:00	Lake Forest	Caesar Rodney
10:00 - 10:15	Caesar Rodney	Caesar Rodney
10:15 - 10:30	Milford	Caesar Rodney
10:30 - 10:45	St. Thomas More	Caesar Rodney
10:45 - 11:00	Dover	Caesar Rodney
9:00 - 9:15	Woodbridge	Sussex Tech
9:15 - 9:30	Seaford	Sussex Tech
9:30 - 9:45	Sussex Central	Sussex Tech
9:45 - 10:00	Cape Henlopen	Sussex Tech
10:00 - 10:15	Indian River	Sussex Tech
10:15 - 10:30	Sussex Tech	Sussex Tech
10:30 - 10:45	Delmar	Sussex Tech
10:45 - 11:00	Laurel	Sussex Tech

Please have your wrestlers there on time during your time slot. If they are late they may have to wait until scales are available.

**2011-12 DIAA SWC Body Composition Testing Schedule
Kent & Sussex Counties
November 20th at Caesar Rodney HS**

TIME:	SCHOOL:		
9:00 - 9:15	St. Andrews		
9:15 - 9:30	Polytech		
9:30 - 9:45	Smyrna		
9:45 - 10:00	Lake Forest		
10:00 - 10:15	Caesar Rodney		
10:15 - 10:30	Woodbridge		
10:30 - 10:45	Milford		
10:45 - 11:00	Seaford		
11:00 - 11:15	Sussex Central		
11:15 - 11:30	Cape Henlopen		
11:30 - 11:45	St. Thomas More		
11:45 - 12:00	Indian River		
12:00 - 12:15	Sussex Tech		
12:15 - 12:30	Delmar		
12:30 - 12:45	Laurel		
12:45 - 1:00	Dover		

Please have your wrestlers there on time during your time slot. If they are late they may have to wait until scales are available.

2011-12 DIAA SWC Body Composition Testing Schedule
New Castle County
October 30 and November 20, 2011
Delcastle Technical High School-Pete Parlett, Site Coordinator

Time	Schools
09:00	Concord / Christiana / Conrad
09:20	Hodgson / Charter / Pencader
09:40	William Penn / Tower Hill / McKean
10:00	Caravel / Archmere / Moyer Academy
10:20	Friends / Brandywine / Appoquinimink
10:40	Middletown / Mt. Pleasant / St. Thomas Moore
11:00	Howard / Sanford /Wilmington Christian
11:20	Salesianum /Dickinson / Newark
11:40	Glasgow / Red Lion / St. Georges
12:00	AI DuPont / St. Elizabeth / DMA
12:20	St. Marks / Tatnall / Delcastle
12:40	Ferris School / Independence

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