

WIAA 7% Committee Meeting

April 6, 2022

MINUTES

The following members attended via video conference: Mel Dow (WIAA), Bob Empey (Stoughton), Peter Moe (Cambridge), Jason Lulloff (Holmen/Coaches Association Rep), Steve Nass (UWSM-retired), Bob Oppliger (U-Iowa-retired), Randy Clark (UWSM), Chris Dodge (UW-La Crosse), Samantha Nauer (UWSM), Jesse Jorgensen (Bellin Health) and Dr. Andrew Jagim (Mayo Clinic Health System). Nick Beltz (UW-Eau Claire) was unable to attend. The meeting began at 10 a.m. Mel Dow chaired the meeting and Hydrie Laidlaw recorded the minutes.

I. Welcome and Introductions

Mel introduced himself to the group and all members provided a brief introduction.

II. Group Commentary and Review of 2021-22 Season

The 2021-22 season began with some schools still under masking requirements, but proceeded fairly normally through the end of the tournament series.

II. Minimum Weight Rules and Calculations

- A. **Weight Loss Plan – Requirements vs. Guidelines** – This topic was discussed at coaches advisory. Jason summarized that the coaches recognize the importance of the rules for safety of sport. Coaches main questions include whether the rules look different from state to state, within the NFHS compliance. Second, there is frustration with the cumbersome process for coaches, entering weigh-ins, checking plans, and adhering to strict weight loss to fractions of a pound. Newer coaches don't understand requirements and time commitment. First-time wrestlers and parents don't understand the hydration/measurement process and overhydrate, which affects their weight loss plans. The coaches advisory asked if other methods are being used in other states that could be adopted. Mel expressed appreciation that the coaches are not asking for unsafe options. Education materials are available online, including The Wrestlers Diet and other health/weight documents. Pete Moe added that when current weight loss rules were adopted, scales were limited to .1 pounds, but weight loss plans calculate to .01 pounds. Jason shared example weight loss plans showing the sensitivity of the weight calculation and provided the committee with a demonstration of the process coaches use to manage weight loss and weigh-in records in Trackwrestling. Bob O. asked if the program could round to the nearest .1 to address one of the concerns. This would not eliminate the overall time involved in maintaining accurate records, however. Jason commented that every weigh-in counts and causes adjustments within the weight loss plan so coaches are not able to predict when they might be eligible for a lower class. Mel reminded everyone that even with .5 lb. per day, the weight class eligibility would reset based on each weigh-in. Bob O. commented that the basic idea years ago was to not get into weight cutting mode, it was to get to a goal weight and stay there. Randy added that rounding has been a challenge since the start, and asked what could make this better? Jason responded that rounding to .1 would be an improvement. Are other states procedures less complicated? Coaches hear that other states use different processes, and also want a process that's more manageable. Additional educational components may be needed for athletes and parents. Bob O. suggested creating and adopting a program to assist coaches in projecting weight class eligibility, in addition to changes to rounding within weight loss plans. He recommended sitting down with coaches to find out what adjustments they want to see. Much of this discussion is outside the 7% committee oversight. Randy mentioned that weight management was not intended to be a burden. Mel stated that WIAA will work with coaches to find alternatives and bring the conversation back in the future.
- B. **Other Options – Certify Later/Other State Rules** – Mel is not aware of any other states that certify weights later in the season, but asked if the committee would entertain this option. This idea may be appealing for football players and students who worry about holiday meals; however it would open up the potential for unsafe weight cutting. Jason suggested keeping weight certification requirement at the beginning of the season, and add the option to re-certify later as well. This will be brought back to the coaches for further clarification of their intent. Steve Nass shared his concern that measurers would need to be available to re-measure within a short one or two-week window, which would place a burden on measurers. Mel will request information from other states to compare against WIAA regulations.
- C. **Appeal Sites** – This is a recurring topic that options are limited, and coaches continue to request more sites. Chris scheduled approx. 20 tests this year with nine completed. He clarified that UW La Crosse is not going to be available for about a year due to renovations, and he hopes to be back up and running after that is complete. Wrestling coaches would still like to have an appeal option. Nick at UW-Eau Claire expressed his desire to become an approved appeal site. The difficulty with the different DXA machines and calculations limits the options available. There was no recommendation to utilize DXA, and appeals will continue with La Crosse when available, along with further discussion with UW-EC to see about bringing them on board. Randy provided materials to send to prospective places in terms of scheduling, hydration testing, weigh-in, etc. which had already been sent to Nick. Chris mentioned that the same person that set up UW-La Crosse also set up the system UW-Eau Claire. Mel asked if they are able to meet the standards, would the committee approve them as a site?

Chris mentioned that the average weight selection would be the key since the test administrator can choose the range of weights to use, rather than the average; there is a 3% variance within hydrostatic weighing. Randy commented that it is a huge time commitment and they will need to have staff available for calls and questions.

IV. Skinfold Measurers and Measurement Process

- A. New Mesurer Training** – Sam Nauer isn't certain about the level of interest but would be available to hold another training this summer, since the 2021 training was the session delayed from 2020. Sam indicated it would be nice to offer another training and get back on the original schedule. A notice should be sent to schools and measurers with the application. Getting the word out to other athletic trainers is difficult at times, so WIAA will contact WATA to help get the word out.
- B. Refresher/Quiz** – The quiz and refresher schedules were explained with alternating years. Sam recommended proceeding with a quiz this year and would help prepare the quiz. Dr. Jagim asked if the training classes provide a comparison to master trainer measurements; these are done within the training session. In the past, master trainers went out to verify the accuracy of measuring for the new measurers at the beginning of the season. Steve is available to conduct the training, would be willing to add verification of new measurer techniques during the season.

V. Other Topics of Interest and Items from Committee

- A. NF Updates** – No NFHS were applicable, other than selection of new weight classes to be implemented in 2023-24.
- B. Other Items** – Randy expressed appreciation for long-time collaboration between the WIAA office and the committee. Chris asked where the 12% value came from for females. Jason uses an online source identifying essential fat levels in a class about this. Chris commented that 12% might be low for females and would recommend an increase to 14%. Bob O. felt it was due to hydrostatic weighing. Randy shared that there was a lot of discussion about 12% vs. 14% at the beginning of the program, but there were very few females at the time for studies or reference. Bob O. has discussed this with the ACSM president-elect; they will be meeting to discuss weight issues with girls and women this spring and summer and the problem may be compounded following that meeting. Dr. Jagim will be attending the Texas ACSM and the topic will be presented next in July at NSCA. Both high school and college level athlete issues will be considered. He passed along abstracts from the projects for committee. Dr. Jagim did not recall seeing any female athletes below 16% body fat; Chris has not seen any females below 14% body fat. Randy asked Bob and AJ to keep the committee updated.

Last year's minutes – scratch weight requirement – Mel asked for clarification of the requirement to make scratch one time to receive the growth allowance in order to edit season regulations and clearly explain this. If making weight at the test, does that count as making scratch? This was an issue for testing in January. If the athlete previously made scratch at that weight, it would not be required after an appeal. In addition, the rule will be clarified to note the testing weigh-in would meet the scratch weight requirement.

Mel thanked the committee for their time and commitment to the program. Steve responded that it would be nice to meet in person again in the future.

Steve Nass moved to adjourn, approved unanimously. The meeting adjourned at 11:35 a.m.