



2023-24
UIL WEIGHT
ASSESSOR CCP

ASSESSOR CERTIFICATION & RECERTIFICATION

- All weight assessors are required to maintain current certification as an assessor for the Texas University Interscholastic League Minimum Weight Certification Program. The class fee of \$20 (new assessors only) must be pre-paid or paid at the site for credit to be given.
- Only 1) licensed health care practitioners; 2) those who have at least a Bachelor's degree in a health/fitness field; and 3) specially approved undergraduate students who participate as part of an assessment team headed up by a team leader who is either 1 or 2 above are eligible to serve as an assessor for this program.
- For the **2023-24** school year, current assessors can be recertified by completing the online course through UIL Coaches Certification Program at <http://www.uiltexas.org/uil-portal>. There is no charge for recertification.



PROFESSIONAL RESPONSIBILITIES

- Considered a “conflict of interest” for an active wrestling coach, at any level, to become a registered skinfold assessor.
- **A licensed athletic trainer could be a registered skin fold assessor but could not assess students from their own high school.**
- Automatic concern for professional responsibility and expectation of the highest professional and ethical conduct relative to performing assessments.
- Student athletes should be treated with the highest regard for their “right to privacy” = CONFIDENTIALITY



PROGRAM REGULATIONS

- For varsity wrestlers, minimum wrestling weight and minimum weight class will be determined by predicted body weight at 7% body fat for males and 12% body fat for females.
- A 2% variance will be applied to each student's Minimum Wrestling Weight as calculated by the [TrackWrestling](#) system.
- Hydration level of less than or equal to 1.025 is required at time of assessment.
- There will be monitored weight loss on the descent. A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established. A wrestler who loses more than 1.5% of their alpha body weight in a week is ineligible to compete in the weight class to which they are descending.
- **All UIL wrestling schools will be required to utilize the Optimal Performance Calculator for this program on the TrackWrestling website.**
- **In accordance with NFHS Rule 2-4-2, scales shall be certified annually.**



PROGRAM COMPONENTS

- Hydration Assessment
- Alpha Weight Determination
- Skin Fold Measurement
- Establishing Minimum Weight
- Establishing Descent Calendar
- Appeals



TIME PERIOD FOR MEASUREMENTS

- Hydration testing and skin fold measuring may begin **no earlier than October 1st**. All varsity wrestlers, including those coming out after October 1st, must have their minimum weight established by hydration assessment and skin fold measurement prior to any competition with a student from another school.
- **The deadline for all skin fold measuring and minimum weight certification, including appeals, is January 20th. This date is two weeks prior to the district certification deadline of February 3rd.**



GUIDELINES FOR CERTIFICATION

- Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments. Wrestlers regardless of gender are now permitted to weigh-in together because of the modification of this rule.
 - Female wrestlers shall wear suitable undergarments that completely covers their breasts and that all wrestlers wear suitable undergarments that completely covers parts of their body for the singlet/form-fitted compression shirt.
 - The referee or other authorized individuals, regardless of gender, are permitted to supervise weigh-ins.
- All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.
- **Any attempt to violate the protocols of the weight certification process, by adulterating a sample or attempting to cheat, will result in the assessment process being ended, and the student not being eligible for reassessment for 24 hours, at which time they would begin the process from the start.**



SPECIFIC GRAVITY ASSESSMENT

- Dehydration compromises the accuracy of body composition assessments; therefore, all athletes are required to pass a urine specific gravity test in order to be eligible for the body composition assessment.
- Dehydration increases the concentration of particles in the urine, thereby increasing the urine's specific gravity. The specific gravity of water is 1.000g/ml and the specific gravity of a hydrated individual is established at not greater than 1.025.
- **This test is simply a pass/fail assessment based on the specific gravity level less than or equal to 1.025 (pass) or greater than 1.025 (fail).** If an athlete fails the specific gravity test the assessment process is ended and the athlete will not be eligible for reassessment for 24 hours.



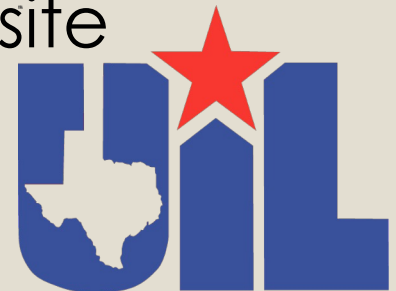
ASSESSMENT OF BODY COMPOSITION

- Skinfold measurement has been chosen as the standard method of body composition assessment for the Texas program.
- All personnel conducting the body composition assessment should be certified UIL weight assessors.
- Lange or Harpenden skinfold calipers are the only accepted instruments. The average cost of skinfold calipers is around \$200.00-\$250.00.
- All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.



BASIC RULES FOR TAKING SKINFOLDS

- Take skinfold measurements on the right side of the body (most skinfold equations were developed from measurements on the right side).
- Do not take measurements when the subject's skin is moist (ensure that the skin is dry and has no lotion). Also, do not take measurements immediately after exercise.
- To reduce error during the learning phase, skinfold sites should be precisely determined, marked, and verified by a trained instructor. The largest source of error in skinfold testing is inaccurate site selection.



BASIC RULES FOR TAKING SKINFOLDS

- Firmly grasp the skinfold with the thumb and index finger of the left hand and pull away.
- Hold the caliper in the right hand, perpendicular to the skinfold and with the skinfold dial facing up and easily readable.
- Place the caliper heads $\frac{1}{4}$ - $\frac{1}{2}$ inch away from the fingers holding the skinfold. Try to visualize where a true double-fold of skin thickness is and place the caliper heads there.
- Read the caliper dial to the nearest 1 millimeter within 4 seconds. During the measurement, ensure that the left thumb and forefinger maintain the shape of the skinfold.
- Take a minimum of 3 measurements at each site (at least 15 seconds apart).
- Skinfolds to be taken-
 - * Men: triceps, subscapular, abdominal
 - * Women: triceps, subscapular



BASIC RULES FOR TAKING SKINFOLDS

Triceps Skinfold

- Is measured vertically in the midline of the posterior aspect of the upper arm, over the triceps muscle, midway between the lateral acromion process of the scapula and the inferior margin of the olecranon process of the ulna.
- Elbow is flexed to identify the landmarks but extended and relaxed to elevate the skinfold.



BASIC RULES FOR TAKING SKINFOLDS

Abdomen Skinfold

- Is measured vertically, the site is located 2 centimeters lateral to the midpoint of the umbilicus and 1 cm inferior to the umbilicus.
- The subject must stand erect with weight on both feet, relax the abdominal wall musculature and breathe normally during the assessment procedure.



BASIC RULES FOR TAKING SKINFOLDS

Sub-scapula Skinfold

- Is measured on a diagonal axis, (left shoulder to right hip) 2 centimeters below the inferior angle of the scapula.
- The site is angled infero-laterally about 45 degrees in the natural cleavage line of the skin. It may be necessary to have the subject place their arm behind the back to make the anatomical features more prominent.
- The arm is returned to the relaxed anatomical position for the measurement.



ENTERING DATA

- All information for the wrestler will be entered on both the top and bottom of the Weight Certification Form. The assessor will retain the top half of the form; the school and/or coach will retain the bottom half of the Weight Certification Form.
- The assessor will enter the results of the hydration assessment, alpha weight determination and skin fold measurement into TrackWrestling.
- Based on the information reported by the assessor, the weight certification internet calculator will determine the minimum weight class by predicted body weight at 7% body fat for males and 12% body fat for females. A 2% variance will be applied to each students Minimum Wrestling Weight (MWW) as calculated by the TrackWrestling system.



APPEALS PROCESS

- A school may appeal the results of the body fat assessment one time per wrestler.
- **The appeal must be submitted (in writing) to the UIL Office within seven (7) calendar days of the initial assessment date.** Schools may not wrestle the wrestler that is appealing below the minimum weight class based on the initial assessment until the results of the appeal are determined.
- **Any appeal assessment must be conducted within 21 days of the initial assessment being conducted.**
- **The coach or wrestler must present the UIL acknowledgement of appeal to the certified assessor performing the appeal before any appeal assessment can be conducted.**



Step by Step Review of Testing Process

- **Athlete Check In**

- For the weight certification process, all athletes (male and female) shall wear a wrestling singlet. Student athletes appearing for certification and not wearing a wrestling singlet will be refused assessment.

- **Hydration Status**

- Give athlete a specimen cup. Tell them to go to the bathroom, and they may go into a stall but should keep the door open. Supervisor will be in the bathroom but will not visually inspect urine collection. For security purposes, monitors may want to mark the specimen cup with a ring made by a dry erase marker around the lip of the cup.
- Supervisor checks pass or fail on both forms. Proceed to weigh if pass.

- **Alpha Weight**

- Weigh the athlete, record the weight, and have them proceed to skinfold station.

- **Skinfolds**

- Take required skinfolds on each athlete. Record on both forms. Sign both forms.
- Give the athlete the bottom form and have them give it to their coach.

- **Data Entry**

- Enter data as soon as possible (**maximum 3 days**) so that coaches and athletes have the chance to appeal if need be.
- Keep forms for at least 1 month





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