2026-2027

WRESTLING WEIGHT MANAGEMENT PROGRAM

COACH HANDBOOK

Georgia Independent Athletic Association
192 Roberson Mill Road NE
Milledgeville GA 31061
706-938-1400

GIAA WRESTLING WEIGHT MANAGEMENT PROGRAM

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This handbook contains the protocols to be used to assess all wrestlers in your program. Participation in the weight management program is mandatory and results are binding. All wrestling coaches, athletic administrators and/or principals should take time to review the adopted regulations and supporting forms. Failure of schools to comply with the guidelines of this program may result in sanctions and/or fines.

NOTE: Georgia Independent Athletic Association does not advocate that a wrestlers established minimum weight is the athletes' best weight, but simply the lowest weight at which the athlete will be allowed to compete.

GIAA wrestlers will follow a weight control program which is based on the National Federation of State High School Associations (NFHS) Rule 1-5 which will discourage excessive weight reduction and/or wide variations in weight. This program includes:

a. Establishment of a minimum weight class through hydration testing & body fat assessment which establishes a minimum weight and prohibits recertification at a lower weight during the season.
b. A monitored weekly weight loss plan.

Optimal Performance Calculator/Trackwrestling Membership Information

- Your school must sign up for the **Optimal Performance Calculator (OPC)** and the **Weight Management Membership** each year.
- The cost for **OPC access is $___** (boys and girls on the same roster) for the school year.
- **Purchase of the statistics program is optional** and there is an additional fee required.
- Paying by **credit card is the only method**, click on the tab in the Season Log-In email and follow the steps or copy and paste the online registration link https://trackwrestling.com/tw/seasons/PayWithCC.jsp into your browser and follow the steps provided.
- Schools will not have access to the OPC to load rosters, etc. unless you have paid the fee(s).

If you have questions, you may call the NWCA at 717-653-8009.

NEW/POINTS OF EMPHASIS

1. Prior to each weigh-in, coaches must present a properly dated weigh-in roster (created no more than 3 days prior to the event) to the head official. The head official will verify that the system-generated weigh in date matches the date of the competition. If the weigh-in date does not match the date of the competition, the coach must go to www.Trackwrestling.com and generate the correct form prior to athlete's weighing in. After the officials conduct skin checks, they must sign the weigh-in form. A copy of the signed form shall be provided to the head official.
2. Schools must have all scales used for weigh-ins certified annually. The GA Dept. of Agriculture; Fuels & Measures; 404-656-3605 will certify scales free. Schools are encouraged to conduct a certification date where as many as possible get their scale certified at the same time, minimizing the amount of travel by Dept. of Agriculture personnel. Brand new scales do not need to be certified for the first season of use (written proof of purchase date required).
3. Schools must enter weigh-in results in the OPC within 48 hours of each weigh-in or before the next scheduled contest (whichever comes first). The system will not allow an athlete to be listed on the weigh-in form or the next weigh-in form to be printed until all previous weigh-ins are entered into the system & committed.
4. Once a weigh-in is committed, it is locked and no further editing by the coach can be done. Any editing must be approved and entered by the GIAA wrestling administrator.
5. Trackwrestling allows coaches to view the weigh-ins of athletes from other schools. See the FAQ's on the Trackwrestling website or the instructions at the end of this booklet for details on how to access.
6. The system will automatically adjust for the weight allowance given for a consecutive day of competition situation (the original weight descent plan may/may not change).
7. Schools which compete on the day prior to a post-season tournament shall not receive a consecutive day weight allowance at the post-season tournament.
8. Schools have until **December 31** to enter their competition schedule; no entries can be made after this date without the written approval of the GIAA.
9. Use Form 4 when getting a simple "Medical Clearance" for wrestlers at or below 7% or 19% body fat. Form 4 does not need to be notarized and may be emailed/faxed/mailed to the GIAA.
10. Use Form 5B for a Weight Class Appeal for any male wrestler and Form 5G for any female wrestler. This form must be notarized and must be mailed (with proper form of payment) to the GIAA. **Cost is $100.00**.
11. There have been changes made to forms; please use current year forms only.
12. Initial Assessment period: **October 10 through December 19**.
13. Weight descent plan ending date: **February 13, 2027.**

GENERAL GUIDELINES

1. GIAA is in partnership with the National Wrestling Coaches Association (NWCA) and Trackwrestling and will utilize the Optimal Performance Calculator (OPC) as the mechanism for establishing the lowest allowable weight for each wrestler and as the data reporting and retrieval site for all member schools fielding wrestling teams. Schools will be assigned access codes by Trackwrestling in order to complete the reports and to view all athlete & school information.

2. All GIAA schools with wrestling programs MUST register for the OPC (see form above or the memo on the wrestling page of the GIAA website).

3. Instructions for proper use of the NWCA/Trackwrestling OPC are available at the back of this booklet (Attachment 2 and at www.trackwrestling.com.

4. Each school accepts the responsibility of using the OPC correctly and must have at least one coach familiar with the Weight Management guidelines. The school is subject to penalties and/or fines if the school does not follow the established guidelines.

5. All GIAA wrestlers who will wrestle varsity or junior varsity shall be subject to a hydration test and a body fat analysis prior to the beginning of each competitive season. NO WRESTLER MAY COMPETE until they have successfullyparticipated in an initial assessment and their name and data are included in the OPC. All wrestlers, including those coming out late, must have their minimum weight established prior to actual competition.

6. Schools will be assigned to "Regional Assessment Sites" where the evaluations will be conducted. Schools will not be allowed to switch sites or to use a site other than the facility designated by the GIAA office. Violation of this or any other component of the Weight Management Program may result in penalties and/or fines.

7. ***Schools must schedule their assessment date(s) and time(s) through the assessment coordinator. Schedules are determined and controlled by the assessment site and unscheduled appearances by individuals or teams will result in the person(s) being denied assessment at that time***.

8. Fees for testing must be paid to the assessment site at the time of testing.

9. Initial assessment data will be entered by assessment site personnel. Schools will receive a calculation of the predicted 7% / 19% body fat based upon the measurements submitted. Additionally, the program will calculate a 1.5% weekly weight loss figure which will enable the coach and the wrestler to use a progressive weight loss plan for each athlete. The establishment of a lowest allowable wrestling weight based on 7% for males and 19% for females is REQUIRED for all high school wrestlers.

TESTING PROCEDURES

1. Coaches who go to Trackwrestling and import their team roster from the previous year and add the names of newcomers before having athletes tested will be able to see weight descent plans sooner. **Assessors will not enter assessment data until the coach has imported/created/updated the team roster.**

2. Prior to arrival at the testing site, complete (print clearly) the top section of the Individual Profile Form (Form 1).

3. Athletes must be dressed in shorts and a T-shirt to participate in the assessment. Athletes who choose to wear more than shorts and a T-shirt may be tested but the results obtained will not be adjusted and results shall be final. It is improper for athletes to disrobe further than t-shirt and shorts.

STEP 1: HYDRATION

- It is essential that the importance of proper hydration be stressed to the wrestlers prior to your assessment date (see Attachment 1 for hydration tips).
- A urine specific gravity test will be conducted using a digital fiber optic refractometer. This is a pass/fail assessment, and the sample must register a reading of less than or equal to 1.025 g/ml.
- If the athlete presents the assessor with a sample that is cool to the touch, the temperature will be measured. Urine samples must be between 91-99 degrees Fahrenheit to be considered valid. (Most pre-employment tests require the urine to be 96-99 degrees).
- **Those athletes failing the hydration test will not be allowed further evaluations that day and must wait at least 48 hours before they can be re-tested.**
- If an athlete fails the hydration test, the $10 fee is owed and an additional $10 will be charged for each and every re-test.

NO DATA WILL BE ENTERED INTO THE WEIGHT MANAGEMENT DATABASE UNTIL THE ATHLETE PASSES ALL PORTIONS OF THE TEST.

STEP 2: MEASUREMENT OF HEIGHT: Athletes bare feet and rounded down to the nearest ½ inch.

STEP 3: BODY COMPOSITION

This assessment must be conducted by the test site. GIAA will not accept any body fat evaluation presented by other personnel. Body fat assessments will be conducted using bioelectric impedance (BIA) measurements using the "STANDARD" mode on the Tanita TBF-300WA body composition analyzer, the Body Metrix WR Ultrasound Machine or by skinfold measurement. In an attempt to insure reliability of the bio-electric impedance assessment:

- It is recommended that athletes follow the guidelines in Attachment 1.
- It recommended that females not be tested during their menstrual cycle; however, testing of females during their cycle may be conducted if the athlete chooses.

Notes:

- If the Tanita scale gives an "Error" message on three (3) consecutive readings or the site does not have Body Metrix machine, skin fold measurements will be used to determine body fat percentage.
- Only Lange calipers shall be used to measure skin fold thickness (Lohman sites: abdominal, triceps, subscapular)
- Form 2 will be completed by the assessor and data will be sent to the GIAA for entry into the OPC.
- Upon successful completion of all tests, the assessor will enter results into the NWCA/Trackwrestling OPC. The internet calculator will determine the wrestler's minimum allowable weight and establish a daily weight
-

descent plan including the allowed weight class for competitions. Per NFHS rule 1-5-2, wrestlers may lose a maximum of 1.5% of body weight per week.

- After the initial entry of wrestlers, the coach may generate an "Alpha Master Roster" and the "Weight Loss Plan" for each wrestler on the team. These items will be used throughout the season for verification of compliance with Weight Management Program guidelines.

ASSESSMENT EXPECTATIONS / NOTES

1. ***It is the school's responsibility to contact the assessment site and arrange for testing. Schools must cooperate with the test site and schedule assessments according to the sites' work schedule.***
2. ***Any athlete appearing for assessment without a coach/school representative or without being properly scheduled will be turned away***.
3. A minimum of two (2) adults /coaches are to accompany a team. These persons are present to supervise the athletes and to assist the assessment site personnel with management tasks, if requested to do so.
4. **School personnel shall not be involved in any actual testing activities.**
5. Athletes will be assessed wearing no less than athletic shorts & t-shirts. It is improper for athletes to disrobe further than the shorts & t-shirt clothing requirement. It is strongly recommended that athletes wear shower shoes or other footwear between testing stations.
6. Height and BIA measurements will be taken in bare feet.
7. Proper conduct and deportment of athletes is expected at all times. Assessors have been given authority by the GIAA to decline testing an individual or a school group if appropriate behavior is not adhered to throughout the testing process.
8. Athletes attempting to violate or circumvent the assessment process (in any manner) will be denied testing that day. All data collected on this particular athlete will be voided. The athlete may be rescheduled at the convenience of the assessment site. The school will be responsible for all re-testing fees. Once an athlete completes an assessment, **NO RE-TESTS ARE ALLOWED!**
9. Testing sites will be instructed to notify the GIAA office of problems in the assessment process. Total cooperation is expected from schools and school staff. Violations could result in penalties and/or fines.

INITIAL TEST PERIOD

1. Assessments may begin on **Saturday, October 10, 2026**. Sites may test on any date they wish through **December 19**. Sites performing Saturday-only assessments should offer at least four (4) of the Saturday's during the assessment period. Assessment sites are generally willing/able to accommodate special needs. Check with your assigned assessor (well in advance) for options.
2. All wrestlers, including those coming out late, must have their minimum wrestling weight established before being allowed to compete.
4. Coaches may have ineligible athletes assessed but these athletes are not allowed to practice. By completing early assessment, even if ineligible at that time, coaches can have students ready to compete when they are eligible to return to the team.
5. GIAA schools may begin competition on **Monday October 20, 2026**. Coaches must make every effort to get the bulk of team assessments completed by the first day of competition.
6. No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school "Alpha Master Roster" generated by the OPC.

LATE TESTING

1. After the start of the second semester, sites may re-open for a short period. Assessment sites electing to allow schools to test during the late period (**January 2-9, 2027**), may do so at their facility or may choose to go to the school. This is at the discretion of the assessment site, not the school. **Saturday, January 17** is the deadline for establishing a certified minimum wrestling weight.
2. All assessments administered in the late period are subject to the following changes:
   - A flat fee of $20 per athlete will be assessed.
   - If the assessor travels to the school, round trip mileage will be paid at a rate of $0.53 per mile (arrangements for the payment of the travel fee must be agreed upon in advance).

3. Some assessment sites close after the initial testing period. If this happens, contact the GIAA for assignment to an alternate testing site. **Any such arrangements shall be made by the GIAA only.**

COSTS

1. ALL schools MUST join the National Wrestling Coaches Association.
2. Charges for the initial assessment may not exceed $10 per athlete. Students who fail the hydration test and who have to be re-scheduled must pay additional fees ($10 each test) until the entire assessment process is complete.
3. All costs incurred for the initial assessment and/or re-testing are the responsibility of the school or parent.
4. There is an increased cost for having athletes tested during the late period. See details above.
5. Weight Appeal Fees are sent to the GIAA (See weight Appeal Process below).

MEDICAL CLEARANCE

1. All athletes assessed at or below 7% (male) or 19% (female) must obtain medical clearance before they may compete.
2. The medical clearance (from an MD, DO, PA or RNP) is only valid for one season; it expires on March 1 of each year and allows the athlete to compete at a weight no lower than the weight class determined at the time of the assessment.
3. There is no GIAA fee for medical clearance.
4. **Form 4** must be signed by a Physician, Physician Assistant or Registered Nurse Practitioner and a parent; Form 4 does not have to be notarized.
5. Completed forms may be sent to the GIAA via email anor standard mail.

WEIGHT APPEAL PROCESS (Any athlete)

1. The school may appeal the assessment of any athlete if approved by a licensed physician (MD or DO).
2. The maximum appeal is for one (1) weight class lower than determined by the initial assessment.
3. The **Physician Appeal (Form 5B or 5G)** must be signed by a Physician and at least one parent. The signature of the parent must be notarized.
4. The original Form 5B or 5G (no copies accepted) and a **$100.00** appeal fee must be mailed to the GIAA. The appeal fee must be paid with a money order, school check or booster club check (no personal checks accepted) made payable to the Georgia Independent School Association.
5. If a wrestler competes before an appeal is made or during the time an appeal is pending, the appeal is voided and the athlete must accept the results of the initial assessment.
6. Only one appeal per wrestler per season is allowed.

WEIGHT LOSS PER WEEK

1. Starting on the date of the initial assessment, a season-long weight loss plan with a maximum 1.5% loss per week will be established.
2. This weight loss plan will determine the weight class for which a wrestler is eligible on a given date.
3. If a wrestler weighs in below his/her projected weight, the weight loss plan will not recalculate and will not allow the wrestler to descend to his/her minimum weight class any sooner than pre-determined by the initial assessment. Losing weight faster than projected is not an advantage.
4. Wrestlers' weight descent plans will end on **February 13, 2027**.

Note: A wrestler who participates/competes at a weight class below the eligible weight class defined by the weight loss plan or before the proper amount of time has passed to achieve the weight class will be disqualified and all bouts will be forfeited. The school may also subject to fines and/or penalties.

WEIGHT RECALCULATION

If a wrestler weighs in above their Projected Weight for a competition, the OPC **may** RECALCULATE the individual Weight Loss plan. National Prep guidelines state that the system is set so that the descent plan does not recalculate unless the athlete weighed more than the next highest weight class.

Example: Wrestler A has an established minimum weight class of 113 pounds according to the assessment and he/she is descending toward that weight. Wrestler A's descent plan shows a projected weight for November 3 of 116.0 but he/she weighs in at 118.0 and wrestles in the 120-pound class that day. When the actual weigh-in weight of 116.0 is entered into the OPC, the Individual **Weight Loss Plan will not recalculate**. The athlete may weigh up to 119.9 and still remain on the same weight descent plan. If the athlete weighs 120.0 or more, the weight loss plan will then recalculate starting at the actual weight on that day. This same process is applied to all weight classes.

CONSECUTIVE DAYS OF COMPETITION

For two-day or multi-day events, coaches are only required to enter the first day's weigh-in into the OPC.

GROWTH ALLOWANCE

National Preps member schools are granted a two (2) pound growth allowance on **December 25, 2026**.

Example: If a wrestler's MWW (minimum wrestling weight) determined at the time of testing is 134 their lowest eligible weight class is 138 prior to the growth allowance. However, after the 2 lb. growth allowance is granted on December 25, the weight classes change and 132 now becomes 134 so, as long as the athletes' weight descent plan allows them to be 134, they may then wrestle in that weight class.

COACHES' REQUIREMENTS

Posting Information to the OPC

1. Instructions for using the Optimal Performance Calculator (OPC) may be found by clicking on the "?" in the blue toolbar of the Trackwrestling website. If you cannot find the topic you are searching for under "FAQ's", submit a ticket under the "Contact Us" tab or call Trackwrestling at the number listed. Refer to Attachment #2 at the end of this booklet for other user directions.
2. School and wrestler information required to be posted on Trackwrestling:
   - Team Roster: Coaches may add or delete wrestlers as needed.
   - Team competition schedule: Each weigh-in form is tied to an event on the team schedule. Any additions/changes to the schedule after 12/31 must be approved, in writing, by the GIAA.
   - All weigh-ins (if a wrestler steps on the scale, the actual weight must be recorded on the form by the official and entered into the OPC by the coach).

Note: The "Alpha Master Report" provides specific information for each wrestler: the alpha date weight, % body fat, minimum wrestling weight, minimum weight class and the first date each wrestler will be allowed to wrestle at the minimum weight class (if on descent plan). The "Weigh-In Report" provides information day by day for the minimum weight and the weight class allowed.

Pre-Match Weigh-In Protocol

- Once the team schedule has been completed, a "Weigh-In Report" form (Attachment 3) may be created by following the instructions in the appendix or under the FAQ section on Trackwrestling.
- The "Weigh-in Report" cannot be printed more than 3 days prior to the event. This report shows the eligible weight classes of each wrestler (if they are on target for that date) and it also contains an area where the wrestlers' actual weight is to be written.
- The OPC will not allow an individual's name to be added to a Weigh-In Form, nor can you print the form until all his/her previous weigh-ins are entered and committed.

Match Protocol

- Coaches are required to provide copies of the "Weigh-In Report" (Form 3) to the head official or the authorized person responsible for conducting weigh-ins. This form shall list all wrestlers who are scheduled to compete. After weigh-ins and skin checks are completed, the host coach will make copies of the signed Weigh-in Report and provide one to each head coach in attendance. The head official will keep the originals.
- If an athlete steps on the scale, his/her actual weight must be posted in the OPC.
- Weigh-in forms are to be entered in consecutive date order and must be posted within 48 hours of an event or before the next scheduled competition (whichever comes first).
- Schools will be locked out and may not be able to place athletes on future rosters until previous weigh-ins are entered and committed.

Example:
A school has competitions scheduled for December 3 and December 5. The "Pre-Match Weigh- in" form must be created, printed and taken to the competition on December 3. Post-match, the wrestler's actual weigh-in weights from December 3 must be entered and committed before the weigh-in form for the December 5 match can be created.

- Once weights are entered and committed, only the GIAA can make/authorize changes.
- For tournaments, the documents must be submitted to the tournament director prior to the start of weigh-in.
- Schools violating "Match Protocols" are to be reported to the GIAA (912-536-4650). Penalties and/or fines may be assessed for these violations.

Form 1

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION

WRESTLING WEIGHT MANAGEMENT PROGRAM
INDIVIDUAL PROFILE FORM

Complete this top section prior to arrival at assessment site
PLEASE PRINT

Wrestler's Name_____ **Grade: 8 9 10 11 12**
First MI Last

Gender: _____ **Date of Birth**_____
AGE_____

School_____

Assessment Date: _____ **Assessment Site:** _____

STEP 1: Assessment of Hydration
(Specific Gravity: Less than or equal to 1.025) ____ ____

Assessor's Initials: _____ **Pass** **Fail**

STEP 2 Assessment of Height (round down to the nearest ½") _____**ft** _____**in**

Assessor Initials _____

STEP 3 Body Fat (BIA) Assessment (Standard mode)

Record scratch weight to nearest 1/10 of a pound _____**lbs**

Calculated % Body Fat (from Tanita printout) _____**%**

Assessor Initials _____

STAPLE ASSESSMENT PRINT OUT TO BACK OF FORM

GIAA Assessor Signature_____**DATE**_____

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION
192 Roberson Mill Road NE, Milledgeville, GA 31061
706-938-1400

WRESTLING WEIGHT MANAGEMENT PROGRAM
SKIN FOLD ASSESSMENT DATA

This form is to be used only if the BIA assessment is unsuccessful.

Wrestler's Name_____ **Grade: 8 9 10 11 12**
First MI Last

Gender: _____ **Date of Birth**_____
AGE_____

School_____

Assessment Date: _____**Assessment Site:** _____

Step 1 – Assess hydration level of athlete _____ _____ Assessor's Initials_____
(Note: Specific gravity: less than or equal to 1.025) PASS FAIL

Step 2 – Assess height (in feet and inches) of athlete _____ft _____in Assessor's Initials_____
(Note: Round Down to nearest ½")

Step 3 – Alpha Body Weight (to nearest 1/10 pound) _____ Assessor's Initials_____

Step 4 – Skin Fold Assessment
(Note: Measurement to the nearest half millimeter)

Skin Fold Assessment	Test 1	Test 2	Test 3	Average	Assessor's Initials
Triceps					
Subscapular					
Abdominal					

GIAA Assessor's Signature_____Date_____

** TrackWrestling Staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed.

EMAIL or text this Form to:
Clint Morgan AND Amy Eller at clint@giaasports.org AND Amy@giaasports.com
706-938-1400

Georgia Independent Athletic Association
Weigh-In Report

DATE_____ WEIGH-IN DATE_____

SCHOOL NAME_____ OPPONENT_____

WEIGHT CLASS	WRESTLER	ELIGIBLE WT CLASS	WT LOSS PLAN	ACTUAL WEIGHT	LAST OFFICIAL WEIGH-IN Date	Wt
113	AAA	113, 120	108.2	_____	01/01/XXXX	0.00
120	BBB	120, 126	118.0	_____	01/01/XXXX	0.00
126	CCC	126, 132	124.6	_____	01/01/XXXX	0.00
132	DDD	132, 138	131.0	_____	01/01/XXXX	0.00
138	EEE	138, 145	135.8	_____	01/01/XXXX	0.00
145	FFF	145, 152	145.6	_____	01/01/XXXX	0.00
. . .						
. . .						
. . .						
285	NNN	285	280.5	_____	01/01/XXXX	0.00

Coach Name_____ Opposing Coach or TD Name_____
PRINTED PRINTED

Coach Signature_____ Opposing Coach or TD Signature_____

Head Official Name_____ Head Official Signature_____
PRINTED

This report is to be generated by each school for each wrestling competition. The head referee must verify the date of the competition and opposing coaches will exchange this report before each competition.

(**Actual Form** must be generated from www.Trackwrestling.com)

Form 4: 2026-27

Georgia Independent Athletic Association
192 Roberson Mill Road NE
Milledgeville, Georgia 31061
706-938-1400

WRESTLING WEIGHT MANAGEMENT PROGRAM
MEDICAL CLEARANCE

WRESTLER **AT/BELOW 7% OR 19%** BODY FAT

TO THE MEDICAL PROFESSIONAL:

The Georgia Independent Athletic Association (GIAA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 19% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 19% (females) and the athlete is requesting that he/she be allowed to wrestle. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GIAA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendations on the next page.

Thank you,

Georgia Independent Athletic Association

GIAA COACHES:
Both pages of this attachment are to be presented to the medical professional as a part of the clearance process.

Form 4: 2026-27

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION

WRESTLING WEIGHT MANAGEMENT PROGRAM MEDICAL CLEARANCE

WRESTLER AT/BELOW 7% or 19% BODY FAT

Any **male wrestler** whose body fat percentage at the time of their initial assessment is at or below **7%** must obtain written clearance from a medical professional (MD, DO, PA or RNP) stating that the athlete is naturally at this low body fat level. In the case of a **female wrestler**, written physician clearance must be obtained for athletes who are at or below **19%** body fat. This physician clearance is for one season duration and expires on March 1 of each school year.

Coach: Complete this section prior to medical appointment

WRESTLER'S NAME_____ GRADE: 8 9 10 11 12

SCHOOL_____

INITIAL ASSESSMENT DATA (from OPC):

DATE OF INITIAL ASSESSMENT: _____ WEIGHT: _____

% OF BODY FAT: _____ MINIMUM WEIGHT CLASS: _____

EXAMINING MEDICAL PROFESSIONAL (MD, DO, PA, or RNP)

Date seen in Office ____/_____/_____ **Today's Weight** _____ **lbs.**

The wrestler named above is at or below the minimum body fat allowed by GIAA Weight Management Program guidelines. This athlete has been granted clearance to wrestle at / above the minimum weight class determined at the initial assessment. **No weight loss.**

MD/DO/PA/RNP SIGNATURE_____ DATE_____

ADDRESS: _____

CITY:_____ ZIP:_____

PARENT SIGNATURE:_____DATE: _____

NOTE:
This form is the only document accepted by the GIAA for Medical Clearance.
No fees are required for this option.

Email or mail this form to the GIAA, ATTN: Clint Morgan and Amy Eller
192 Roberson Mill Road NE Milledgeville, GA 31061
EMAIL: clint@giaasports.org and amy@giaasports.org

Form 5: 2026-27

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION
192 Roberson Mill Road NE
Milledgeville, Georgia 31061
706-938-1400

WRESTLING WEIGHT MANAGEMENT PROGRAM

WEIGHT CLASS APPEAL

TO THE PHYSICIAN:

Georgia Independent Athletic Association (GIAA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis (the standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights). A minimum weight is then calculated at 7% body fat for males and 19% for females.

Per GIAA policy, a standard correction factor of minus 2% is then deducted prior to the final calculation of the athletes' "lowest allowable weight".

Your patient is requesting that he/she be allowed to wrestle one (1) weight class lower than determined by the initial assessment. GIAA guidelines require evaluation by and permission from the athlete's personal physician for this appeal to be granted.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendation on the next page.

Thank you,

Georgia Independent Athletic Association

GIAA COACHES:
Both pages of this attachment are to be presented to the attending physician as a part of the weight class appeal.

Form 5B: 2026-27
BOYS ONLY

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION
WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any male athlete may appeal the minimum weight class determined by the Optimum Performance Calculator (OPC) at the time of their initial assessment. **This appeal is for one (1) weight class lower only**. The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for the athlete to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a $100.00 Appeal Fee (payable by money order, school or booster club check ONLY) must be mailed to the GIAA at the address below.

Coach: Complete this section prior to physician appointment

WRESTLER'S NAME_____ GRADE: 8 9 10 11 12

SCHOOL_____

INITIAL ASSESSMENT DATA (from OPC):

DATE OF INITIAL ASSESSMENT: _____ WEIGHT: _____

% OF BODY FAT: _____ MINIMUM WEIGHT CLASS: _____

EXAMINING PHYSICIAN

Date seen in Office ____/_____/_____ **Today's Weight _____ lbs.**

Circle: A or B

A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below his initial assessment. The athlete may engage in a weight loss plan to reach the GIAA weight class circled below. This option requires a $100.00 Appeal Fee.

B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is not approved to participate in a weight class lower than that determined by the initial assessment. No fee required for this option.

*****CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED *****

106 – 113 – 120 – 126 – 132 – 138 – 144 – 150 – 157 – 165 – 175 – 190 – 215 - 285

PHYSICIAN SIGNATURE_____DATE_____

ADDRESS _____

CITY_____STATE_____ZIP_____

**** PARENT SIGNATURE_____DATE_____**

**** NOTARY SIGNATURE & STAMP_____DATE_____**

Mail form and payment to the GIAA, ATTN: Clint Morgan and Amy Eller
192 Roberson Mill Road NE, Milledgeville, GA 31061
EMAIL: clint@giaasports.org and amy@giaasports.org

Form 5G: 2026-27
GIRLS ONLY

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION

WRESTLING WEIGHT MANAGEMENT

WEIGHT CLASS APPEAL

Any female athlete may appeal the minimum weight class determined by the Optimum Performance Calculator (OPC) at the time of their initial assessment. **This appeal is for one (1) weight class lower only.** The lower certification must be approved by a licensed physician (MD or DO) who has evaluated the athlete and has determined that it is safe for the athlete to drop to a lighter weight.

This form must be completed in its entirety and the original form along with a $100.00 Appeal Fee (payable by money order, school or booster club check ONLY) must be mailed to the GIAA at the address below.

Coach: Complete this section prior to physician appointment

WRESTLER'S NAME_____ GRADE: 8 9 10 11 12

SCHOOL_____

INITIAL ASSESSMENT DATA (from OPC):

DATE OF INITIAL ASSESSMENT: _____ WEIGHT: _____

% OF BODY FAT: _____ MINIMUM WEIGHT CLASS: _____

EXAMINING PHYSICIAN

Date seen in Office ____/_____/_____ **Today's Weight** _____ **lbs.**

Circle: A or B

A. After an in-office evaluation, the wrestler named above has received approval to compete in a weight class that is one (1) weight class below her initial assessment. The athlete may engage in a weight loss plan to reach the GIAA weight class circled below. This option requires a $100.00 Appeal Fee.

B. The wrestler named above is advised to wrestle at a weight class at or above the initial assessment. The wrestler is not approved to participate in a weight class lower than that determined by the initial assessment. No fee required for this option.

*****CIRCLE THE MINIMUM WEIGHT CLASS ALLOWED *****

100 – 105 – 110 – 115 – 120 – 125 – 130 – 135 – 140 – 145 – 155 – 170 – 190 - 235

PHYSICIAN SIGNATURE_____DATE_____
ADDRESS _____

CITY_____STATE_____ZIP_____
**** PARENT SIGNATURE**_____**DATE**_____

**** NOTARY SIGNATURE & STAMP**_____**DATE**_____

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192 Roberson Mill Road NE Milledgeville, GA 31061
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Attachment 1

GEORGIA INDEPENDENT ATHLETIC ASSOCIATION

WRESTLING WEIGHT MANAGEMENT PROGRAM

Hydration Tip Sheet

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Coaches, athletes and parents need to understand how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs. Following these tips will help wrestlers pass the hydration test and give the most favorable body composition assessment results.

In the days Leading Up to Testing

Continue drinking fluids throughout the day and drink an additional 16-24 ounces of water for each pound you may have lost during a sport practice.

Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee. Urine should be clear when athlete is adequately hydrated.

Eat smaller, more frequent meals; limit high fat foods and increase fiber (whole grains) intake to help eliminate waste from the body.

Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, etc.)

Stop taking vitamins and other supplements unless prescribed by your doctor as they may cause your urine to be darker than normal.

One day before test:
Continue drinking plenty of water; you should be urinating on a frequent basis. Urine should be nearly clear if you are fully hydrated.

Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.

Eat smaller, but more frequent meals; avoid high fat foods, salty foods and chocolate; continue eating fibrous foods to eliminate waste from the body.

Continue to avoid vitamins and other supplements unless prescribed by your doctor.

The day of the assessment:

- Urinate at least one time before testing.
- No caffeine or diuretics in past 12 hours.
- No food within two hours of the test, drinking water is ok.
- No exercise before the assessment.
- No alcohol within past 24 hours.
- If afternoon testing; eat a small, light lunch (fruit, grains, etc.) at least two hours before the test.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc. which will cause you to retain fluids.
- Do not take any vitamin or mineral supplements before testing.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Use the bathroom (bowel movement) before the test.

- Please be ready to urinate when you arrive. It is suggested that testing later in the day (late afternoon is the ideal time) because it reduces the likelihood of an athlete showing up moderately dehydrated.

Conditions that might cause skewed results or give an "ERROR" reading

- A very full bladder
- Thick calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Pre-menstruation phase

Optimal Performance Calculator Instructions

Many of the following topics also have video instructions attached to them.
Click on the "?" in the blue toolbar and then on the topic for more details.

Season Login

Click here for a video on this topic.
Go to http://www.TrackWrestling.com/seasons
Select your season and click the blue [Login] button
Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
Update your account information if prompted

Edit Admin Account info in a season

Log into your account as an admin
Click on MY ACCOUNT in the blue top menu
Click on EDIT ACCOUNT
Update necessary information and then click the [Save] button at the bottom of the page

NOTE - Some account information is locked and cannot be edited

Add Wrestlers to Roster

To import your roster from a previous season:
Click here to watch a video on importing a roster:
Click on the 'Roster' link in the grey top menu
Click on the [Import Roster] button
Select the season and team you wish to import from and then click the [Next] button
Place a check mark in the box next to any wrestlers you wish to import and then click the [Import] button
The imported wrestlers will then appear on your roster
To edit a wrestler's information, you can click on the name of the wrestler

To add team members manually:
Click here to watch a video on adding roster members: Click on the 'Roster' link in the grey top menu
Click on the [Add Wrestler] button
Fill out the form with information about the wrestler you are adding
Click the [Add] button
The added wrestler will then appear on your roster
To edit a wrestler's information, you can click on the name of the wrestler

NOTE: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

Edit Wrestlers on Roster

Click the ROSTER link in the grey top menu from your team page to see your roster. To edit a wrestler's information, you can click on the blue name of the wrestler Make changes on the 'Edit Wrestler' page and select [Save Wrestler]

NOTE 1 - Some information cannot be changed because of ties to the weight management system.
NOTE 2 - The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

Add/edit user to season team

lick on USERS in the grey top menu
Click ADMINS in the grey menu
Click the [Add User] button

Fill out the form that pops up and then click the [Add] button
The admin will be added to the admin list
To edit user permissions just toggle the Y or N flags in the Active, OPC or Stats columns. If you have permission to make these edits you will see them as blue links. If you do not have permission to change them, they will be black and you won't be able to click them.

Add media contacts for season team

Click the MEDIA link in the grey top menu
NOTE - You may need to click on MORE to find the MEDIA link depending on the device you are on
Use the [Add Contact] button to add an email address of someone you would like to have your results sent to
Enter the email address and click the [Add] button
To edit a media contact you can click on the email address, make the change and then click [Save] To delete a media contact you can click on the red X next to the contact you wish to remove.
Type 'delete' and then click the 'OK' button.

View weight loss plan

Click here for a video on this topic.
Click on 'Roster' or 'Alpha Master' in the grey top menu
Click on the scale icon next to the wrestler's name
The weight loss plan will open in a new window

View Alpha Master

Click here for a video on this topic.
Click on 'Weight Management' in the grey top menu
Click 'Alpha Master' from the grey top menu
Use the [Search] button to search the Alpha Master list
Use the print icon in the grey bar to preview and print the Alpha Master

Print Roster Documents

Log in with your username and password
Find and click on the team you would like to print the document for. Click on the 'Roster' link in the grey menu
Click the [Print Document] button
Select the document you wish to print and then click [Preview]
Select the wrestlers you wish to print this document for and then click [Preview] Click the print icon to print your documents.

Add event to season team schedule/Add a dual meet:

Click here to watch a video on adding a dual meet: Click the 'Schedule' link in the grey top menu
Click the [Add Event] button
Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
Fill out the information on the Add Event page and then click [Next]
Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed and then click [Next]
Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
Use the drop-down menu in the 'Level' column to change the level of competition
Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

NOTE 1 - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.
NOTE 2 - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.

To add an individual tournament or individual matches:

Click here to watch a video on adding an individual tournament or matches: Click the 'Schedule' link in the grey top menu
Click the [Add Event] button
Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
Fill out the information on the Add Event page and then click [Next]
Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
Click on the blue link for an event and then click 'Edit Event' if changes are necessary
Use the drop-down menu in the 'Level' column to change the level of competition
Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

To add a multi-dual or dual tournament:

Click here to watch a video on adding a multi-dual or dual tournament: Click the 'Schedule' link in the grey top menu

Click the [Add Event] button

Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next] Fill out the information on the Add Event page and then click [Next]

Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]

Click on the blue link for this event and then click 'Edit Event' if changes are necessary.

To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]

To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].

Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.

Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

Remove event

You can use the red trash can icon next to an event to remove it from your schedule. Results and stats from removed events will not be used in records or stats reports. To restore a trashed event, you can use the [Filter] button to search for only 'Trashed' status events. Click the blue arrow/restore icon next to an event to restore it back to your schedule.

Restore hidden event

To restore a hidden event, click the [Filter] button from your schedule page and select 'Trashed' for the status. You will see any hidden events now and can restore them with the arrow icon next to them. If you hover over the arrow icon you will see a bubble pop up with 'restore' in it. If this does not take care of this, please let us know.

Create weigh in form

NOTE - Some of the steps in this process will vary slightly. Click here for a video on this topic.

Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins' OR click the blue scale icon next to an event.

Click the [Add Weigh In] button

Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add]

**Note - hold the CTRL or SHIFT button to select multiple wrestlers

Use the dropdowns in the 'Weight' column to change the weight class if necessary and click [Save Form]

Click the [Print] button to print the weigh in form to take to the weigh in

Note - You can use CTRL + P to open a print dialogue

Enter weights and commit weigh in form

Click on the event you wish to enter weights for

Click 'Weigh-ins' in the top menu

Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. Also note there may be other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.

Use the [Save Form] button if you have to leave the page prior to committing the form

Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.

Click the [Print] button to print the weigh in form

Note - You can use CTRL + P to open a print dialogue

View another team`s weigh-ins

NOTE - This feature is not available in all states. Click on 'Teams' in the season menu

Click [Search] to find a team

Click on the 'Roster' tab

Click the [View Weigh-Ins] button

Select a wrestler that you would like to view weigh-ins for

Upload tournament roster for TW event

Click the SCHEDULE link from the grey top menu

Click on the envelope next to the event you wish to upload your roster to

NOTE - A new window will open, and you will now be logged into the event

Click the blue ‘here’ link to import your roster from Trackwrestling’s dual program

Use the check boxes to select the wrestlers to import and adjust the weight class or record if necessary

NOTE - Click the top check box to select all wrestlers

Use the drag-down to indicate if you want to include your media contacts

Select [Next]
Select [Finish] to finalize
Your roster is now entered in the event.
Use the Team Members page to make any changes

Enter results only

NOTE 1 - You can use these instructions whether you are entering results while online from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

NOTE 2 - The process for entering results will be the same whether you are entering them as the matches take place or after the matches are done.
Click on the event you want to score on your schedule page
Select a starting weight for dual meets by using the drop-down menu for 'Starting Weight'
Click on the weight class if scoring a dual meet. If you are scoring an individual tournament, click the [Add Match] button to add a match.
Verify the participants or use the dropdowns to select a new wrestler and other match information
Select the winner and win type from the drop-down menu.
Enter the match score or fall/tech fall time.
Edit match end time if needed and then click [Save].

Enter results or stats after match is done

Note - The process for entering results and stats will be the same whether you are entering them as the matches take place or after the matches are done.

You can go to your schedule page and click on the event you want to enter for. Just click on the weight class of the match you want to enter results for if you are only entering results. Or click on 'Live Entry' and score your matches as you would do so live if you want to enter statistics as well.

Online entry from computer or mobile device

NOTE - You can use these instructions whether you are entering results while online from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

Click here for a video on this topic.

Click on the event you want to score on your schedule page
Click on the LIVE ENTRY link in the grey top menu
Select a starting weight for dual meets by using the drop-down menu for 'Starting Weight'
Click on the weight class if scoring a dual meet. If you are scoring an individual tournament, click the [Add Match] button to add a match.
Verify the participants or use the dropdowns to select a new wrestler and other match information
Click the [Save and Continue] button
Use the buttons in the Live Scorebook to enter match details
Click 'Result' in the left menu whenever a match is complete regardless of the win type
Edit match details if needed and click [Save Result]
NOTE - Click the here for an FAQ on how to score using the Matside Controller.

Offline results entry from computer or mobile device

NOTE* - You can use these instructions whether you are entering results while offline from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

Click here to watch a video on this topic

You will first need to download the event you want to score while you are online
Log into your season and click SCHEDULE in the grey top menu
Click on the event you want to download

Click the OFFLINE ENTRY link at the top of the page
Click 'OK' when prompted about transferring to the offline controller
Adjust your style, touchscreen preference and set the display format to 'Normal'
Select the [Save] button
Bookmark this page so you can easily find the offline controller in the future (See below) Click on 'Events'
Click on the [Download Event] button
Click 'OK' when prompted about transferring to the online controller
Select the [Download Event] button
Select your season
Type your team name, select your state and click [Search] Select your team from the list
Select the event you want to download

Your event is now downloaded and ready for you to score offline
To create an Offline Controller bookmark
In Chrome: Hold the 'shift' key and click the controller version to open in a new tab/window. Click the star in the URL box to create the bookmark.

In Firefox: Click CTRL+D to create a bookmark from the controller settings page.
In Internet Explorer: Click CTRL+D to create a bookmark from the controller settings page.

To enter results while offline
Go to your bookmarks and open the most recent offline controller
Select 'Events'
Choose the event you want to score from the list
Score the matches just as you would using any other device
Select 'Result' to enter final results when a match is done
NOTE - Click the here to watch a video to learn more about entering match results. Some of the details focus on an individual tournament but there are many valuable points that should be helpful.

Syncing offline results from computer or mobile device
NOTE - You can use these instructions whether you are syncing results from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

Click here to watch a video about this topic.
Go to your most recent 'Offline Controller' bookmark
Select 'Events'
Choose the event you want to synch by clicking the blue link
Select [Synch Dual]
Click 'OK' when you see the prompt to transfer to the online controller
Choose the event you want to synch by clicking the blue link
Select [Synch Dual]
Select your season, enter your username and password, and select [Login] Select the correct event
Select [Continue]
Select [Upload Selected]
Select 'OK' when you see the prompt verifying the matches have been uploaded successfully
The results are now on the live site

Buy stats program
To purchase the Statistics Program, you can log into your team's page and click on the STATISTICS link in the grey top menu. Click the [Purchase] button on the page that opens to sign up. Fill out and/or verify the information on the page that opens and then click the [Pay with Credit Card] button to purchase the statistics program.

Who to Contact:
1. If you have any questions or concerns please submit a ticket to Trackwrestling through the following link: http://www.TrackWrestling.com/tw/tickets/CreateTicket

2. Questions for the National Wrestling Coaches Association (NWCA) call 717-653-8009.

3. GIAA Contact: Clint Morgan via EMAIL: clint@giaasports.org Direct: 912-536-4650.