

Wrestling Minimum Weight Certification Information Sheet

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Dear Wrestler and Parents:

The following information is taken from the Arizona Interscholastic Association's Wrestling Weight Certification Workshop held on September 29, 2015

Wrestlers are required prior to their first competition to establish a minimum wrestling weight based on 7% body fat for males and 12% for females. In order to complete the weight certification test, the athlete must be properly hydrated. Once the minimum wrestling weight is established; the athlete can not lose more than 1.5% of his body weight per week.

Athlete Weight Certification Preparation Guidelines

1. No vigorous activity the **evening before and the day of** the testing.
2. Avoid caffeinated beverages on the day before and day of testing.
3. On the day of testing, drink 500 ml (17 oz.) of fluid. (A sports drink is an excellent choice).
4. Avoid any vitamin or mineral supplements **two days** before and the day of testing.
5. Be awake **three hours** prior to testing.
6. Do not eat **two hours** prior to testing.
7. If an athlete fails the hydration testing, they must wait **24 hours** before retesting.

Tips

1. Most athletes are dehydrated.
2. To ensure successful completion of the hydration test and weight certification, the athlete should drink water and a sports drink during the weekend prior to the test.
3. A simple way to determine hydration is to check the color of your urine. Urine should be a pale yellow.
4. The day of the test, should consume water through out the entire day; including 2-4 cups of water 1-2 hours before the test.

Please contact me at 623-376-3044, or the Certified Athletic Trainer at your school.