

September 16, 2025

Dear Wrestling Parent/Guardian:

The following information describes the weight certification procedures that will be used to determine a safe minimum wrestling weight class for Montgomery County Public Schools (MCPS) wrestlers. Additional information and forms referred to in this letter are available from the coach or on the [MCPS Athletics Webpage](#).

Structure and Concept

The MCPS weight certification program is structured on regulations and guidelines established by the National Federation of State High School Associations (NFHS), the NFHS Medicine Advisory Committee, and the Maryland Public Secondary Schools Athletic Association (MPSSAA). An essential component of the program is establishing a safe minimum weight class for wrestlers using hydration testing and body fat analyses. Briefly, the current weight, height, and level of body fat is determined for each wrestler, and calculations determine the wrestler's weight if a male wrestler reduced to a 7% level of body fat or a female wrestler reduced to a 12% level of body fat. The weight that corresponds to a 7% or 12% level of body fat is used to determine a safe minimum weight class.

Regulations

As prescribed by NFHS and MPSSAA regulations, Maryland public school wrestlers must have their minimum weight class certified prior to their first match. This process involves two steps. First, each wrestler must have a hydration test and body fat analysis, which are used to determine what the wrestler would weigh if a male wrestler achieved a 7% level of body fat or if a female wrestler achieved a 12% level of body fat in a properly hydrated state. Second, a Licensed Health Care Provider (LHCP) signature is required to certify the wrestler's minimum weight class, based on the results of the body fat analysis. Wrestlers may not recertify to a lower weight class after their first match.

Measuring Body Fat: The Tanita TBF-300WA

MCPS will use the Tanita TBF-300WA (300WA) to conduct body fat analyses of MCPS wrestlers. The 300WA is used to conduct similar tests on wrestlers in many states, and is endorsed by the NCAA as a means of calculating safe minimum wrestling weights. The 300WA operates under the principle of bio-impedance. Simply explained, the 300WA sends a very small electric signal through the body, and the amount of time it takes for the charge to complete its circuit determines the amount of body fat. The quicker the circuit is completed, the less body fat. The test takes approximately 10 seconds to complete. The individual simply steps on the scale, a small signal is sent, and the measurement is taken.

Importance of Proper Hydration

To ensure validity and accuracy, an individual must be properly hydrated prior to the body fat analysis. Otherwise, the test will indicate a higher level of fat than actually exists. Briefly, if a body is not properly hydrated, the electric signal is artificially slowed, resulting in a false reading. Accordingly, the hydration level of each wrestler will be determined immediately prior to the body-fat analysis. A wrestler must "pass" the hydration test before undergoing the body fat analysis. A sample of the wrestler's urine is needed to conduct the test. It will be briefly examined exclusively to determine the level of hydration, and immediately discarded.

It is not difficult for individuals to determine whether they are properly hydrated. Briefly, the clearer the urine, the greater the probability that they are properly hydrated. However, there are a number of factors that can influence an incorrect reading, including coffee, chocolate, and heavy exercise in the hours prior to the test. An information sheet is available on the MCPS Athletics Website or from the coach regarding proper hydration, and recommendations on how wrestlers can ensure that they are properly hydrated for their body fat analyses.

MCPS Will Sponsor Body Fat Analyses/Weight Certification

MCPS will sponsor hydration tests and body fat analyses for wrestlers at no cost to parents/guardians. The tests will be conducted on November 1, 2025, at Clarksburg High School, with make-up tests on November 22, 2025. Wrestlers from the 25 respective MCPS high schools are asked to arrive for the test according to the schedule indicated on the *Weight Certification Schedule* available on the MCPS athletics website. Wrestlers should wear gym shorts and t-shirts for the analysis. Parents/guardians may accompany their child, but it is not required. Once a wrestler has successfully undergone the body fat analysis, a minimum weight class will be determined and verified by a LHCP present at the test site. The weight certification process is then completed. MCPS will retain a copy of the weight certification document.

Pertinent Forms/MCPS Athletics Website

All pertinent forms and additional information regarding the MCPS Wrestling Weight Certification Program are available on the [MCPS Athletics webpage](#), or from the coach. Pertinent forms and additional information include *Weight Certification Schedule*, *Parent/Guardian Permission Form*, and *Frequently Asked Questions: A Guide for Parents/Guardians and Wrestlers*, and *Wrestlers' Weight Certification Hydration Tip Sheet*.

Parent/Guardians Consent

Parents/guardians are asked to do two things. First, parents/guardians are asked to provide permission to allow their child to have their weight certified by MCPS. MCPS will not perform the weight certification process/body fat analysis unless the wrestler has parent/guardian permission. Permission is secured during the online registration process for MCPS Athletics; the wrestler may also bring the signed parent/guardian permission form to the certification. All students must bring a student ID to the testing facility. Second, parents/guardians will need to have their child at the testing site (Clarksburg High School) at the time designated on the *Weight Certification Schedule* sheet (available on the MCPS Athletics webpage). Since many schools have arranged for transportation, it is recommended that parents/guardians call the wrestling coach or athletics specialist (AD) to see if transportation arrangements have been made.

Determining the Minimum Certified Weight Class

The attending LHCP will certify each wrestler at the weight class that corresponds to the wrestler's projected weight at a 7% level of body fat for males or a 12% level of body fat for females. In many instances, a wrestler's projected weight at a 7% or 12% level of body fat will fall between two weight classes. If the projected weight is within two percent (2%) of the lower weight class, the attending LHCP may "round down" and certify the wrestler at the lower weight class. Otherwise, the LHCP will "round up" and certify the wrestler at the higher of the two weight classes. This decision will be based on the judgment of the attending LHCP. Wrestlers may not certify for a weight class more than 2% below their projected weight at a 7% level of body fat for males or at a 12% level of body fat for females.

Appeals and Independent Testing

Parents/guardians who choose to appeal the MCPS-sponsored certification must do so before the first match. There are two circumstances for an appeal. First, if the attending LHCP chose not to "round down" and certify a wrestler to the lower of two weight classes, and the wrestler's projected

weight at a 7% level of body fat for males or at a 12% level of body fat for females is within 2% of the lower weight class, the wrestler's family LHCP may do so if they feel that it is safe for the wrestler. This certification from the family LHCP must be submitted in writing, with acknowledgement of the results of the body fat analysis. Weight certification below a 2% margin will not be allowed.

Second, if a parent/guardian wishes to appeal the results of the MCPS-sponsored weight certification using the Tanita TBF-300WA, or if a parent/guardian chooses to forego the MCPS sponsored weight certification and have an independent body fat analysis for their child, then the parent/guardian may seek an alternative test at the parents'/guardians' expense. MCPS has arranged through Maryland Orthopedic Specialists (MOS) to handle appeals or original non-MCPS sponsored weight certifications. MOS uses the Tanita TBF-300WA (the same instrument used in the MCPS assessments). Weights calculated to correspond to a 7% level of body fat for male wrestlers or a 12% level of body fat for female wrestlers conducted through MOS may not be "rounded" down to achieve certification. Computer generated results of the independent body fat analysis, including results of the hydration test, must be submitted.

Third, a parent/guardian may elect to have a body-fat analysis conducted by a private organization other than MCPS or MOS. This option will require use of either a Dual Energy X-ray Absorptiometer (DEXA Scan) or Hydrostatic Weighing. Like with MOS, doctors may not "round down" to achieve certification at a lower weight class.

Nutrition Education

An extremely important component of the MCPS and MPSSAA weight certification program is to provide nutrition information to wrestlers, parents/guardians, and coaches. Medical evidence supports that reducing weight to a 7% level of body fat for males or a 12% level of body fat for females is the minimum to which a high school athlete should aspire. However, the manner in which wrestlers reduce and maintain weight is a potential matter of concern. The nutrition information provided on the MPSSAA web site (www.mpssaa.org) is adopted from the California High School Athletic Association's nutrition education program. The information is specifically designed to provide wrestlers and parents with information on how wrestlers may attain and maintain an appropriate body fat level while maintaining maximum strength and energy. Wrestlers and parents/guardians are strongly encouraged to access this information on the MPSSAA web site (www.mpssaa.org).

Please remember that reducing to a 7% level of body fat for males or a 12% level of body fat for females is not necessarily a recommendation, but rather, it is a minimum. In fact, the large majority of high school wrestlers compete at a weight above a 7% level of body fat for males or a 12% level of body fat for females. In no way is MCPS recommending or endorsing that a wrestler reduce to a weight that corresponds to a 7% level of body fat for males or a 12% level of body fat for females. However, if in the opinion of a medical doctor and a wrestler's parents/guardians a 7% level of body fat for males or a 12% level of body fat for females is safe and appropriate, then the wrestler may reduce to a corresponding weight classification.

Thank you in advance for supporting our efforts to attain the highest degree of safety for your child.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeff Sullivan", with a large, sweeping loop at the end.

Jeffrey K. Sullivan, Ed.D.
Director, Systemwide Athletics



PARENT PERMISSION FORM

MCPS Wrestling Weight Certification

2025–2026

State regulations require that all wrestlers have their minimum weight class certified prior to their first match. Maryland regulations further stipulate that a body fat analysis be conducted for all wrestlers as part of their weight certification. A Licensed Health Care Provider (LHCP) must use the results of the body fat analysis in determining a safe minimum weight class. The body fat analysis and subsequent calculations are used to determine a wrestler's weight if they reduced their body fat to a 7% level for males or a 12% level of body fat for females while maintaining a proper level of hydration. The LHCP determines the lowest weight class in which the wrestler may compete based on the results of the body fat analysis and subsequent calculations.

Montgomery County Public Schools (MCPS) will sponsor a weight certification program for MCPS wrestlers. Briefly, MCPS will conduct body fat analyses for wrestlers, and will provide a LHCP to certify each wrestler's minimum weight class based on the results of the body fat analysis. MCPS will use the Tanita TBF-300WA body fat monitor to conduct these tests. The weight certification will be held at Clarksburg High School on November 1, 2025, with a make-up day on November 22, 2025, also at Clarksburg High School. Tests will be performed by certified athletic trainers and LHCPs. Upon completion of the process, a minimum weight class will have been determined and certified for each wrestler.

While there are no known health risks regarding use of the Tanita TBF-300WA, individuals using a pacemaker or internal electrical medical device should not use this device. The weak electrical signal may cause such internal devices to malfunction.

Details regarding the MCPS weight certification process are available on the MCPS Athletics Website (www.montgomeryschoolsmd.org/departments/athletics). This information includes a letter to parents/guardians explaining details of the program, and an information brochure entitled *Frequently Asked Questions: A Guide for Parents and Wrestlers*.

An important component of a valid, reliable body fat analysis is that wrestlers be properly hydrated. Accordingly, a urine sample from each wrestler will be tested exclusively for its hydration level immediately prior to the body fat analysis. Once the hydration level has been determined, the urine sample will be discarded. A wrestler must be sufficiently hydrated in order to have an accurate and valid body fat analysis.

Please read and sign below:

I (parent/guardian name) _____ have reviewed the materials distributed by MCPS regarding the weight certification program, and I understand the basic components of the program. I understand that my child does not have to participate in the MCPS sponsored program, and that I may elect to have an independent test performed at my expense that meets MCPS requirements. I understand that if my child has a pacemaker or uses another type of internal electrical medical device, they should not undergo this test.

I give permission for my child to participate in the MCPS sponsored weight certification program.

Wrestler Name: _____ Gender: M F Age: _____
(Please Print)

Student ID#: _____ School: _____ Grade: 9 10 11 12

Parent/Guardian Signature: _____ Date: _____



22nd Annual MCPS Wrestling Weight Certification Schedule

Date: November 1, 2025
Location: Clarksburg High School
22500 Wims Road
Clarksburg, Maryland 20871

Schedule of Schools:

Time	Schools
9:00 – 9:30 a.m.	Clarksburg, Quince Orchard, Albert Einstein
9:30 – 10:00 a.m.	Winston Churchill, Seneca Valley, Thomas S. Wootton
10:00 – 10:30 p.m.	Walter Johnson, Northwest, Wheaton
10:30 – 11:00 p.m.	Springbrook, Rockville, Walt Whitman
11:00 – 11:30 p.m.	James Hubert Blake, John F. Kennedy, Northwood
11:30 – 12:00 p.m.	Gaithersburg, Paint Branch, Sherwood
12:00 – 12:30 p.m.	Montgomery Blair, Col. Zadok Magruder
12:30 – 1:00 p.m.*	Bethesda-Chevy Chase, Damascus, Watkins Mill
1:00 – 1:30 p.m.*	Richard Montgomery, Poolesville

**The last 2 sessions, 1:30 – 2:30 p.m., are also open to students taking the SAT that morning.*

Reminders & Information for Parents/Guardians

- Wrestlers **must** bring their student ID or StudentVue verification of their schedule
- Wrestlers **must** bring their signed parent permission form
- Wrestlers will receive weight certification cards at the sign-in desk
- Wrestlers must wear **gym shorts** and **t-shirts** to be certified
- Wrestlers must be properly hydrated in order to have a valid body fat analysis
- Unless the school has otherwise made transportation arrangements, transportation is provided by the wrestler's parents at the designated school's time.

Make-up Weight Certification Schedule: November 22, 2025

Time	Schools
9:00 – 9:45 a.m.	North Division
9:45 – 10:30 a.m.	South Division
10:30 – 11:15 a.m.	East Division
11:15 – 12:00 p.m.	West Division



WRESTLING WEIGHT CERTIFICATION OPTIONS/APPEALS

Two Ways to Certify

A wrestler may have their minimum weight class certified by one of two sources: MCPS or Maryland Orthopedic Specialists (MOS). Information regarding MOS is given at the bottom of the page.

MCPS Offers Two Weight Certification Opportunities

MCPS will offer/sponsor two opportunities for weight certifications: November 1 and November 22, 2025, both at Clarksburg High School. Both are free. Most wrestlers will have their weight certified on November 1. The November 22 certification is intended exclusively for the following wrestlers:

- Those who failed the hydration test on November 1.
- Those who missed the November 1 certification. Note: Wrestlers who had their minimum weight certified on November 1 may not attempt to certify at a lower weight class on November 22.

Appeals and Independent Testing

Appeals may be requested under the following circumstances. The parent/caregiver is responsible for paying the cost for an appeal, and all appeals must occur before the wrestler's first competition.

- The attending physician at the MCPS-sponsored weight certifications on November 1 and November 22 may "round down" to the lower of two weight classes if the wrestler's projected weight at a 7% level of body fat (12% for females) is within two-percent (2%) of the lower weight class. If the wrestler's projected weight is within 2% of a lower weight class but the attending physician does not elect to round down, the parent/caregiver may have the wrestler's family physician approve a maximum of a 2% "round down."
- Wrestlers may appeal the results of the MCPS-sponsored body fat assessment/weight certification and have a new test completed. Appeals must be coordinated through MOS which uses the Tanita TBF-300WA (same instrument used to certify MCPS wrestlers on November 1 and November 22). Otherwise, an appeal must be based on use of a DEXA Scan or Hydrostatic Weighing. There is no "rounding down" on appeals or tests conducted through MOS. MOS will forward the results of the test to MCPS.
- If a wrestler is below a 7% (12% for females) level of body fat, there will be no "rounding down" allowance and the wrestler must obtain a note from their family physician stating that the wrestler is naturally below a 7% level of body fat.

Maryland Orthopedic Specialists (MOS)

- Parents/wrestlers must contact Mr. Randy Rocha in advance for an appointment via email: (randyrocha.lac@gmail.com).
- Cost will be \$25 for the Tanita test. Mr. Rocha can assist with any other inquiries about body fat measurements.
- Mr. Rocha with MOS will conduct appointments at local schools and at satellite locations.
- Mr. Rocha with MOS will assess the wrestler's hydration level, and if sufficiently hydrated, the wrestler will qualify for a body fat assessment.
- There is no "rounding down" at MOS.
- MOS will fax the results of the test to the MCPS Department of Athletics.



22nd Annual MCPs Wrestling Weight Certification Make-up Schedule

Date: November 22, 2025
Location: Clarksburg High School
22500 Wims Road
Clarksburg, Maryland 20871

Schedule of Schools:

Time	Division	Schools
9:00 – 9:45 a.m.	North Division	Clarksburg, Damascus, Northwest, Poolesville, Seneca Valley, Watkins Mill
9:45 – 10:30 a.m.	South Division	Montgomery Blair, Albert Einstein, John F. Kennedy, Richard Montgomery, Northwood, Rockville, Wheaton
10:30 – 11:15 a.m.	East Division	James Hubert Blake, Gaithersburg, Col. Zadok Magruder, Paint Branch, Sherwood, Springbrook
11:15 – 12:00 p.m.	West Division	Bethesda-Chevy Chase, Winston Churchill, Walter Johnson, Quince Orchard, Walt Whitman, Thomas S. Wootton

Reminders & Information for Parents/Guardians

- Wrestlers **must** bring their student ID or StudentVue verification of their schedule
- Wrestlers **must** bring their signed parent permission form
- Wrestlers will receive weight certification cards at the sign-in desk
- Wrestlers must wear **gym shorts** and **t-shirts** to be certified
- Wrestlers must be properly hydrated in order to have a valid body fat analysis
- Unless the school has otherwise made transportation arrangements, transportation is provided by the wrestler's parents, at the designated school's time.



Frequently Asked Questions: A Guide for Parents/Guardians and Wrestlers to the MCPS Wrestling Weight Certification Process 2025–2026

- 1. Why does MCPS require body fat analyses to determine minimum wrestling weights?**
MCPS complies with national federation and state rules regarding weight certification and weight management. MCPS is committed to promoting more responsible, safer, healthier weight management among wrestlers, consistent with the R.A.I.S.E. core value of safe competition.
- 2. What are the main parts of the weight certification process?**
The wrestler's current weight, age, hydration level, and height will be used to calculate what the wrestler would weigh if they achieved a 7% level of body fat for males or a 12% level of body fat for females. The lowest weight class that the wrestler may certify/compete will correspond to what the wrestler would weigh if a 7% level of body fat for males is achieved or a 12% level of body fat for females is achieved while retaining proper hydration.
- 3. Where does the minimum body fat percent of 7% for males and 12% for females come from?**
These are the recommended minimums determined by the National Federation of State High School Associations (NFHS) National Medicine Advisory Committee. Research in sports medicine observed these to be the lower limits among elite athletes performing at peak efficiency. Negative physiological changes have been reported below these levels.
- 4. Does a wrestler need to reduce to a 7% level of body fat for males or a 12% level of body fat for females in order to be competitive?**
Absolutely not. In fact, the large majority of wrestlers, including the top wrestlers, will compete at weight classes well above that which corresponds to a 7% level of body fat for males or a 12% level of body fat for females. Remember, 7% is a minimum percentage for males, and 12% is a minimum percentage for females not a recommended percentage.
- 5. Is this a new requirement?**
No. MCPS began requiring all wrestlers to undergo body fat analyses in 2003. It is a safer and more precise way to determine a minimum weight class. Since the 2006–07 season, NFHS regulations require all wrestlers in the country to have hydration tests and body fat assessments to determine minimum weight classes.
- 6. Why is there a need for this process?**
National studies have shown excessive weight loss and "bouncing" (rapid weight loss followed by subsequent gorging) among a significant number of wrestlers. Studies show these practices to be harmful. Professional medical organizations and national wrestling organizations strongly endorse the process implemented by MCPS.
- 7. What potential harmful effects may result from excessive weight loss?**
Decreases in academic performance, athletic endurance, and strength have been observed. Also, bodily functions, including internal temperature control mechanisms, may be compromised. An increased incidence and vulnerability to eating disorders is another potential result.
- 8. How will a safe minimum weight class be determined?**
The current height, weight, hydration level, and level of body fat is used to calculate what the wrestler would weigh at a 7% level of body fat for males or 12% level of body fat for females. The corresponding weight will be used to determine the lowest weight class in which the wrestler may compete.
- 9. What is to stop wrestlers from crash-dieting and reducing to their minimum weight class in one week?**
Every public school team in the state must submit a Team Weight Chart (TWC) prior to the 1st match. This

chart is programmed to determine a minimum weight class in which a wrestler may compete for each week of the season. The minimum weight class is programmed to reflect what wrestlers will weigh if they reduced 1.5% of their weight per week, which is considered a safe rate of weight loss.

10. What will MCPS use to measure a wrestler's body fat?

The Tanita TBF-300WA Body Fat Analyzer. This is a reliable, valid instrument that is used to conduct similar tests on wrestlers in many states to determine minimum wrestling weight. The instrument is safe, non-invasive, more precise than calipers, and consistent for all wrestlers.

11. Is the Tanita TBF-300WA safe?

Although there are no known health risks from using the Tanita scale, individuals using a pacemaker or internal electrical medical devices should not use this product. The weak electrical signal may cause such internal devices to malfunction.

12. How does the Tanita TBF-300WA work?

The instrument is similar in appearance to a bathroom scale, with a keypad attached that allows variables to be entered including height, gender, and age. The instrument works on the principle of bioelectric impedance, which involves sending a very small electric signal through the body. When the individual steps on the scale, the feet are in contact with two small pads. The signal begins at one pad, is conducted through the water contained in the body, and ends at the other pad. Lean muscle has much more water than fat tissue and allows the signal to pass easily. Fat contains significantly less water and causes impedance or resistance to the signal. The amount of time it takes to complete the circuit determines the percent of body fat. The slower the time, the higher the amount of body fat.

13. Who will conduct the tests?

Athletic trainers and professionals will conduct hydration tests and body fat analyses. A Licensed Health Care Provider (LHCP) will be present to certify the minimum weight class for each wrestler, based on the result of the body fat analysis.

14. If body fat is the major criteria for certification, why is a LHCP's signature still required?

The state athletic association, as well as the Code of Maryland Regulations (COMAR), require that a LHCP certify a wrestler's lowest weight class. The Tanita TBF-300WA provides objective data to be used by the LHCP to determine a safe minimum weight class.

15. Why is a hydration test necessary prior to the body fat analysis?

Bio impedance instruments, such as the Tanita TBF-300WA, require that the individual be properly hydrated for a valid, reliable reading. An improper level of hydration will slow the speed of the signal, resulting in a flawed reading. The individual will show to have a higher level of body fat than he or she actually has. All wrestlers must "pass" a Urine Specific Gravity (hydration) test with a reading of 1.025 or lower immediately prior to having their body fat analyses. The urine will be analyzed exclusively for its level of hydration, and immediately discarded.

16. What if a wrestler is not properly hydrated?

If a wrestler is not properly hydrated, the wrestler will have to retake the test at another time.

17. Will what one eats or drinks affect the hydration test?

Certain items including caffeine and chocolate act as diuretics and could result in excess water loss or otherwise impede the electric signal used to measure the percent of one's body fat. Information regarding hydration tips is available.

18. What is required from parents/guardians and wrestlers?

Wrestlers must arrive at the designated time/place with a signed parent/guardian permission form and student ID. Wrestlers should be properly hydrated, and should wear gym shorts and t-shirts.

19. What is the cost to wrestler's parents/guardians for the body fat analysis/weight certification?

There is no cost to parents/guardians for wrestlers who certify at the MCPS sponsored weight certification location. However, parents/guardians must bear the expense for appeals or tests conducted at non-MCPS facilities.

20. Do other wrestlers in the state have to undergo a similar weight certification process?

Wrestlers at all Maryland public high schools must have a hydration test, body fat analyses and a LHCP's signature to certify them for a minimum weight class. The weight certification form used by MCPS is similar for all Maryland public schools.

21. What if a wrestler's calculated weight at a 7% level of body fat for males or 12% level of body fat for females is between two weight classes?

The higher of the two weight classes will be designated, unless the calculated weight at 7% body fat for males or 12% of body fat for females is within 2% of the lower weight class. The attending LHCP may "round down" to the lower weight class if within 2%. If the attending LHCP does not consider it appropriate to "round down," the wrestler may appeal this decision to his or her family LHCP. The family LHCP may certify the wrestler at the lower weight, but only if the wrestler's projected weight at a 7% level of body fat for males or 12% level of body fat for females is within 2% of a lower weight class.

22. Where can I get additional information?

The MCPS Athletics webpage contains information regarding details and aspects of the wrestling certification process. (www.montgomeryschoolsmd.org/departments/athletics). This information may also be obtained from the coach.

23. May a wrestler have a private, independent test to establish weight certification, instead of the test that MCPS will administer?

Yes, but the instrument used for the independent test will have to be the Dual Energy X-ray Absorptiometer (DEXA Scan), Hydrostatic Weighing, or the same instrument used by MCPS (Tanita TBF-300WA). The individual must bear the costs of independent testing. Independent testing, appeals, and tests/weight certification for wrestlers after the MCPS certification dates are handled through Maryland Orthopedic Specialists (MOS) via email to Randy Rocha (randyrocha.lac@gmail.com). A 2% "rounding" allowance will not be allowed for certification at non-MCPS facilities. A computer-generated test result, including results of the hydration test, must be submitted.

24. Suppose a wrestler misses the MCPS sponsored weight certification or comes out late?

See numbers 23 and 25.

25. Is there an appeals process for an individual who does not agree with the MCPS assessment?

Yes, but the individual must bear whatever costs and make whatever arrangements are necessary. An individual may not appeal whether to allow greater than a 2% allowance that may qualify them for a lower weight class. However, an individual may appeal the results of the MCPS test. Appeals and late certifications are handled through Maryland Orthopedic Specialists (MOS) via email to Randy Rocha (randyrocha.lac@gmail.com). An individual may either be retested using the Tanita TBF-300WA or using a DEXA Scan. There will not be any "allowance" or "rounding down" in an appeal of this nature, and the appeal must be completed and approved before the first match. Appropriate documentation of the test results must be provided.

26. Suppose a wrestler is naturally below the 7% minimum for males or the 12% minimum for females?

First, this is very rare. The wrestler's LHCP must verify in writing that the wrestler is naturally under a 7% level of body fat for males or a 12% level of body fat for females. There would be no "rounding down". The wrestler would certify for the weight class at or immediately above the natural weight.

27. How may one obtain information on a healthy, nutritious diet for a wrestler?

This information is available on the MCPS Athletics webpage (www.montgomeryschoolsmd.org/departments/athletics) and the MPSSAA web site (www.MPSSAA.org). The nutrition plan described is adopted from the California High School Athletic Association nutrition education program for wrestlers.

If you have questions, please contact Mr. Travis McCormack, health and safety coordinator for systemwide athletics, Division of School Leadership and Improvement, at 240-740-5650.



MONTGOMERY COUNTY PUBLIC SCHOOLS

Wrestling Weight Certification

HYDRATION TIP SHEET

WRESTLERS

The following information includes tips that will help you report to the weight certification properly hydrated. Dehydration from physical activity may affect your hydration test results, use the following tips to make sure you are hydrated. Remember: the clearer your urine is the better chance you will be properly hydrated.

3 to 4 DAYS before the WEIGHT CERTIFICATION:

- Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 cups of water each day.
- Increase intake of foods high in fiber (such as salad, cereal, vegetables, and fruits). This will help with removal of excess waste from the body.
- Eat smaller, more frequent meals.
- AVOID foods high in fat (such as fried foods, meat, french fries, pizza, nuts, salad dressings).
- AVOID salty foods (such as potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks).
- Be sure that you eat and drink; do not dehydrate!

1 DAY before the WEIGHT CERTIFICATION:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be colorless if you are properly hydrated.
- Eat smaller, but more frequent meals. Continue to eat fibrous food, to eliminate excess waste from the body.
- STAY AWAY from fatty foods and snacks that will remain in your body for a longer period of time.
- Do not drink “dark” drinks (Coke, Pepsi, etc.). Drink clear liquids (water, Sprite, etc.)

DAY of WEIGHT CERTIFICATION:

- Eat small portions and eat a very light lunch (if afternoon testing).
- Eat light foods (such as fruit and grains).
- Continue to drink water (stay clear of coffee, and “dark-colored” drinks).
- Do not drink salty drinks (such as sodas, Gatorade, or PowerAde). This may cause you to retain fluid.
- Urinate as frequently as possible through the day until one to two hours prior to your weight certification time.
- Please be ready to urinate for the hydration test.

