

2025-26 MHSAA

Wrestling Weight Monitoring Program

THE REGULATION

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all senior high schools (NFHS: Sec 5, Art 1, 2 & 3). The MHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

A. Establishing Minimum Weights

1. Skinfold measurements will be utilized to determine each wrestler's body fat percentage. **This is a REQUIRED step. Hydro/DXA are only available for an appeal of the skinfold.** Only measurements taken by MHSAA registered Skinfold Assessors who have successfully completed the MHSAA Skinfold Measurement In-service will be accepted. Schools may access the MHSAA website for a current list of approved assessors. It is the responsibility of the school to contact a Skinfold Assessor from this list and arrange a time to have the wrestling team measured. No senior high wrestler may compete until the athlete has had a minimum weight determined and it appears on the school's Alpha Master. If a junior high school wishes to participate in the minimum weight program it is permitted, but the MHSAA is not prepared to process the data.
2. The lowest weight class a wrestler may compete at will be determined as follows:
 - a. If the predicted weight, at 7% (male) 12% (female) body fat, is exactly that of one of the weight classes, that weight shall be the wrestler's minimum weight class.
 - b. If the predicted weight falls between two weight classes they must wrestle at the higher weight class.
 - c. When using digital scales, round up to the nearest 1/10. Balance scales should be rounded up to the nearest 1/4.

B. Scratch Weight

References within the Michigan Wrestling Weight Monitoring Program to the term "scratch weight" refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation

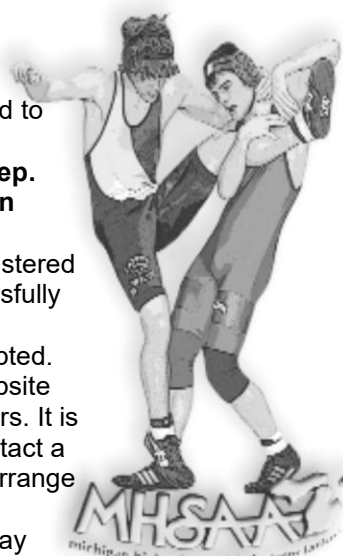
established weight classes less "Growth Allowance." Athletes in Michigan are required to make "scratch weight" at the Alpha Weigh-In, at each weigh-in prior to Jan. 1, and after Jan. 1, at any weight entered for which they have not made "scratch weight."

C. Measurement Timelines

1. No wrestler may compete until they have participated in the Alpha Weigh-In and their name and data are included on the school's Alpha Master, which should be printed at trackwrestling.com by each member school's **coach** or **athletic director**.
2. A wrestler may compete before or during an appeal at their lowest approved weight based on the initial skinfold measurement.
3. Skinfold measuring may begin on **Oct. 20, 2025**. Wrestlers may be measured any time on or following this date to establish the "Alpha" weight. Weight monitoring data shall be submitted online at trackwrestling.com by the assessor within 48 hours of assessment. The deadline for data is **Jan. 31**. All wrestlers, including those coming out late, must have their minimum weight established and their name must appear on the school's Alpha Master prior to competing.
4. The specific gravity of the urine will determine whether a candidate may participate in a skinfold measurement on any date. For any failed specific gravity test, the wrestler may not be reassessed for a minimum of 48 hours for BOTH skinfold and hydrostatic/DXA reassessments.
5. Results of measurements will appear on the Alpha Master and each school is responsible for printing those from trackwrestling.com using proper protocols.
6. Unusual situations must be arranged with the MHSAA in writing before deadline or due dates.

D. School Responsibilities for the Measurement Process

1. It is the school's responsibility to contact and contract with an approved Skinfold Assessor from the list provided at MHSAA.com.
2. The school will provide the materials and two assistants (no team staff) to conduct



the urine specific gravity test. Materials include:

- a. Plastic collection cups.
 - b. Reagent strips for urinalysis (*i.e. Ames Multistix, 8SG or 10SG, 2304A or equal*)
3. The school must have available at the time of the skinfold measuring:
- a. A certified balance or digital scale (certified after the start of school in the fall and before **Oct. 20, 2025**).
 - b. Skinfold data worksheets available from the MHSAA website.
 - c. Two adults (non-wrestling coach, teacher, A.D., parent) who will assist in obtaining weight of each wrestler and assist with the recording of data.
4. It is the assessor's responsibility to enter, within 48 hours, the skinfold measurement data into trackwrestling.com using the approved protocols.
5. Skinfold measurement shall NOT be conducted by any wrestling coach (paid or volunteer) from the school district or the team being measured.
6. Remind wrestlers they must be assessed in their school-approved singlet or loose-fitting shorts and t-shirt.

E. Wrestlers Below 7% or 12% Body Fat

Any male wrestler whose body fat percentage at the time of his initial measurement 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 at her first weigh-in. A physician's clearance is for one season duration and expires April 1 of each year. The sub-7% male or sub-12% female, who receives clearance may not wrestle below their Alpha weight. The Physician's Clearance Form **MUST** be submitted to the MHSAA and updated in TrackWrestling by the MHSAA **BEFORE** they may compete. Wrestlers without a Physician's Clearance Form submitted, received and updated in TrackWrestling are **INELIGIBLE**.

F. Transgender Assessment

The Weight Monitoring Program or "skinfold" process which determines a wrestler's lowest minimum weight has the student's health and safety at the forefront. This process is based on gender biology as opposed to gender identification. Females that identify as males will be assessed as females in order to keep the student healthy and safe with a body fat level not to be below 12%. A student that identifies as a gender other than the one on their birth certificate, and has begun hormone therapy with additional supporting documentation (*driver's license, school records, physical form, etc.*), may make a request to the

MHSAA to be assessed using their identified gender's requirements in regards to the skinfold assessment.

G. Growth Allowance

1. The Michigan Weight Monitoring Program does not include growth allowance except as provided by National Federation Wrestling Rule 4-4-4, which permits a two-pound growth allowance on Jan. 1.
2. Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.
3. In order to utilize the Growth Allowance a wrestler shall weigh-in at "scratch" weight in the desired weight class at least once prior to using the two-pound Growth Allowance.

H. Weight Loss Per Week

1. A weight loss limit of 1.5% of the "Alpha" weight per week has been set. The projected earliest date to wrestle at the Predicted Minimum Weight will be broken down into days. This date will be on the Alpha Master.
2. Penalty: A wrestler who competes or appeals at a weight before the proper amount of time has passed to achieve that weight class will be considered an ineligible wrestler.

I. Appeal Process

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial skinfold measurement!

NOTE: In order to utilize the results of an appeal or hydrostatic/DXA weighing, if the wrestler competes during an appeal then he/she must compete at their approved lowest minimum weight. Any athlete may appeal his/her skinfold measurements or calculations one time by skinfold reassessment. STEP 1 (of the appeal process) MUST be completed within 14 calendar days of the original (Alpha Date) measurement. STEP 1 (of the appeal process) may be bypassed and only STEP 2 performed. The steps of the appeal process are as follows:

STEP 1

Reassessment: The athlete shall repeat the "Alpha Weigh-In" as described in the regulation.

1. The same assessor shall conduct the reassessment.
2. The reassessment shall occur within 14 calendar days of the original Alpha date unless a written extension is granted by the MHSAA **BEFORE** the expiration of the 14-day period.

3. Reassessment includes hydration assessment, weight measurement plus three measurements of the skinfold sites. If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.
4. Failure to adhere to these conditions or timelines will be cause for denial.

STEP 2

Hydrostatic/DXA Weighing: If dissatisfaction with the skinfold (required step) results remains, the wrestler may choose to be hydrostatically/DXA weighed to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may NOT appeal further.

1. The school shall file a "Hydrostatic Weighing Proposal" before a hydrostatic/DXA weighing is approved.
2. Hydrostatic/DXA weighing facilities must be approved by the MHSAA and the Hydrostatic Weighing Proposal shall be filed with the MHSAA.
3. Hydrostatic/DXA weighing shall be performed at any time prior to **Jan. 15**. The one exception is for a wrestler who receives an Alpha measurement for the first time after **Jan. 15**. This athlete has the Alpha deadline of **Jan. 31**.
4. The 1.5% weight loss limitation shall be observed when conducting hydrostatic/DXA weighing.
5. STEP 1 (of the appeal process) may be bypassed and only STEP 2 performed.

The 14-day appeal period shall start on the day following the alpha date. The 1.5% weight loss limitation is in effect on the day following the alpha date.

1. A student may not wrestle at the new, appealed weight until approval in writing has been received from the MHSAA for ALL HYDROSTATIC/DXA APPEAL results.
2. PENALTY--A wrestler who weighs in at a weight before the proper amount of time has passed to achieve the lowest minimum weight, will be considered an ineligible wrestler and subject to MHSAA Regulation V, Section 4 (B).

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial skinfold measurement!

J. Costs

1. All costs incurred for the "Alpha" weigh-in, (initial) skinfold measurement, appeal process, and nutrition education program are the responsibility of the school.

2. Charges for the initial skinfold measurements may not exceed \$6.50 per person.
3. Assessors are permitted to charge mileage at the current IRS rate or a service fee of \$40 whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.

TRAINING THE SKINFOLD ASSESSOR

A. Training the Assessor

1. Persons eligible to be trained as MHSAA approved assessors include physicians (M.D. or D.O.), nurse practitioner, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physician's assistants, nutritionists, health educators or exercise physiologists.
2. To be eligible to become an MHSAA approved skinfold assessor an individual must have demonstrated training and experience in skinfold measurement.
3. The assessor will submit to a training session and annual update education. The assessor will provide his/her own measuring device which meets the standard required by the MHSAA wrestling minimum weight program.
4. **The assessor may be subject to a random sample test to substantiate the quality of their measurements.**
5. The assessor training will consist of two hours of classroom education and up to three hours of practical training.
6. Assessors may charge up to \$5 per student for the skinfold procedure.
7. A training fee will be charged to each assessor candidate to attend the training program.

B. Recertification

1. All new assessors will be required to attend the in-service and successfully complete the exam.
2. These in-service sessions will be conducted in several locations throughout the state annually.
3. The Skinfold Assessor Instructors will conduct all certification training programs.
4. Skinfold assessors who were registered the previous year as MHSAA skinfold assessors may recertify by completing an online examination and paying a \$40 recertification fee.
5. Renewing assessors are required to complete the online renewal exam annually. New assessors must complete the in-service program in the first year or when a lapse of one year or more occurs.

C. Data Collection

1. Once each assessor successfully completes an in-service course and exam, he or she will be sent a login and password to www.trackwrestling.com by email.
2. This login and password will be used by each assessor to submit ALL skinfold data electronically.
3. The MHSAA will provide (online) worksheets for all assessors (MHSAA.com), which shall be kept as a back-up, hard copy by all assessors for 12 months.
4. The assessor will conduct all body fat measurements. All wrestlers must be assessed in their school-approved singlet or loose-fitting shorts and t-shirt.
5. The school will provide the supplies to conduct the urine specific gravity test.
6. The assessor will be responsible for submitting the measurement results online to trackwrestling.com within 48 hours after completing the Alpha assessment.
7. Do **NOT** enter the data for any wrestler that fails the specific gravity (hydration) test.

THE NUTRITION EDUCATION PROGRAM

A. Training the Coach

1. All schools will be required to participate in a nutrition education program designed by the MHSAA.
2. The dangers of weight reduction will be explored.
3. Diet maintenance and development will be a required component of the coaches training.
4. The content covered and presented should serve as the curriculum for the local nutrition meeting.

B. Educating the Student & Parent

1. Annually, wrestlers will be provided a minimum of one hour of nutrition education based on the program created by the MHSAA Wrestling Minimum Weight Program. Parents are encouraged to participate with their student.
2. The education unit will be presented by the school identified Nutrition Liaison who may be a dietitian, ATC, health educator, nutritionist, home economics teacher, physician or nurse using the basic MHSAA Nutrition Program. **This person should NOT serve as a wrestling coach.**

NOTE: A three-part Nutrition Video Series and PowerPoint are provided on the wrestling page of MHSAA.com.

3. Following the nutritional meeting, the report form (MHSAA.com) **MUST** be submitted to the MHSAA.
4. Schools are encouraged to have monthly follow up programs throughout the season to assist parents and wrestlers in handling the demands of the season.
5. Resource materials will be identified in the bibliography of the nutrition education program lesson plan to allow schools to provide resources of all types to the students and parents.
6. Coaches can access further nutritional information and weight management programs by using their login and password at www.trackwrestling.com.

C. Healthy Training/Lifestyle

1. Nutrition education will emphasize proper growth as well as healthy weight reduction approaches.
2. Students and parents will be encouraged to resist unhealthy weight reduction practices.
3. The impact on growth, development and lifelong health will be primary in the education of the student.
4. Emphasis will be placed on consuming reasonable amounts of proper foods/liquids to maintain healthy bodies rather than to binge and purge.
5. The dangers of dehydration will be explained and the practice of dehydrating to achieve a weight will be discouraged.

HOME WEIGH-IN PROCEDURE

Home weigh-in procedures are allowed for MHSAA member schools for regular season competition as a deviation from National Federation rules under the following conditions:

- A. Leagues and conferences may adopt home weigh-in procedures by written mutual consent prior to the regular season for all league/conference competition.
- B. For regular-season dual meets and invitational tournaments, home weigh-in procedures shall be specified on contracts or other written correspondence as a condition of participation. Schools that agree to the conditions of the competition agreement may not subsequently request an on-site weigh-in.

NOTE: Agreements and consent for home weigh-in procedures shall be done through school athletic administration.

- C. For regular season competition not governed by league or conference adoption or contractual agreements between schools that specify a home weigh-in as a condition of participation, an on-site weigh-in on the day of competition shall be conducted.

NOTE: The Home Weigh-In form (on MHSAA.com) must be signed by a school administrator.

1. On the day prior to a scheduled meet (dual or individual), the principal or his/her designee (not a coach) shall administer the Home Weigh-In no earlier than 2:30 p.m. The individual school may select the time that best accommodates their program. All wrestlers on a team shall weigh-in at the same time following the MHSAA/NFHS weigh-in procedure, but no later than two hours prior to the scheduled start time of the competition. Wrestlers not present for a Home Weigh-in may not weigh-in for that event *(see weigh-in form for regular season allowance).
2. When a day of school attendance does not precede the day of a scheduled meet, the principal or his/her designee (not a coach) shall administer the Home Weigh-In in the following manner:
 - a. If the Home Weigh-In is to be held the day before the meet, it must be no earlier than 3 p.m.
 - b. If the Home Weigh-In is to be held the day of competition, it must be after 7 a.m. but before 4 p.m.
 - c. This procedure applies when school is cancelled due to inclement weather, staff development days, etc. For example, if one school has a "snow day" with no access to their facility the day before a meet, it is permissible for that school to conduct the Home Weigh-In the day before the meet (on the snow day) OR the day of the meet as outlined in 2b. The opposing school, which does not have a snow day, conducts the Home Weigh-In the day before the meet as outlined in 2a. Note that opposing schools do not necessarily have to conduct the Home Weigh-In at the same time or same date when these circumstances exist.
3. The Home Weigh-In procedure will require that all individuals who may wrestle on the scheduled date, on any team, shall be included on the appropriate (frosh, JV, varsity) weigh-in list and shall make weight.
 - a. Wrestlers who weigh-in, but do not appear in the lineup to receive a forfeit or do not compete will not be charged with a day of competition.
4. Wrestlers shall make scratch weight at the Home Weigh-In in order to be eligible to participate in the meet. Actual weight shall be recorded at each weigh-in for each wrestler. High school weight certification date is the date of the Alpha Weigh-In.

Growth allowance (2 pounds) occurs on Jan 1st.

Weight Class Eligibility Examples

When a wrestler competes at a weight class more than two weight classes above their lowest minimum weight if reached, or their lowest actual weight, the wrestler then vacates their lowest minimum weight and new lowest minimum weight will be established.

1. A wrestler has reached his/her lowest minimum weight of 106. On the day of competition, he/she weighs in at 116.5, making him eligible at 120 or 126. He/she then wrestles that day at 126. This is more than two weight classes above the lowest minimum weight of 106, therefore 106 is surrendered and 113 becomes the new minimum weight for that wrestler.
2. A wrestler with a lowest minimum weight of 126 is descending toward his/her lowest minimum weight, but has yet to reach the lowest minimum weight, and weighs in for competition. The wrestler weighs in at 132 (making him/her eligible at 132 and 138) and wrestles at 138. The wrestler still retains the opportunity to continue to descend toward the lowest minimum weight of 126 as he/she did not wrestle more than two weight classes above his/her lowest actual weight.
3. Two weeks later, the same wrestler in example No. 2, with a lowest minimum weight of 126, weighs in at 141 (eligible at 144 and 150) and wrestles at 150, he/she surrenders his/her lowest minimum weight of 126 and 138 becomes the wrestler's new minimum weight.
4. A 129.3 pound lowest minimum weight wrestler weighs in at 129.6 pounds, legally wrestling several times at 132, 138 and once at 144 pounds. During the season his/her actual weigh in weight is recorded at 135.1 pounds or more, allowing him/her to wrestle at 138 or 144. If the wrestler competes at 150, this requires that he/she surrenders the 132 pound weight class, establishing the new minimum weight class of 138 pounds.