State Weight Management Parameters Questionnaire
2011-12

1. When is the official first day assessments can be done?
   October 1, 2011
2. What is the deadline date for the completion of all assessments?
   January 22, 2012
3. What is the deadline date for when a wrestler must reach his Minimum Wrestling Weight (MWW)? If no date is selected, this should be the first date of the post season competition. February 6, 2012
4. What is the season end date?
   February 25, 2012
5. Will the state give a variance from the MWW? If so, what is the amount of the variance? And will the variance round down, use absolute lbs, or use a percentage? 2.1 growth allowance
6. Will the variance be applied to athletes who are below 7% body fat (BF) in males and 12% body fat (BF) in females? No
7. Will wrestlers who are below 7% BF in males and 12% BF in females have their MWW weight defaulted to their alpha weight?
   Example:(108lbs – 5.9% = MWW=108lbs=MWC=112) MWC is their Minimum Weight class No
8. Does the athlete require a physician's clearance if they are below 7% BF in males and 12 % BF in females? No
9. Does the state allow the 2lbs growth allowance to be used to reach the MWC?
   No
10. What is the effective date of the 2lb growth allowance?
    January 1, 2012
11. Does the state give any type of variance from the weight loss plan?
    Example: Some states allow any wrestler who is within .49lbs of a weight class (as determined by their individual weight loss plan) to be eligible for the lower weight class. So if the "wt loss plan" for a wrestler indicates 135.4 lbs for a November 12 weigh-in date, the athlete is eligible for 135. No
12. Does the state allow appeals of the original assessment?
    Yes
13. Does the state want the individual weight loss plan to be calculated Daily or Weekly?
    Weekly

14. What is the time frame of the appeal must be completed from the original assessment? If there is no time frame of when the appeals must be completed what is the date an appeal can be done? 21 days

15. What is the amount of weight an athlete is allowed to lose from the time of the original assessment and the appeal?
Example: Some states allow athletes to lose 2% of their alpha weight no matter if it was 1 day or 14 days so it becomes one flat rate that is determined by 2% of the alpha weight. Many other states limit the athletes to losing no more than 1.5% of their alpha weight per week. If they do they appeal in four days it becomes the following: Alpha Weight X 1.5% /7 X Number of days.
1.5 days

16. Does the state allow a third appeal to a BodPod, underwater weighing or dexa testing? No

17. Does the original assessor have to perform the appeal or can the appeal be performed any assessor? No

18. Does the athlete have to accept the appeal if it gives an unfavorable reading? Yes

19. Any other type of parameters on appeals? No

20. Does the state have any other special requests? No

Please complete the questionnaire and return to the NWCA Office by Fax or Email.

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Thank you for taking the time to complete this questionnaire. I hope everyone was able to get in touch with us at the NFHS Meetings in Philadelphia, PA. If not, please feel free to contact me to discuss the upcoming wrestling season.