

Indiana High School Athletic Association



Wrestling

Weight Management and Skin Lesions Handbook

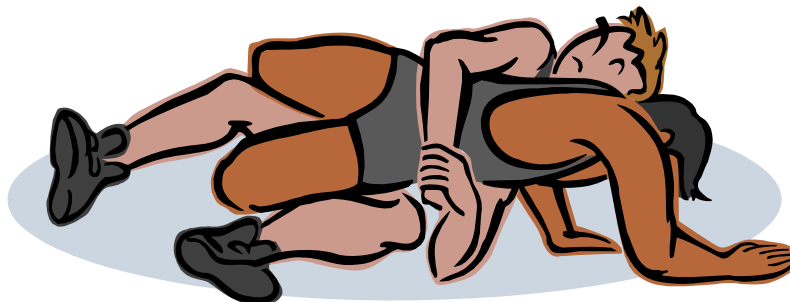


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Preface

Over the past several years, significant changes have been made to the rules governing interscholastic wrestling. Perhaps the most noteworthy of these amendments surround the issue of weight management. Whenever rules changes are proposed and ultimately passed, the guiding principle associated with the change is that the safety of the competitors is at the forefront. The IHSAA instituted its weight management program in the fall of 2000 and stands as one of the original eight states in the country that adopted a weight management program. Beginning in 2006-07, the National Federation inserted into its wrestling rules book that all state associations have an active weight management program that requires hydration testing of athletes and the establishment of a weight loss program that prohibits an average weight loss of more than 1 ½% weekly.

Additionally, due to the contact nature of wrestling, the continuous monitoring of individual skin conditions among wrestlers remains a vital safety issue. The NFHS has developed a universal form for the use of physicians allowing for the recording of a current examination and written documentation.

This manuscript will detail the rules associated with weight management and participation with skin lesions. The intent of this document is to clearly illustrate to the student athlete and his parents, the wrestling coach and athletic administrator the expectations and standards that must be met with regard to these two very important safety considerations.

IHSAA By-Laws – Rule 60-6

The IHSAA By-Laws address weight management in wrestling in Rule 60-6. The rule reads as follows:

- 60-6**
Prior to competing in a meet, all wrestlers and schools must comply with all of the standards outlined in the Association's weight control program including but not limited to:
- Administering skin-fold measurements or body composition analyzation prior to the start of the competition season (Sat., Week 20),
 - Minimum body fat standards of 7% for males and 12% for females, must be met unless both a licensed physician and the parent/s make a successful appeal as outlined in the Association's weight control program,
 - When losing weight to reach a projected minimum allowable weight, a student athlete's average weight loss shall not be more than one and one-half percent per week.

NFHS Wrestling Rules Book – Rule 1-3

The National Federation wrestling rules book addresses the weight control program and the directive to each state association. Rule 1-3 reads as follows:

Art. 1 – Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males and 12 percent for females.

Art. 2 – 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 minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12% for females shall have a physician'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. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

Art. 3 – The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season. After certification, a wrestler shall not weigh-in more than one weight class above the weight of certification without recertifying at a higher weight.



The Indiana High School Athletic Association Wrestling Weight Management Program Regulations and Instructions

Introduction

Indiana high school wrestlers shall participate in the IHSAA Wrestling Weight Management Program. The program is designed to determine the minimum weight class a wrestler may participate in, based on a predicted weight at 7% body fat for male athletes and 12% body fat for female athletes.

The IHSAA continues to address the safety of the student athletes in our wrestling program. The establishment of minimum weight classes in conjunction with a maximum weight loss per week, allows wrestlers to participate in a most healthy manner.

The following program information will give you specific details and procedures about the program. If you have questions, please contact the IHSAA office at 317-846-6601 or via e-mail at wrestling@ihcaa.org.

1 THE REGULATION

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is **required** for all high school wrestlers. *The IHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, simply the minimum weight at which the athlete will be allowed to compete.*

I. Establishing Minimum Weights

- A. The determination of predicted weights at 7%/12% body fat is accomplished through the use of skinfold measurements, bio-impedance readings or air-displacement readings. Acceptable skinfold measurements must be taken by a certified IHSAA skinfold assessor. Schools may obtain a list of approved measurers at the IHSAA website at www.ihcaa.org under boys' sports and wrestling. It is the responsibility of the school to contact a certified skinfold measurer from this list. Bio-impedance readings taken from a TANITA body composition analyzer may be submitted for use in the establishment of minimum weights. Individuals and/or schools may opt to invoke air displacement readings for their measurements. The Bod-Pod air displacement measurement device may be used for this type of measurement. Selected colleges and universities, along with fitness and sport institutes in Indiana will make arrangements with schools and/or individuals to use this technology. Please contact the IHSAA if you wish to implement air-displacement measurements to meet the regulation.
- B. The lowest weight class a wrestler may compete at will be determined as follows:
 1. If the predicted weight at 7% male or 12% female is exactly that of one of the weight classes that weight class shall be the wrestler's minimum weight class.
 2. If the predicted weight falls between two weight classes, he/she must wrestle at the **higher** weight class.
 3. With written parental permission, the wrestler may wrestle at the weight class in which the 7% male/12% female predicted weight, less **2%** of that weight, places

him/her. (Example: Male wrestler measures 7% body fat at 105 pounds. The wrestler may subtract **2%** of 105 pounds [2.1 pounds] from 105 pounds resulting in the sub 7% wrestler to qualify for the 103 pound weight class. This permission must be requested on the IHSAA parent permission form provided to the schools with this information and on the IHSAA website at www.ihsaa.org under boys' sports and wrestling. This permission must be received no later than the last Friday of December. (December 26, 2008)

4. Any male or female wrestler whose body fat percentage at the time of measurement falls below 7%/12% must obtain, in writing on the prescribed IHSAA form, a licensed physician's clearance stating that the athlete is naturally at this sub 7%/12% body fat level. A physician's clearance is valid for one season and expires April 1 of each year. The physician's form for this clearance is provided with this information and on the IHSAA website at www.ihsaa.org under boys' sports and wrestling. This approval must be received before the athlete is allowed to wrestle in any interschool competition.

II. Time Periods for Measurements

- A. Measurements may begin on Monday of Week 18. (November 3, 2008) All wrestlers, including those coming out late, must have their minimum weight established **prior** to any competition.
- B. Measurements must be completed for any wrestler prior to their first interscholastic competition.

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EQUIPMENT AND PROCEDURES FOR 2008-2009

SPECIFIC GRAVITY URINE TESTING

All Indiana high school wrestlers must be tested for specific gravity urine density **PRIOR** to being measured for body density and body fat percentages. The testing of specific gravity in urine is simply to measure the hydration levels of athletes prior to being measured for body density. The hydration level of an athlete will have a profound impact on the measurement process and create a much more accurate assessment of the body density of an athlete.

In our application, specific gravity urine is tested by the use of a *Bayer* or *Hydra-Trend*TM test strip. These strips may be obtained from most health product suppliers. Information to obtain the test strips is contained within this document. *Additionally, schools may implement the use of a refractometer that will provide appropriate specific gravity urine readings.*

An athlete, in the presence of school administration (i.e.: athletic administrator, athletic trainer, school nurse) shall pass a test strip through their urine. After a 30 second period, the strip shall be compared to a color gradient which will determine the level specific gravity within the urine. If the student's measurement is below or meets a level of 1.020, the athlete passes the specific gravity urine test and may continue to be measured for body density and body fat percentages. If the student's urine measurement is above 1.020, the student fails the specific gravity urine test and must wait a minimum of 24 hours to be retested. A student shall not be measured for body density and body fat percentages before passing a specific gravity urine test.

A school simply must report whether the student has passed the specific gravity urine test when completing the information for that particular student. The reporting process will be covered later in this information.

BODY DENSITY AND BODY FAT PERCENTAGE MEASUREMENT

The IHSAA will accept body density and body fat percentage measurements using one of three different methods with the following equipment:

1. **Skinfold measurements** shall be taken using the *Lange* skinfold caliper. These are medium priced calipers and can be obtained for under \$250.00 from most health care product suppliers. Measurements taken with the *Lange* calipers must be taken by an IHSAA certified skinfold measurer. A list of certified measures may be found on the IHSAA website at www.ihsaa.org under boy's sports, wrestling and in the weight control information link.
2. **Bio-Impedance measurements** will be accepted from the use of the *TANITA TBF-300-A* Body Composition Analyzer/Scale. This technology is available for approximately \$1500-\$1700 from most health care product suppliers. Measurements taken with the *TANITA* analyzer must be witnessed by the athletic administrator or athletic trainer of the school. The use of any other model of *TANITA* must be approved by the IHSAA prior to use. Measurements taken with a *TANITA* machine shall be taken in the standard mode.
3. **Air displacement measurements** using the BOD-POD machine may be used to measure body composition. This technology is available in Indianapolis at the National Institute for Fitness and Sport as well as regional sites including Ball State University and Purdue University. The fee set by NIFS is \$15.00 per wrestler provided the entire team is scheduled to be tested or \$30.00 per individual tested independent of the team. There is a potential that a BOD-POD machine may be brought to a school for testing by member of the NIFS staff. If you wish further information about testing with the BOD-POD machine, you should contact Vern LaMere, M.S., Human Performance Lab, National Institute for Fitness and Sport, 250 University Blvd, Indianapolis, IN 46202, Tel: 317-274-3432, Fax 317-274-7408, Email: vlamere@nifs.org

REPORTING OF DATA

The IHSAA has entered into partnership with the *National Wrestling Coaches Association* with regard to the recording of data in the IHSAA wrestling weight control program. School personnel will report the measurement data directly to the *National Wrestling Coaches Association* website by using a selected login and password supplied by the *NWCA*. The advantages of using this technology over previous years are countless. The athletic administrator or athletic trainer will receive an instantaneous calculation of the predicted 7%/12% body weight based upon the measurements submitted. In addition to that response, the program will calculate a 1 ½ % weekly weight loss figure in graphic detail which will enable the coach and wrestler to see a progressive weight loss pattern that will end with their predicted weight at 7%/12% or the weight achievable by the Monday prior to the IHSAA sectional tournament.

Member schools have been notified via e-mail to provide the IHSAA with the e-mail address of their certified skinfold measurer or designated school official who will enter the data for their school. The *NWCA* will e-mail the password to the address provided by the school. The individual will then be ready to enter data for their school. The login for a particular school will be the following: IN [your IHSAA school number] (Example: the login for Adams Central will be IN001) After entering your login, you will then enter your password that was provided by the *NWCA*. This will allow you to enter the *NWCA* site to submit your information.

To begin, the person entering information must go to the National Wrestling Coaches Association site at <http://www.nwcaonline.com/performance/Scholastic/>. Once at this page, you should click on the assessors tab. On the next screen enter your specific login information. The initial page you will see will be a page to enter a single wrestler. You are now ready to enter data for your wrestlers. You shall enter all data requested on this page. Take extra caution to complete all areas of the form including the drop down menus for grade and specific gravity urine. ***Always use your tab key to move from field to field.*** The software will not calculate your information if you fail to tab between fields. Also, any fields left blank will produce an error message with instruction to correct your entries. Upon completion of each wrestler, you shall click on the button at the bottom of the page to "Save Certification." This saves the information to the NWCA database. Coaches shall retain this certification in their files. The individual entering information for a particular school may also click on the button labeled "Main Menu" to access two important reports. One report that should be printed is the "Alpha Master" report which will list all wrestlers entered for that school. The coach shall also retain this report in their files as reference. A second report that is most beneficial to the wrestler and his/her parents is the "Weight Loss Plan." Simply click on that tab and select the wrestler you wish to create a report for. The program will then generate a weight loss plan based on the 1 ½% per week weight loss limit.

If you have any questions concerning the reporting of wrestler data to the NWCA website, generating reports or other concerns, please contact the IHSAA at wrestling@ihsaa.org.

PARENTAL PERMISSION TO WRESTLE BELOW 7%/12%

While recognizing that the measurement process may not be 100% totally accurate, the IHSAA will again allow parents to give consent for their child to wrestle below the 7%/12% predicted weight. A wrestler, with signed parent consent may lose an additional **2%** of the 7%/12% measurement and participate in the weight class that weight loss places them (Example: A wrestler's predicted weight at 7% body fat places him at 105 pounds. **2%** of the 105 pounds equates to 2.1 pounds. Losing the 2.1 pounds places the wrestler at 102.9 pounds which qualifies the wrestler to participate in the 103 pound weight class). A wrestler will only be allowed to take advantage of this provision with a signed permission form on file with his/her coach. The parental permission to wrestle below 7%/12% is only available to those wrestlers that received a body fat assessment ABOVE the minimum of 7%/12% upon initial assessment.

PHYSICIAN'S CLEARANCE FOR A BELOW 7%/12% WRESTLER

In rare instances, a wrestler may be naturally below a 7%/12% body fat composition upon initial measurement. In those rare cases, a wrestler must submit a completed Physician's Clearance form before competition. The Physician's Clearance form is available in this literature and from the IHSAA website at www.ihsaa.org. For the wrestler that is naturally below 7%/12%, the weight class this wrestler is eligible for is the class immediately ABOVE the alpha weight of the wrestler. Example: A wrestler that naturally measures at 5% body fat with an alpha weight of 107 pounds is eligible for the 112 pound weight class. This wrestler is NOT eligible to compete in the 103 pound weight class.

This form shall be completed and filed with the IHSAA BEFORE the athlete may wrestle. DEADLINE DEC. 26, 2008

PHYSICIAN'S CLEARANCE

FOR WRESTLER BELOW BODY FAT ALLOWANCE

IHSAA 9150 N. Meridian St. P.O. Box 40650 Indianapolis, IN 46240

Any male wrestler whose body fat percentage at the time of measurement (Alpha Date) is below 7% must obtain in writing a licensed physician's (M.D. or D.O.) clearance stating that the athlete is naturally at this sub-7% body fat level. In the case of a female wrestler, written physician's clearance must be obtained for athletes who are sub-12% body fat. A physician's clearance is for one season duration and expires April 1 of each school year.

The sub-7% male or sub-12% female, who receives clearance, may not wrestle below his/her alpha weight.



WRESTLER'S NAME _____ GRADE _____

SCHOOL _____

DATA REVIEW

ALPHA DATE: ___/___/___ ALPHA WEIGHT _____ pounds BODY FAT % _____
Weight class that immediately exceeds the Alpha Weight: _____ pound weight class.

PLEASE CIRCLE EITHER "A" OR "B" BELOW:

- A. The wrestler named has received clearance as provided by the Indiana High School Athletic Association Wrestling Weight Control Program to participate at a wrestling weight not lower than his/her Alpha Weight (present weight) which is below the 7% (male) or 12% (female) minimum body fat allowance. EXAMPLE: Alpha weight 110 pounds; 7% weight 114 pounds. Wrestler may wrestle no lower than the 112 pound weight class.
- B. The wrestler named is advised to wrestle at a weight that meets or exceeds the 7% or 12% body fat minimum requirement.

The wrestler named has been given permission to participate at a weight not lower than the National Federation weight classification circled which cannot be less than the Alpha Weight listed on the Wrestling Weight Control data form. This permission is valid from November through April 1 of the current school year.

103 - 112 - 119 - 125 - 130 - 135 - 140 - 145 - 152 - 160 - 171 - 189 - 215 - 285

PHYSICIAN'S SIGNATURE _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

PARENT SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____

NOTE: This form is the only document accepted as a "Physician's Clearance." Copies of this form shall be attached to the Wrestling Weight Control Alpha Data sheet and provided to opposing coaches and included with the IHSAA tournament entry materials. Mail a copy of this form to the IHSAA. Deadline for this form to be post marked is the last Friday in December each year.



LETTER TO THE PHYSICIAN:

The Indiana High School Athletic Association (IHSAA) has instituted the Indiana Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by an IHSAA certified skinfold measurer through skinfold measurement or body composition analyzation. The standard error for this method is +/- 2% for lower weights and +/- 4% for higher weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (or 12% body fat for females). The athlete is requesting that he/she be allowed to wrestle at his or her present weight (alpha weight). Because this weight is less than 7% (for males) or 12% (for females) body fat, IHSAA guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percentage body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your examination please determine if his or her present weight is compatible with normal growth and development and good health and indicate your assessment on the next page.

THANK YOU,

The Indiana High School Athletic Association, Inc.

DUE DATE: This form is due at the IHSAA on or before December 26th of the current year. Post marks after December 26th will result in the Physician Clearance Form to be declared invalid.

2008-2009 IHSAA WRESTLING WEIGH-IN REGULATIONS



Preface

As per the NFHS Wrestling Rules Book, state associations that utilize hydration and body-fat testing along with a program to monitor average weight loss of 1 ½ %, may use the minimum weight determined by the body-fat testing as the lowest weight a wrestler may wrestle during the state series instead of at least one-half of their weigh-ins. Indiana has adopted this protocol for determining qualification into the wrestling tournament series. The following information details the regulations for qualification into the IHSAA tournament series.

The Regulation

1. All wrestlers must have a minimum of six (6) "qualifying" weigh-ins prior to Monday, January 26, 2009 which is the Monday prior to the sectional and the day of the seeding meetings. The six (6) qualifying weigh-ins must occur between November 17, 2008 and January 26, 2009. Additionally, one of the six (6) qualifying weigh-ins must occur in the month of January 2009 and at least one (1) of the qualifying weigh-ins must be at scratch weight for the weight class the wrestler is entered into the IHSAA tournament series. *A weigh-in at scratch weight is defined as a wrestler weighing in at or below the actual poundage of the weight class (i.e. – a wrestler weighs in at 111.9 achieves a scratch weigh in for the 112 pound weight class)*
2. A qualifying weigh-in occurs when a wrestler weighs in at or above his/her minimum weight for that date as determined by the individual wrestler's weight management plan. As per IHSAA by-law 60-2.b, a weigh-in for a tournament shall count as one weigh-in toward the total of six (6).
3. For a wrestler to be eligible for the IHSAA tournament series, their coach must possess an official IHSAA Individual Wrestler Weigh-In Record sheet for each wrestler they intend to enter into the tournament series. This document is available on the IHSAA website at www.ihsaa.org under Boys Sports > Wrestling > Wrestling Forms. This record must reflect each weigh-in for the wrestler and six (6) qualifying weigh-ins must be present prior to Monday, January 26, 2009. This record, along with the individual weight loss plan generated by the NWCA internet calculator must be present at the seeding meeting on Monday, January 26, 2009.
4. A wrestler must have passed his/her specific gravity urine test and have been measured for body fat percentages with all data entered into the NWCA internet calculator and a report generated for that student prior to their first competition.
5. A coach may enter his wrestler in the IHSAA tournament series in any weight class that wrestler may be eligible for provided that wrestler has adhered to their individual weight management program that states a wrestler may never lose more than 1 ½ % of their body weight per week.
6. At no time may a wrestler compete in a weight class lower than he/she is entered on the IHSAA sectional entry list.



PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.
4. Provide a basis to support physician decisions on when a wrestler can or cannot participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve **any student athlete** who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.



PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

Name: _____

Date of Exam: ____ / ____ / ____

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____

Form Expiration Date: ____ / ____ / ____

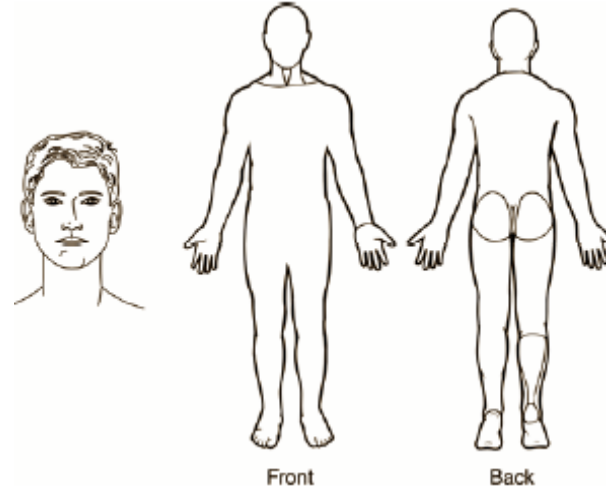
Earliest Date may return to participation: ____ / ____ / ____

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____

(M.D. or D.O.)

Office Address _____



Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician’s release form for a wrestler to participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of

treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or **five full** days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

Revised/Approved April 2008

Frequently Asked Questions

1. When can I begin to test my wrestlers for hydration and body fat composition?
A. Schools may conduct hydration tests and body fat assessments beginning with the first day of official practice which is Monday of Week 18.
2. How late into the season may a wrestler be tested for hydration and body fat composition?
A. Due to the fact that students may report late to wrestling due to participation in other sports or for other reasons, a student may be tested at any time during the season.
3. Can a wrestler participate in an interscholastic meet prior to being tested for hydration and body fat composition?
A. No. The student must be tested and all data entered into the NWCA scholastic calculator website as prescribed by the weight management program.
4. What is a "qualifying" weigh-in?
A. A student achieves a qualifying weigh-in when he/she is weighed-in by a licensed IHSAA official prior to a scheduled competition at a weight which is at or above the prescribed minimum weight for that student as determined by the NWCA 1 ½% weight loss plan generated specifically for that student.
5. How many qualifying weigh-ins must a student achieve to be eligible for the IHSAA tournament series?
A. The student must achieve six (6) qualifying weigh-ins based upon his NWCA 1 ½% weight loss plan. Additionally, to qualify for the IHSAA tournament series, one of the six weigh-ins must occur in the month of January of the season in question and one of the six must be at scratch weight (actual weight class designation) for the weight class the student is entered into the IHSAA tournament series.
6. During the tournament series, can a wrestler compete in a weight class LOWER than he/she is entered?
A. No.
7. During the tournament series, can a wrestler compete in a weight class two or more higher than the class entered for that wrestler?
A. No. A wrestler may compete in the weight class entered for that wrestler on the IHSAA sectional entry list or the class immediately above the class entered only.

8. When is the 1 ½% NWCA weight loss plan for a wrestler in effect?
A. Once the data is entered for the student and a 1 ½% weight loss plan is established, the student is deemed on the plan through the regular season and tournament series. At no time during the regular season or tournament series shall a wrestler lose more than 1 ½% of their body weight in any given week.
9. During the regular season or tournament series, may a student wrestle in a higher weight class in one event then return to the weight class below in the next scheduled event?
A. Yes, so long as the wrestler does not violate the 1 ½% weight loss per week factor.
10. During the IHSAA tournament series, do wrestlers receive an extra one pound allowance in addition to their two pound growth allowance?
A. Yes but only for the team regional and team semi state events. The additional pound is not granted for any portion of the individual tournament or for the team state finals.
11. What is "current written documentation" as it pertains to skin lesions?
A. The IHSAA has established that current written documentation is a maximum of seven (7) days from the date of examination by a physician with an unlimited license to practice medicine (M.D. or D.O.)
12. Can a doctor's note suffice for current written documentation?
A. No. The only written documentation accepted shall be executed on the official NFHS/IHSAA Skin Lesion Physician's Form.
13. What is the latest current written documentation may be submitted?
A. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet physician is present and is able to examine the wrestler immediately after weigh-in. (New for 2008-09)

For additional questions or interpretations, please contact Bobby Cox, Assistant Commissioner, Indiana High School Athletic Association, Inc. at 317-846-6601 or bcox@ihsaa.org.