



Oregon School Activities Association
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October 13, 2018

To: Athletic Directors and Head Wrestling Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Application of the Growth Allowance

The Oregon Wrestling Weight Monitoring Program will grant a 2lb growth allowance on January 13, 2019.

All wrestlers' whose body fat is assessed below 7% for males and 12% for females shall not use the growth allowance to achieve a lower minimum wrestling weight class.

All wrestlers' whose body fat is assessed above 7% for males and 12% for females shall be awarded the growth allowance based on the projected weights listed each week on the individual season long weight loss plan. The growth allowance will be awarded automatically and reflected within the eligible weight classes for that given week.

Example 1

Initial Assessment Data: Weight = 107.5 lbs. Body Fat % = 7.5% Minimum Weight = 106.39 lbs.

Description: The wrestler reaches his minimum weight of 106.39 in Week 2 – on Week 9 the growth allowance is awarded and the wrestler becomes eligible at the 106 lb. weight class.

Example 2

Initial Assessment Data: Weight = 107 lbs. Body Fat % = 6.9% Minimum Weight = 106.47 lbs.

Description: As per NFHS Wrestling Rule 1-3-2 any wrestler whose body fat percentage is assessed below 7% for males and 12% for females shall not participate "at a weight class below that for which the initial assessment allows" – The wrestler's lowest eligible weight class will be 113 lbs.

Example 3

Initial Assessment Data: Weight = 175 lbs. Body Fat%= 18% Minimum Weight = 154.53 lbs.

Description: The wrestler reaches his minimum weight of 154.53 lbs. on Week 9 – on Week 9 the growth allowance is awarded and the wrestler becomes eligible at the 152 lb. weight class.

Note: The wrestler reaches his minimum weight on Week 9 and is granted a scale error allowance of .76 lbs. (152 x .005) plus the growth allowance of 2 lbs. – therefore the wrestler's projected weight must be less than 154.76 in order to qualify for the 152 lb. weight class.