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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 all projected weights listed on the plan...**

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

Weight Class	.5% Allowance
103	.50 lbs
112	.55 lbs
119	.59 lbs
125	.62 lbs
130	.65 lbs
135	.67 lbs
140	.70 lbs
145	.72 lbs
152	.76 lbs
160	.80 lbs
171	.85 lbs
189	.94 lbs
215	1 lb
285	1.4 lbs

Interpretations:

**Example 1:** At the time of initial assessment a wrestler's weight was 103.5 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 will be 103.5 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 103 lb weight class is 103.5 the wrestler's minimum weight class will be 103 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 to be 135.634 lbs. Since the maximum weight allowed to qualify for the 135 lb weight class is 135.67 the wrestler's minimum weight class will be 135 lbs..*