



2016-2017

**WEIGHT CERTIFICATION
BULLETIN**

Weight Certification Due: Prior to 1st Contest

Late Fee Applies

Two-pound growth allowance: January 2nd

Weigh-in records from each weigh-in must be made available at the regional seeding meeting.

TRACKWRESTLING WEIGHT MANAGEMENT

Your login information was sent to the AD of your school listed in the CHSAA directory. Below you will find the information minus logins. Please take a moment to read and review the important links.

Login Information:

1. Go to trackwrestling.com/seasons or go to trackwrestling.com and click the OPC button on the right hand side.
2. Click the [Login] button for the season you are associated with.
3. Enter your login information-

Username: **test123**

Password: **test123**

4. Hit enter or click the arrow to proceed.
5. Update the requested account information

ADDING/UPDATING TEAM ADMINS

You can activate/deactivate any team admin by clicking the indicator in the 'Active' column. Use the following steps to add a new user:

1. Click on 'Users' in the grey top menu. *It may be listed under 'More'*
2. Go to the 'Admins' tab
3. Click the [Add Admin] button.
4. Fill out the user information. *Note the username and password so that you can provide it to the user.*
5. Click [Add] to add the user.
6. You will now see the user listed. *If the user should have OPC access, click the 'N' indicator in the OPC column to update*

WEIGH-IN FORMS

Here is some information on building and printing your weigh-in forms:

Pre-Match

1. Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins'
OR
click the blue scale icon next to an event on your schedule.
2. Click the [Add Weigh In] button.
3. Select the wrestlers, verify or edit the date, add weight allowance if necessary (consecutive day allowances only) and then click [Add] *Note - hold the CTRL or SHIFT button to select multiple wrestlers.*
4. Use the drop-downs in the 'Weight' column to change the weight class if necessary and click [Save Form].
5. Click the [Print] button to print the weigh in form to take to the weigh in *Note - You can use CTRL + P to open a print dialogue.*

NOTE: A copy of the weigh-in form is required for every wrestling event.

Post-Match

1. Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins'
OR
click the blue scale icon next to an event on your schedule.
2. Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. Also note there may be other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.
3. Use the [Save Form] button if you have to leave the page prior to committing the form
4. Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.

Trouble-shooting - My wrestler is not listed on my weigh in form?

1. **Open Weigh-ins:** Your governing body may restrict the # of open weigh-ins allowed. You can see the open weigh-ins by going to your team schedule page and clicking 'Weigh-Ins' at the top. That page will show you the open weigh-ins for each of your wrestlers. If a wrestler already is at the open weigh-in limit, they cannot be added to another weigh-in form till you commit the weigh-in form they are on that is open.
2. **Your wrestler is ineligible:** Go to your roster page and check the eligible flag
3. **Too many days in advance:** This is a governing body setting and some will not allow you to create a weigh in form within a certain amount of days.

WEIGHT LOSS PLANS

Each wrestler has an individual weight loss plan that helps to guide them through a safe and successful decent to their minimum weight class. This plan provides a daily eligible wrestling weight based on their daily weight-loss. Here are some instructions and a [video](#) on viewing wrestler weight loss plans:

1. Click on the 'Roster' or 'Alpha Master' tab
2. Click on the scale icon next to the wrestler's name

TEAM SCHEDULES

Only host teams enter events (duals and tournaments) and the teams that will be attending. All other events will populate on your schedules once your team is added.

- [Add an event](#)
- **All events should be entered by November 1st.**
- When setting-up and running a trackwrestling event, please follow the to-do list that is located on the right side of your screen.

IMPORTANT LINKS

These links will help you in the season.

3. Team Admin Instructions
 1. www.trackwrestling.com/tw/FAQPlan.jsp?planId=139044009
4. Who to contact?
 1. If you have any questions or concerns please submit a ticket to Trackwrestling via the following link: www.trackwrestling.com/tw/tickets/CreateTicket.jsp
5. FAQs
 1. Click <http://www.trackwrestling.com/tw/FAQDisplay.jsp?staticCats=137037009> to view a list of our FAQs.
6. The weight loss plan will open in a new window

TRACK WRESTLING WEIGHT MANAGEMENT SYSTEM

The 2016-2017 Wrestling Committee has endorsed the required use of the track wrestling system for weight certification for the 2016-2017 wrestling season. Several changes were made that are believed to make the process user friendly. Be sure to schedule your weight certification prior to the start of the season, as no wrestler may compete in a contest prior to his/her assessment. Please pay particularly close attention to letter A, B & C in the major changes listed below:

I. MAJOR CHANGES FROM LAST YEAR'S REPORT:

- A.** Track Wrestling is the required computer program used for all regional and state tournaments. All coaches are required to enter the following regional information prior to the deadlines listed below:
 - 1. Wednesday, February 8, 2017 at 7:00 p.m. - Varsity rosters must be entered for regional tournament. Overall varsity record must be updated at the time of entry.**
 - 2. Thursday, February 9, 2017 at 7:00 p.m. - Head to head, returning state champion, returning state placer and returning state qualifier information must be entered.**
 - 3. Friday, February 10, 2017 – Regional directors will publish the final brackets immediately following the coaches meeting.**
 - 4. Once the roster deadline has been reached, wrestlers may only be replaced not moved to another position.**

- B.** All dual matches are required to be run through Track Wrestling. The home team is responsible for entering the results within 24 hours of the event. Duals events in Track Wrestling are free of charge.

- C.** All 16 regions will use the same seeding criterion at the regional qualifying tournament as developed by the wrestling committee.

- D.** In Class 5A, the top 16 schools (based on returning regional/state points) were separated into four regions. The remaining teams were placed into regions taking points and geography into consideration.

- E.** In Class 4A, the top 12 schools (based on returning regional/state points) were separated into four regions. When possible the remaining teams were placed into regions using geography as the primary consideration.

- F.** In Class 3A, the top 8 schools (based on returning regional/state points) were separated into four regions. When possible the remaining teams were placed into regions using geography as the primary consideration.

- G.** In Class 2A, teams were placed into four regions using geography as the primary consideration.

II. RATIONALE:

- A. Regional entry timelines were moved later in the week to reduce the number of changes that require brackets to be redrawn throughout the week.
- B. Running more matches in Track Wrestling reduces the coaches time spent on data entry at the end of the season.
- C. Having one seeding criterion creates a consistent qualifying format for all kids across the state.
- D. This format separates the top 16 returning programs while creating geographical regions for the majority of schools.
- E. This format separates the top 12 returning programs while creating geographical regions for the majority of schools.
- F. This format separates the top 8 returning programs while creating geographical regions for the majority of schools.
- G. Due to the significant travel in 2A wrestling, all four regions are configured using geography and an equal balance in the number of teams as the primary considerations.

IV. DATES:

Rules of Thumb For Setting Dates: 3rd full Thursday, Friday, Saturday in February

Regional qualifying: February 10-11, 2017
 February 9-10, 2018

State Championship: February 16-18, 2017
 February 15-17, 2018

V. INFORMATION ITEMS:

- A. Weight assessments may be performed beginning Tuesday, November 1st, 2016. All wrestlers must have a completed weight assessment prior to competition.
- B. Dress Code: During the regional and state tournaments coaches are required to wear full length pants (khaki's preferred), a school issued shirt with school name or logo (collar preferred) and athletic shoes or dress shoes (no flip-flops).
- C. Each individual wrestler can only have three weigh-in events open at one time. You will not be able to open a fourth till a weigh-in is entered.



Colorado High School Activities Association

“Seeking Excellence in Academics, Activities and Athletics”



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14855 E. 2nd Ave.
Aurora, CO 80011
(303) 344-5050
Fax (303) 367-4101
www.chsaa.org

October 15, 2016

TO: ATHLETIC DIRECTORS/WRESTLING COACHES OF SELECTED SCHOOLS

FR: HARRY WATERMAN, ASSISTANT COMMISSIONER CHSAA

RE: WRESTLING WEIGHT CERTIFICATION

Hal Wiebers and Tony Ribaldo will help the southern part of Colorado by providing this service to schools in hopes of helping you comply with the certification standards. Without their help, many schools would find it extremely hard and expensive to comply with the rules. I would like to thank them for the time they are taking to help you with this process.

Please make sure that you contact these two as soon as possible so that they can make arrangements to be in your area.

Please note: You will be responsible to provide your own hydration strips and will be asked to help supervise the process if you choose to participate in this program.

It will be your responsibility to make sure your wrestlers come to the process hydrated because if they do not pass the hydration portion of the process they cannot get certified.

They will then need to find another date and location to try again.

I would suggest that you test your wrestler's hydration levels a few times prior to the certification date to insure that they know how much water intake it will take to pass the hydration test.

Best of luck and if you are interested in this process, please contact Hal or Tony as soon as possible.

Wrestling Weight Certifications Proposal

*Schools must call to schedule time and date

*Please choose AM or PM

*Fees: \$100.00 per school plus \$2.00 per student.

*For consistency we suggest that the same brand of regent strips be used as well as the same color chart to determine hydration.

*Concern has been expressed that a large number of athletes will not be able to pass the hydration test. Coaches must be sure that the athlete has been drinking sufficient water to pass the test.

*Test schedule times must be established by each individual school. As we are trying to provide a service, we will schedule on a first-come-first-serve basis.

To schedule and confirm dates, sites and times, you must contact:

Hal Wiebers
719-275-4502
Cell: 719-242-8165
346 Cedar Ridge Drive
Canon City, CO 81212
hwiebers@bresnan.net

Anthony Ribaldo
719-647-2279
Cell: 719-250-5144
1037 Covered Wagon
Pueblo West, CO 81007
ribaldo15@msn.com

Weigh-in procedure 2016-2017 Season

The wrestling committee has approved the following procedures for weigh-in for dual matches. Please note all schools must appoint a THIRD PARTY (not a coach or official) as the person officially responsible for weigh-in. Please assume that an official will not be on site for weigh-in and the host school must be responsible for this duty. This change has come about because officials are finding it more and more difficult to be on site as early as is necessary. There are a myriad of reasons why officials are not able to be available as early as they used to be. Everything from travel time to inability to get out of work or school in mid-afternoon has contributed to this problem. We all believe this process will help us to keep our most experienced officials.

2016-2017 Guidelines for Wrestling Weigh-in

The TrackWrestling weigh-in form is the only acceptable form at weigh-ins. This form must be presented and all eligible wrestlers must be listed in order to compete in that day's event. Officials have been instructed to enforce this rule without exception.

The weigh-in THIRD PARTY is responsible to record the wrestlers' weights for the meet on the trackwrestling weigh-in form. The officials will be responsible for grooming, skin disease and match start.

Schools need to appoint a responsible third party (not the coach) to be responsible for weigh-ins. That person will be in charge of Weigh-In any time a meet official is not able to perform the duty.

All contracts will designate the specific weigh-in start time.

All provisions outlined in the NFHS Wrestling Rule Book are to be followed.

A varsity official should be present one (1) hour prior to the varsity meet.

JV meet weigh-ins are to be one (1) hour prior to the start time for the JV meet.

If a school combines the varsity and JV weigh-in at a time one (1) hour prior to the JV match, the JV official can be authorized to supervise and conduct the weigh-in for both meets. The appointed weigh-in officials are still responsible to be on site despite the JV official being present.

The official will still determine the order of matches for that day's competition upon his arrival at the meet site.

A referee will be responsible for conducting grooming checks prior to the start of any wrestling event.

WEIGH-IN FUNDAMENTALS

Dual Meets:

1. Shall be conducted a maximum of 1 hour before the time a dual meet begins.

Particulars:

When a preliminary meet is followed by a varsity meet, the 30-minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet.

The weigh-ins shall be conducted at the dual meet site.

2. The weigh-in shall proceed from the smallest to the largest weight class.
3. The weigh-in will conclude when the 285 lb. class is completed.
4. A contestant may step on and off the scale(s) two times to allow for mechanical inconsistencies, but may not do anything to promote dehydration during this time.
5. All contestants shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
6. Any contestant failing to make weight during the designated weigh-in time shall be ineligible for that weight class.

Tournaments:

1. Shall be conducted a maximum of 2 hours before the first session.
2. The weigh-ins shall be conducted at the tournament site.
3. The weigh-ins shall start at the lowest weight and progress through the weights in order.
4. Once they have entered, contestants may not leave the weigh-in area until their weigh-in has been completed.
5. During the time off the scale, activities that promote dehydration are prohibited.
6. A 1-pound weight allowance can be granted for each consecutive day of competition if 48 hours' notice is given to all opponents.
7. A contestant in a tournament shall be named by weight class prior to the conclusion of the weigh-ins.
8. A contestant may immediately challenge any scale used at the weigh-ins, but only once per scale. Twice on original scale.

CHSAA WEIGHT CERTIFICATION FORMS

CHSAA MATCH/TOURNAMENT ENTRY FORM

The completed track wrestling entry forms should be given to the official who is conducting the weigh-in so that he can record the actual weight of the wrestler. Once the weigh-in is complete, the official would sign the form and distribute the copy to the proper home team coach. The coach should then make a copy for the visiting team prior to the conclusion of the match/tournament.

These completed entry forms signed by the official who conducted the weigh-in, **SHALL** be made available at the regional seeding meeting.

CHSAA WRESTLING WEIGHT CERTIFICATION FORM – LATE FEE APPLIES

This form must be sent to the CHSAA office and the league secretary prior to 1st contest. LATE FEE APPLIES!

Once committed, it may not be changed. No Appeals!

IF THE MINIMUM WEIGHT RECOMMENDED BY THE PARENT AND THE PHYSICIAN DIFFER, THE WRESTLER MUST WRESTLE AT NO LESS THAN THE HIGHER OF THE TWO WEIGHTS.

GROWTH ALLOWANCE

EACH WRESTLER WILL BE GIVEN A 2-POUND GROWTH ALLOWANCE BEGINNING ON JANUARY 2, 2017. THIS WEIGHT ALLOWANCE DOES NOT AND CANNOT CHANGE THE ORIGINAL WEIGHT ASSESSMENT.

NATIONAL FEDERATION AND CHSAA RULES RELATED TO WEIGHT

Nothing is more critical to the health of wrestlers and the continued growth of the sport of wrestling than the coach's complete familiarity and compliance with all rules and policies related to weight control. The Federation rulebook (page 8) states a very clear philosophy concerning weight control.

2016-2017 WRESTLING WEIGHT CERTIFICATION GUIDELINES

For health and safety reasons, the state's weight control program shall **require hydration testing with a specific gravity not greater than 1.025**, which immediately precedes the body fat assessment. A wrestler that is at or below scratch weight at the time of assessment and is below 7 percent for males and 12 percent for females shall have a physician's and parent's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows, if wrestler is not already at scratch weight.

Example: A wrestler's minimum weight with a body fat of 6% is 113 lbs. The system has already built in the 2lb variance. With the approval of the physician and parent he may certify at 113 lbs. If his minimum weight would have been 113.1 or higher he would have had to certify at 120 lbs. **No appeals will be granted.**

Implementation:

Each wrestler below 7% (male) 12% (female) must have **on file with the school administration** prior to competition, 2015, a Weight Certification sheet signed by a parent and examining physician indicating the lowest weight at which the wrestler may participate for the remainder of the season. This card may not be revised downward by a subsequent evaluation.

There will be a 2-lb. growth allowance on January 2. This will not permit wrestlers to re-certify to a lower weight class.

Weight Loss Plan

NWCA Wrestling Weight Certification

Test Wrestler - Test Team

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Initial weight: 120.2 lbs Weight loss per week: 1.80 lbs Minimum weight class: 106				
Minimum weight: 98.81				
Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
11/3/2015	Initial Assessment	120.2	126	120.2
11/4/2015	Day 1	119.94	120	
11/5/2015	Day 2	119.68	120	
11/6/2015	Day 3	119.43	120	
11/7/2015	Day 4	119.17	120	
11/8/2015	Day 5	118.91	120	
11/9/2015	Day 6	118.65	120	
11/10/2015	Day 7	118.4	120	
11/11/2015	Day 8	118.14	120	
11/12/2015	Day 9	117.88	120	
11/13/2015	Day 10	117.62	120	
11/14/2015	Day 11	117.37	120	
11/15/2015	Day 12	117.11	120	
11/16/2015	Day 13	116.85	120	
11/17/2015	Day 14	116.59	120	
11/18/2015	Day 15	116.34	120	
11/19/2015	Day 16	116.08	120	
11/20/2015	Day 17	115.82	120	119.8
1 lbs consecutive day allowance				
11/21/2015	Day 18	119.54	120	120.9
11/22/2015	Day 19	119.64	120	
11/23/2015	Day 20	119.38	120	
11/24/2015	Day 21	119.13	120	
11/25/2015	Day 22	118.87	120	
11/26/2015	Day 23	118.61	120	
11/27/2015	Day 24	118.35	120	
11/28/2015	Day 25	118.1	120	
11/29/2015	Day 26	117.84	120	
11/30/2015	Day 27	117.58	120	
12/1/2015	Day 28	117.32	120	
12/2/2015	Day 29	117.07	120	
12/3/2015	Day 30	116.81	120	
12/4/2015	Day 31	116.55	120	

12/5/2015	Day 32	116.29	120	
12/6/2015	Day 33	116.04	120	
12/7/2015	Day 34	115.78	120	
12/8/2015	Day 35	115.52	120	
12/9/2015	Day 36	115.26	120	
12/10/2015	Day 37	115.01	120	
12/11/2015	Day 38	114.75	120	
12/12/2015	Day 39	114.49	120	
12/13/2015	Day 40	114.23	120	
12/14/2015	Day 41	113.98	120	
12/15/2015	Day 42	113.72	120	
12/16/2015	Day 43	113.46	120	
12/17/2015	Day 44	113.2	120	
12/18/2015	Day 45	112.95	113	
12/19/2015	Day 46	112.69	113	
12/20/2015	Day 47	112.43	113	
12/21/2015	Day 48	112.17	113	
12/22/2015	Day 49	111.92	113	
12/23/2015	Day 50	111.66	113	
12/24/2015	Day 51	111.4	113	
12/25/2015	Day 52	111.14	113	
12/26/2015	Day 53	110.89	113	
12/27/2015	Day 54	110.63	113	
12/28/2015	Day 55	110.37	113	
12/29/2015	Day 56	110.11	113	
12/30/2015	Day 57	109.85	113	
12/31/2015	Day 58	109.6	113	
2 lbs growth allowance				
1/1/2016	Day 59	109.34	113	
1/2/2016	Day 60	109.08	113	
1/3/2016	Day 61	108.82	113	
1/4/2016	Day 62	108.57	113	
1/5/2016	Day 63	108.31	113	
1/6/2016	Day 64	108.05	113	
1/7/2016	Day 65	107.79	106	
1/8/2016	Day 66	107.54	106	
1/9/2016	Day 67	107.28	106	
1/10/2016	Day 68	107.02	106	
1/11/2016	Day 69	106.76	106	
1/12/2016	Day 70	106.51	106	
1/13/2016	Day 71	106.25	106	
1/14/2016	Day 72	105.99	106	

1/15/2016	Day 73	105.73	106	
1/16/2016	Day 74	105.48	106	
1/17/2016	Day 75	105.22	106	
1/18/2016	Day 76	104.96	106	
1/19/2016	Day 77	104.7	106	
1/20/2016	Day 78	104.45	106	
1/21/2016	Day 79	104.19	106	
1/22/2016	Day 80	103.93	106	
1/23/2016	Day 81	103.67	106	
1/24/2016	Day 82	103.42	106	
1/25/2016	Day 83	103.16	106	
1/26/2016	Day 84	102.9	106	
1/27/2016	Day 85	102.64	106	
1/28/2016	Day 86	102.39	106	
1/29/2016	Day 87	102.13	106	
1/30/2016	Day 88	101.87	106	
1/31/2016	Day 89	101.61	106	
2/1/2016	Day 90	101.35	106	
2/2/2016	Day 91	101.1	106	
2/3/2016	Day 92	100.84	106	
2/4/2016	Day 93	100.58	106	
2/5/2016	Day 94	100.32	106	
2/6/2016	Day 95	100.07	106	
2/7/2016	Day 96	99.81	106	
2/8/2016	Day 97	99.55	106	
2/9/2016	Day 98	99.29	106	
2/10/2016	Day 99	99.04	106	
2/11/2016	Day 100	98.81	106	
Minimum wrestling weight locked				
2/12/2016	Day 101	98.81	106	
2/13/2016	Day 102	98.81	106	
2/14/2016	Day 103	98.81	106	
2/15/2016	Day 104	98.81	106	
2/16/2016	Day 105	98.81	106	
2/17/2016	Day 106	98.81	106	
2/18/2016	Day 107	98.81	106	
2/19/2016	Day 108	98.81	106	
2/20/2016	Day 109	98.81	106	

WEIGHT CERTIFICATION QUESTIONS - ANSWERS

- Q1: May a coach weigh-in a wrestler that is not listed on the trackwrestling weigh-in form for that days event?
- A1: No, All eligible wrestlers must be listed on the track wrestling form in order to be eligible to weigh-in, no other forms are permitted.
- Q2: What happens if a wrestler competes at a weight lower than which was certified?
- A2: Those matches do not count toward regional seeding. The matches will count toward the 28 point limit. Sanctions may be imposed.
- Q3: Can a wrestler be withdrawn from a weigh-in?
- A3: Yes, but only during the designated time limit of the weigh-in.
- Q4: Can a wrestler weigh in, be credited with a weigh-in, then not wrestle in that event?
- A4: Yes, as long as he is an eligible wrestler.
- Q5: (a) What is the date on which weight certification is due; (b) What is the date on which the 2-pound growth allowance is given?
- A5: (a) Prior to Competition; (b) January 2, 2017
- Q5: When should weight certification forms be completed and on file with the school?
- A5: A wrestler may not compete interscholastically until he/she has a completed weight certification on file with the school and CHSAA.
- Q6: When a wrestler recertifies to a higher weight, what must be done?
- A6: The coach must not allow that individual to wrestle at a weight lower than the recertified weight. No doctor exam or parent signatures are needed when recertifying at a higher weight.
- Q7: Can a wrestler recertify at a lower minimum weight after the original certification?
- A7: No.
- Q8: Is there a 2-pound growth allowance on January 2?
- A8: Yes, but it does it not permit a wrestler to recertify to a lower weight class.