

HYDROSTATIC WEIGHING DIRECTIONS

1. Do not schedule a test if the wrestler has a lung or pulmonary disorder, including the common cold or influenza.
2. Wrestlers are to avoid vigorous activity for 8-12 hours prior to testing.
3. Avoid caffeine and other non-essential stimulants (pop, candy, chocolate) for 8-12 hours prior to testing.
4. Do not eat within the six hours before the test. Drink plenty of water to ensure that you are well hydrated.
5. Wear light weight swim attire during the test to reduce the potential of trapping air within the suit. Females should wear two piece swim suits or competition nylon swim suits. Swim caps trap air, so are inappropriate. Long hair should be cleansed of oil and tied back with a non-metallic hair tie.
6. Subjects should report for the test free of all jewelry; including earrings, bracelets, rings and other items.
7. Try to avoid gaseous foods for two days prior to testing.
8. All athletes should urinate and expel any gas or feces from the bowels prior to testing.
9. Practice expelling your air and holding it for as long as you can. This will make your testing experience more familiar.
10. Bring the signed Hydrostatic Weighing Proposal form to the weighing site.
11. Hydrostatic weighing must be scheduled and completed within 21 calendar days after the Alpha Date. If the Alpha Weigh-in is conducted on December 2, it requires the hydrostatic weighing to be completed by December 23.
12. The technician will perform a Skinfold assessment prior to conducting the hydrostatic assessment. In the event the hydrostatic weighing does not produce accurate results, the skinfold assessment will be submitted to the MHSAA with an explanation of the hydrostatic discrepancy.



HYDROSTATIC WEIGHING PROPOSAL

Hydro-Step1 04

STEP 1

As the final step of the Michigan Weight Monitoring Program, a wrestler may choose to be hydrostatically weighed to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

A. Student to be weighed _____ Grade _____
School _____ School ID No. _____

B. Facility: (Circle One) NMU WMU CMU OU MSU WSU HOPE GOLD ALMA GVSU

Technician conducting the Weighing: _____ Work # _____

B1. Hydrostatic weighing must occur within 21 calendar days from the Alpha Weigh-in at the facility indicated.

B2. Results will be available within 72 hours after Hydrostatic Weighing.

B3. The Subject will take to the technician the most recent copy of the Alpha Master which lists his/her name, unless the Hydrostatic Weighing is the first measurement episode.

B4. Technician will Skinfold subject before Hydrostatic procedure.

B5. The subject will take the signed Hydrostatic Weighing Proposal to the Technician.

C. The Subject shall fast six hours prior to the Hydrostatic Weighing. DRINK ONLY WATER. Subject shall be sufficiently hydrated (specific gravity less than 1.025). Hydration will be measured by technician immediately prior to Hydrostatic Weighing. Subject shall be hydrated (specific gravity less than 1.025) at time of test.

D. We understand that the results of the hydrostatic weighing will replace all previous Skinfold results, cannot be appealed, cannot be modified by the Physician's Clearance form, or any other action, and will remain the reference for this student during this school year.

Parent Signature: _____ Date: ____/____/____

Parent Signature: _____ Date: ____/____/____

Coaches Signature: _____ School Fax: _____

Submit this completed form to the MHSAA, 1661 Ramblewood Drive, East Lansing, MI 48823, (Fax 517-332-4071) prior to the hydrostatic weighing. Weighing can take place once this form has been signed by the MHSAA and returned to the school. The hydrostatic weighing form shall be completed by the technician who will forward it to the MHSAA.

MHSAA Approval is required before Hydrostatic Weighing may be conducted.

E. Approval is granted to conduct the hydrostatic weighing as proposed provided the wrestler has not wrestled a varsity match.

F. Approval is denied - Facility unacceptable Technician Unacceptable

MHSAA Signature _____ Date ____/____/____

Wrestler shall not compete until MHSAA approval of Hydrostatic results is received by the school.