

## Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

**Test Wrestler - Oregon Test HS**

Initial weight: **141.4 lbs**      Weight loss per week: **2.12 lbs**

Minimum weight class: **126**      Minimum weight: **123.76**

Final date: **02/12/2017**

Projected weights reflect a weight loss of 1.5% of body weight at the time of initial assessment each week.

| Date                             |         | Actual Eligible Weight | Eligible Weight Class | Actual Weight |        |
|----------------------------------|---------|------------------------|-----------------------|---------------|--------|
|                                  |         | 140                    | 145                   | 11/17         | 141.40 |
|                                  |         | 140                    | 145, 152              | Date:         | Wt.:   |
|                                  |         | 128                    | 145, 152              | Date:         | Wt.:   |
| 11/26/2018                       | Week 3  | 137.16                 | 138, 145              | Date:         | Wt.:   |
| 12/03/2018                       | Week 4  | 135.04                 | 138, 145              |               |        |
| 12/10/2018                       | Week 5  | 132.92                 | 138, 145              |               |        |
| 12/17/2018                       | Week 6  | 130.80                 | 132, 138              |               |        |
| 12/24/2018                       | Week 7  | 128.68                 | 132, 138              | Date:         | Wt.:   |
| 12/31/2018                       | Week 8  | 126.56                 | 126, 132              | Date:         | Wt.:   |
| 01/07/2019                       | Week 9  | 123.76                 | 126, 132              | Date:         | Wt.:   |
| 2lb Growth Allowance - 1/13/2019 |         |                        |                       |               |        |
| 01/14/2019                       | Week 10 | 123.76                 | 126, 132              | Date:         | Wt.:   |
| 01/21/2019                       | Week 11 | 123.76                 | 126, 132              | Date:         | Wt.:   |
| 01/28/2019                       | Week 12 | 123.76                 | 126, 132              | Date:         | Wt.:   |
| 02/04/2019                       | Week 13 | 123.76                 | 126, 132              | Date:         | Wt.:   |
| 02/11/2019                       | Week 14 | 123.76                 | 126, 132              | Date:         | Wt.:   |

The projected weight determines the eligible weight classes for the wrestler each week. If the wrestler participates, he/she must qualify at one of these weight classes during each week of participation in order to reach the lowest eligible weight class listed on the plan.

The wrestler reaches their minimum wrestling weight in Week 9. Eligible weight classes will remain the same for the remainder of the season.

The wrestler is eligible at the weight classes listed for the week (Sunday to Saturday) that contains the date listed.

This form designates your eligible weight classes for each week of the season. You must qualify at one of these

eligible weight classes during each week of participation. If you fail to qualify at an eligible weight class during a week, you will lose the lowest eligible weight class listed for that week. This season long weight loss plan has been approved by the Oregon Wrestling Weight Monitoring Program following the appeal procedures outlined in the program rules.

**All weight loss plans will terminate the week of 2/11/19**

**The number of weeks a wrestler has to achieve their minimum wrestling weight that determines the minimum weight classes of participation is directly related to the date of initial assessment.**

**A wrestler assessed in Week 1 will have 14 week weight loss plan compared to a wrestler assessed in Week 4 will have a 10 week weight loss plan.**

*Note: The date of your Special District Tournament will impact the length of the weight loss plan. Weight loss plans for wrestlers participating in Special District Tournaments the week of 2/4/19 to 2/10/19 will terminate 1 week earlier than those participating in tournaments held 2/11/19 to 2/17/19.*

## Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs**      Weight loss per week: **2.12 lbs**

Minimum weight class: **126**      Minimum weight: **123.76**

Final date: **02/11/2019**

| Date                                    |                    | Actual Eligible Weight | Eligible Weight Class | Actual Weight                                   |
|---|--------------------|------------------------|-----------------------|---|
| 11/12/2018                              | Initial Assessment | 141.40                 | 145                   | 11/12 141.40                                    |
| 11/12/2018                              | Week 1             | 141.40                 | 145, 152              | Date:    Wt.:                                   |
| 11/19/2018                              | Week 2             | 139.28                 | 145, 152              | Date:    Wt.:                                   |
| 11/26/2018                              | Week 3             | 137.16                 | 138, 145              | Date:    Wt.:                                   |
| 12/03/2018                              | Week 4             | 135.04                 | 138, 145, 152         | Date: 12/8 Wt.:141                              |
| 12/10/2018                              | Week 5             | 132.92                 | 138, 145, 152         | Date: 12/15 Wt.:142                             |
| 12/17/2018                              | Week 6             | 130.80                 | 132, 138              | Date: 12/22 Wt.:136.4<br>Date: 12/23 Wt.: 136.3 |
| 12/24/2018                              | Week 7             | 128.67                 | 132, 138              | Date:    Wt.:                                   |
| 12/31/2018                              | Week 8             | 126.55                 | 126, 132              | Date:1/4 Wt.: 131.5                             |
| 01/07/2019                              | Week 9             | 124.43                 | 126, 132              | Date: 1/13 Wt.: 129                             |
| <b>2lb Growth Allowance - 1/13/2019</b> |                    |                        |                       |   |
| 01/14/2019                              | Week 10            | 123.76                 | 126, 132              | Date: 1/19 Wt.:127.1<br>Date: 1/20 Wt.:125      |
| 01/21/2019                              | Week 11            | 123.76                 | 126, 132              | Date: 1/25 Wt.:124.6                            |
| 01/28/2019                              | Week 12            | 123.76                 | 126, 132              | Date: 2/2 Wt.:124                               |
| 02/04/2019                              | Week 13            | 123.76                 | 126, 132              | Date: 2/9 Wt.:124.4                             |
| 02/11/2019                              | Week 14            | 123.76                 | 126, 132              | Date:    Wt.:                                   |

This form designates your eligible weight classes for each week of the season. You must qualify at one of these eligible weight classes during each week of participation in order to reach the lowest eligible weight class listed. If you fail to qualify at an eligible weight class on any given week and participate at the higher weight class you will lose the lowest eligible weight class listed on this plan.

This season long weight loss plan has been developed in accordance with the rules and regulations outlined within the Oregon Wrestling Weight Monitoring Program and shall only be recalculated when required by regulation or by following the appeal procedures outlined in the regulation.

## EXAMPLE 1

## Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs**      Weight loss per week: **2.12 lbs**

Minimum weight class: **126**      Minimum weight: **123.76**

Final date: **02/11/2019**

| Date                                    |                    | Actual Eligible Weight | Eligible Weight Class     | Actual Weight                                   |
|---|--------------------|------------------------|---------------------------|---|
| 11/12/2018                              | Initial Assessment | 141.40                 | 145                       | 11/12 141.40                                    |
| 11/12/2018                              | Week 1             | 141.40                 | 145, 152                  | Date:    Wt.:                                   |
| 11/19/2018                              | Week 2             | 139.28                 | 145, 152                  | Date:    Wt.:                                   |
| 11/26/2018                              | Week 3             | 137.16                 | 138, 145                  | Date:    Wt.:                                   |
| 12/03/2018                              | Week 4             | 135.04                 | 138, 145, 152             | Date: 12/8 Wt.:141                              |
| 12/10/2018                              | Week 5             | 132.92                 | 138, 145, 152             | Date: 12/15 Wt.:142                             |
| 12/17/2018                              | Week 6             | 130.80                 | 132, 138                  | Date: 12/22 Wt.:136.4<br>Date: 12/23 Wt.: 136.3 |
| 12/24/2018                              | Week 7             | 128.67                 | 132, 138                  | Date:    Wt.:                                   |
| 12/31/2018                              | Week 8             | 126.55                 | 126, 132                  | Date:1/4    Wt.: 131.5                          |
| 01/07/2019                              | Week 9             | 124.43                 | 126, 132, 138             | Date: 1/13 Wt.: 134.4                           |
| <b>2lb Growth Allowance - 1/13/2019</b> |                    |                        |                           |   |
| 01/14/2019                              | Week 10            | 123.76                 | <del>126</del> , 132, 138 | Date: 1/19 Wt.:133<br>Date: 1/20 Wt.:134        |
| 01/21/2019                              | Week 11            | 123.76                 | <del>126</del> , 132, 138 | Date: 1/25 Wt.:134.4                            |
| 01/28/2019                              | Week 12            | 123.76                 | <del>126</del> , 132, 138 | Date: 2/2 Wt.:132                               |
| 02/04/2019                              | Week 13            | 123.76                 | <del>126</del> , 132, 138 | Date: 2/9 Wt.:132                               |
| 02/11/2019                              | Week 14            | 123.76                 | <del>126</del> , 132, 138 | Date:    Wt.:                                   |

This form designates your eligible weight classes for each week of the season. You must qualify at one of these eligible weight classes during each week of participation in order to reach the lowest eligible weight class listed. If you fail to qualify at an eligible weight class on any given week and participate at the higher weight class you will lose the lowest eligible weight class listed on this plan.

This season long weight loss plan has been developed in accordance with the rules and regulations outlined within the Oregon Wrestling Weight Monitoring Program and shall only be recalculated when required by regulation or by following the appeal procedures outlined in the regulation.

## EXAMPLE 2

## Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs**      Weight loss per week: **2.12 lbs**

Minimum weight class: **126**      Minimum weight: **123.76**

Final date: **02/11/2019**

| Date                                    |                    | Actual Eligible Weight | Eligible Weight Class | Actual Weight                               |
|---|--------------------|------------------------|-----------------------|---|
| 11/12/2018                              | Initial Assessment | 141.40                 | 145                   | 11/12 141.40                                |
| 11/12/2018                              | Week 1             | 141.40                 | 145, 152              | Date:    Wt.:                               |
| 11/19/2018                              | Week 2             | 139.28                 | 145, 152              | Date:    Wt.:                               |
| 11/26/2018                              | Week 3             | 137.16                 | 138, 145              | Date:    Wt.:                               |
| 12/03/2018                              | Week 4             | 135.04                 | 138, 145, 152         | Date: 12/8 Wt.:136.9                        |
| 12/10/2018                              | Week 5             | 132.92                 | 138, 145, 152         | Date: 12/15 Wt.:134                         |
| 12/17/2018                              | Week 6             | 130.80                 | 132, 138              | Date: 12/22 Wt.:129<br>Date: 12/23 Wt.: 128 |
| 12/24/2018                              | Week 7             | 128.67                 | 126, 132, 138         | Date: 12/30 Wt.:125                         |
| 12/31/2018                              | Week 8             | 126.55                 | 126, 132              | Date:1/4 Wt.: 125                           |
| 01/07/2019                              | Week 9             | 124.43                 | 126, 132, 138         | Date: 1/13 Wt.: 125                         |
| <b>2lb Growth Allowance - 1/13/2019</b> |                    |                        |                       |   |
| 01/14/2019                              | Week 10            | 123.76                 | 126, 132, 138         | Date: 1/19 Wt.:124<br>Date: 1/20 Wt.:125    |
| 01/21/2019                              | Week 11            | 123.76                 | 126, 132, 138         | Date: 1/25 Wt.:124.6                        |
| 01/28/2019                              | Week 12            | 123.76                 | 126, 132, 138         | Date: 2/2 Wt.:124                           |
| 02/04/2019                              | Week 13            | 123.76                 | 126, 132, 138         | Date: 2/9 Wt.:124,4                         |
| 02/11/2019                              | Week 14            | 123.76                 | 126, 132, 138         | Date:    Wt.:                               |

This form designates your eligible weight classes for each week of the season. You must qualify at one of these eligible weight classes during each week of participation in order to reach the lowest eligible weight class listed. If you fail to qualify at an eligible weight class on any given week and participate at the higher weight class you will lose the lowest eligible weight class listed on this plan.

This season long weight loss plan has been developed in accordance with the rules and regulations outlined within the Oregon Wrestling Weight Monitoring Program and shall only be recalculated when required by regulation or by following the appeal procedures outlined in the regulation.

### EXAMPLE 3

# Season Long Weight Loss Plan Examples

## **Example 1**

The weight loss plan shows that the wrestler participated in an eligible weight class for each competition that he/she participated in.

In Weeks 4 and 5 the wrestler qualified for the 145 lb weight class at weigh-in. By qualifying for one of the two eligible weight classes on the season long weight loss plan listed for that week, the wrestler can participate at that weight class or one higher – as a result the athlete is eligible to participate at 152 lbs.

Coaches are responsible to designate scratch weight and weight class of participation for each event on the season long weight loss plan. In this case the coach noted the participation at 152 lbs and circled it to show where his wrestler participated.

This wrestler would be eligible for the District Tournament at the 126 lb or 132 lb weight class.

## **Example 2**

The weight loss plan shows that the wrestler participated in an eligible weight class until Week 9. On Week 9, the wrestler's actual weight at the time of weigh-in was 134.4 lbs which failed to qualify the wrestler for the highest eligible weight class of 132 lbs. The wrestler chose to participate at the 138 lb weight class.

The Oregon Wrestling Weight Monitoring Program regulation outlines that if a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. The wrestler shall be considered ineligible until such time that the school submits to the OSAA a Petition to Raise Minimum Weight Class and prints a revised season long weight loss plan for the wrestler.

The school/coach is required to raise the minimum weight class for this wrestler in their TrackWrestling account before participation in the next event. Once inputted the wrestler's season long weight loss plan will be re-calculated and can be reprinted by the school/coach. The 126 lb weight class has been stricken in this example because it would not appear on the wrestlers revised season long weight loss plan.

After Week 9 the wrestler's new minimum wrestling weight class is 132 lbs. This wrestler would be eligible for the District Tournament at 132 lb or 138 lbs.

## **Example 3**

The weight loss plan shows that the wrestler participated in an eligible weight class until Week 7. On Week 7 the wrestler qualified for and participated at the 126 lb weight class. This weight class is not one of the eligible weight classes listed on the season long weight loss plan.

The Oregon Wrestling Weight Monitoring Program regulation requires that If a wrestler's weigh-in does not qualify the wrestler for the lowest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler will be considered an ineligible participant and the represented school is subject to penalties outlined in Rule 5 of the OSAA Handbook.

Use of the ineligible wrestler resulted in team forfeiture and additional sanctions as outlined in Rule 5.

The wrestler is allowed to continue participation but only at an eligible weight class as allowed by the season long weight loss plan. This wrestler would be eligible for the District Tournament at the 126 lb or 132 lb weight class.

Questions or comments should be directed to Brad Garrett at [bradg@osaa.org](mailto:bradg@osaa.org) or (503) 682-6722 ext 229.