



Oregon School Activities Association

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

Section I (D) of the Oregon Wrestling Weight Monitoring Program regulation outlines a scale error allowance of .5%(.005) that is granted to every wrestler regardless of percentage of body fat measured at the time of initial assessment. "The lowest eligible weight class a wrestler may compete at during the season will be determined by his/her minimum wrestling weight. An allowance of .5% (.005) per adopted weight class will be added for the purpose of determining the lowest eligible weight class. This allowance does not apply to any regular season or post season weigh-in."

PLEASE NOTE: The .5%(.005) allowance is only relevant to the minimum wrestling weight - not the projected weekly weights listed on the plan...

The chart below summarizes the allowance at each of the fourteen NFHS adopted weight classes:

Weight Class	.5% Allowance
106	.53 lbs
113	.56 lbs
120	.60 lbs
126	.63 lbs
132	.66 lbs
138	.69 lbs
145	.70 lbs
152	.72 lbs
160	.80 lbs
170	.85 lbs
182	.91 lbs
195	.97 lbs
220	1.1 lbs
285	1.4 lbs

Interpretations:

Example 1: At the time of initial assessment a wrestler's weight was 106.5 lbs and his body fat percentage was calculated at 6.9%. What will be the wrestler's minimum wrestling weight class?

Answer: The wrestler's minimum wrestling weight calculated by the NWCA OPC powered by TrackWrestling will be 105.97 lbs because the wrestler was under 7% body fat at the time of initial assessment. Since the maximum minimum weight allowed to qualify for the 106 lb weight class is 106.53 the wrestler's minimum weight class will be 106 lbs.

Example 2: At the time of initial assessment a wrestler's weight was 148.4 lbs and his body fat percentage was calculated at 15%. What will be the wrestler's minimum wrestling weight class?

Answer: The wrestler's minimum wrestling weight is calculated by the NWCA OPC powered by TrackWrestling to be 134.96 lbs. Since the maximum weight allowed qualifying for the 132 lb weight class is 134.66 the wrestler's minimum weight class will be 138 lbs.