

Weight Management and Growth Allowance – important information!

Please read the information below, as it pertains to weight management and growth allowance. Be sure to look at each of your wrestler's descent plans, paying attention to their Minimum Weight Class (MWC), their Eligible Weight Classes (EWC) and knowing what your plans are for the remainder of their season regarding their weight management.

Eligible Weight Classes

Wrestlers can weigh-in at either of their two eligible weight classes listed on the weigh-in form without negatively affecting their descent plan. Wrestlers can NEVER weigh-in below the lowest weight class listed on the weigh-in form. If a wrestler's two eligible weight classes say 130# and 135#, and they weigh in above the 135# weight class, their descent plan will be IMMEDIATELY recalculated from the actual scale weight, and they must follow the plan each week if they wish to reach the 135# and 130# weight classes.

Wrestlers may only compete at the weight class for which their actual scale weight qualifies them, or one weight class above. In a dual meet, if a wrestler's two eligible weight classes are 130# and 135# they may weigh-in for the 135# weight class and compete at either 135# or 140# without affecting their descent plan. They cannot weigh-in for the 130# weight class and compete at 140# because that is more than one weight class above the weight class for which their actual scale weight qualifies them.

If a wrestler's two eligible weight classes say 130# and 135#, but they are listed on the 135# line of the weigh-in form, they can weigh-in at 130#, but should have the 135# crossed off and changed to 130#. Intentionally or unintentionally causing deception with regard to the weigh-in form is a practice that is unacceptable and avoidable, so plan ahead and play by the rules.

If a wrestler who is listed on the weigh-in form does not make weight, the coach can use a pen or pencil to change the line the wrestler is on as long as the weigh master and/or opposing coaches are notified, it is done before the weigh-ins are over, and before the weigh-in sheet is signed.

Growth Allowance

Wrestlers who have certified their minimum weight class (making scratch weight) before December 11 can receive the 2-pound growth allowance after December 11. Wrestlers who have not certified their minimum weight class by December 11 can receive the growth allowance the first time they weigh-in after certifying (making scratch weight). The first time a wrestler uses the growth allowance they declare their certified weight class and their intent not to wrestle at a lower weight class. A wrestler cannot recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows them to go once they use the 2-pound growth allowance. Wrestlers who have made scratch weight at least one time at the lowest weight they intend to compete for the remainder of the season can receive the growth allowance for the remainder of the season. For example, if a wrestler has made scratch weight at 130#, they receive the growth allowance at either 130# or 135# without losing their certification at 130# or negatively affecting their descent plan. In addition, they can use the growth allowance at 135# before using it at 130# with no adverse effects, provided they have indeed made the scratch weight of 130# at least one time.

For wrestlers who have made scratch weight, and whose coaches have indicated in the weight management system they are using the growth allowance, its use is mandatory for the remainder of the season. To weigh-in for the 130# weight class a wrestler who receives the growth allowance needs to weigh more than 127# (125# weight class with the 2# growth allowance). **IF A COACH DOES NOT WANT A WRESTLER TO RECEIVE THE GROWTH ALLOWANCE THEY SHOULD BE SURE THE WEIGH-IN FORM INDICATES “NO” UNDER “RECEIVES 2LB. GROWTH ALLOWANCE”**. If the weigh-in form indicates this wrestler is NOT using the growth allowance she simply needs to weigh more than 125# to weigh-in for the 130# weight class.

If a wrestler is never going to weigh-in at their MINIMUM WEIGHT CLASS, be sure to raise their MWC so their descent plan is accurate. **REMEMBER, ONCE THE DECISION IS MADE THAT A WRESTLER WILL USE THE GROWTH ALLOWANCE, OR RAISE HER MWC, IT CANNOT BE CHANGED!** Changing the MWC is done on the Roster page of the OPC system in Track Wrestling. Simply click on the blue number, then update the MWC.

On or after December 11, coaches should indicate on the printed weigh-in sheet whether a wrestler is using her growth allowance or not. If it says NO on the weigh-in sheet, then that wrestler needs to make scratch weight. If the coach has changed the NO to a YES, then the wrestler can have the 2-pound growth allowance. Coaches, be sure to get this changed prior to weighing-in, as it is important for all coaches to know who gets and does not get the growth allowance.

Eligible Weight Classes and Scale Allowance

The on-line weight management system will indicate which two weight classes a wrestler is eligible to weigh-in for each week according to their descent plan. If a wrestler's Minimum Wrestling Weight for a given week is 135.5#, she is eligible to weigh-in for the 140# and 145# weight classes that week. If a scale allowance is given for consecutive days of competition or weather postponements, that does NOT change the wrestler's two eligible weight classes. **UNDER NO CIRCUMSTANCE IS THIS WRESTLER ELIGIBLE TO WEIGH-IN FOR THE 135# WEIGHT CLASS DURING THE WEEK INDICATED.**

STEPS TO CREATE UPDATED WEIGH-IN SHEETS

1. Create your weigh-in sheet for an event on or after December 11
2. Add your roster for the event
3. Click Save
4. Before printing, select the hyperlink on the far right side of the weigh-in sheet that says NO (will also be blue) and change it to yes.
NOTE: If the word NO is not hyperlinked, it means you have not updated the MWC on your roster page.
5. Once you have updated the No to Yes, you will not need to do it again.
6. Female wrestlers who are not on the weigh-in sheet for that event can be updated on any future event weigh-in sheets.

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