

WIAA 7% Committee Meeting

April 10, 2019

MINUTES

The following members attended via phone or video conference: Wade Labecki (WIAA), Randy Clark (UWSM), Cindy Streich (UWSM), Bob Empey (Stoughton), Randy Ferrell (West Allis Hale/Coaches Association Rep), Jesse Jorgensen (Bellin Health), Peter Moe (Cambridge), Steve Nass (UWSM-retired), and Bob Oppliger (U-Iowa-retired). The meeting began at Noon. Wade Labecki chaired the meeting and Hydrie Laidlaw recorded the minutes.

I. Review of 2018 7% Committee Minutes

The minutes from the 2018 7% Committee meeting were sent to each committee member for review. Bob Oppliger commented that 2019 was the 30th Anniversary of the committee.

II. Minimum Weight Rules and Calculations

A. Weight gain on appeals – The wrestling coaches advisory committee asked for clarification on why wrestlers couldn't gain weight to appeal with DXA. Cindy responded that for skinfold appeals, if a wrestler lost weight for initial measurement, then hyper-hydrated and gained weight, their folds will increase. On appeal, calculations use the old weight. This could cause their BF to show larger. With DXA re-weigh, it isn't technically an appeal, but a new weight assessment. This topic was brought up by Randy F. at the coaches meeting and was addressing the DXA or hydrostatic tests. The reason wrestlers are going for this test is to get down another weight class. Randy C. clarified that at DXA/hydrostatic appeals, they can weigh more, but not less than their weight loss plan (WLP) shows. Wade pointed out that the wrestling season regulations indicate weight gain or loss would render the appeal invalid.

There was discussion of whether weight gain would affect the test and agreement that unhealthy weight fluctuation is a concern. Bob E. clarified how the athlete would qualify for re-weigh, since the rule does restrict who would qualify. Wade stated the coaches discussed this and concluded that the current rule discourages manipulation. After further discussion it was determined that wrestlers cannot weigh below their weight loss plan, but could be allowed to gain. To keep it simple and clean, they must be AT OR ABOVE their WLP weight for the date of their test. Most wrestlers would be attempting to meet their lowest allowed weight for their re-weigh and are also hydration tested; their weight will affect competitions in the next several days after the test.

Steve Nass proposed clarifying the language in the season regulations to state wrestlers must be at or above their WLP weight in order to re-weigh via DXA/hydrostatic. Seconded by Bob Oppliger. The motion passed unanimously.

Jesse Jorgensen turned away one wrestler for being under weight. He questioned the WLP when a wrestler is below the weight 3-4 times during the season. Bob Empey explained that wrestlers can't weigh over their goal weight class in order to compete at that weight class. They can be a little under as long as they aren't dropping a weight class before the WLP allows. Randy C. asked the coaches if the 1.5% WLP was a good thing. Bob E. responded that it has multiplied the paperwork they need to carry around but is otherwise beneficial.

B. Allowing another method of appeal or peer assessment – A concern was brought up regarding a first-year measurer in the La Crosse area, whose first and second measurements varied by relatively large amounts. It was suggested that new trainees be sent out with a mentor on their first time out, to avoid discrepancies. Random checks were conducted in the past, but it was very time consuming. If a coach identifies specific problems, a master trainer could be asked to help and observe. Measurer trainees are told in the training sessions to speak up if help is needed and they ask trainees to practice in October before they go out the first time. Peter asked if there was a way for the coach to ask for a new tester for the team if an inconsistency is identified, and a concern about measurement results. Wade felt a process could be implemented for a coach to request evaluation of their results by Randy, Cindy and/or Steve, and if a concern was identified, to allow another measurer to test the team. There is not a formal process, since this has not been a common issue. Randy C. stated the evaluation would consider whether it only occurred with heavy athletes, or also leaner athletes. The review would not be designed to allow a coach to shop for measurers who will provide the desired results. Cindy suggested if an accuracy problem were found, a master measurer could be approached to re-measure the entire team, not just one or two athletes, and selected by the WIAA. Wade would provide approval for re-measurement of the entire team by a master trainer, and the school can contact the measurer at their own cost. Peter Moe felt that would be a good option if the coach isn't satisfied with the results. Randy C. stated the whole team would be re-done with WIAA approval/agreement of a problem. The school would bear the cost and evidence must be very good that the original measurer was not accurate.

Bob O. proposed obtaining more data before the policy is developed. Steve asked if the original measurer should be present but there was no agreement. The committee recommended waiting to see if there are more issues; the one measurer who was a concern has left the state.

C. Revert to NFHS Rule for Consecutive Days of Competition – This was a proposal from the coaches advisory committee. Wade asked if there was a reason why Wisconsin would not allow 2 lbs. since it would be forgiven on the WLP. Wrestling rules allow a growth allowance maximum of 2 lbs. for the season. The additional 1 lb. in WI is provided on the regional date to maintain compliance with NFHS rules. Bob E. felt the school cancellations this year made it

difficult for wrestlers when limited to 1 lb. for consecutive days of competition or cancelled practice, and it would be good to have 2 lbs. with Wisconsin weather. There was agreement from the committee. Cindy expressed concern for more weight fluctuation, but the WLP would restrict a wrestler if they went too high.

Bob Oppliger moved to follow the NFHS consecutive day rule allowing a maximum of 2 lbs., seconded by Steve Nass. Cindy abstained; all others were in favor and the motion passed. Wade explained this will help when WI wrestlers compete with MN or IL wrestlers.

III. Skinfold Measurers and Measurement Process

- A. Measurer Quiz** – Cindy will assist once again with the quiz. Steve and Randy will proof.
- B. DXA Appeals/Hydrostatic Weighing** – Discussion of DXA testing in Green Bay. It was beneficial to have another option/location for reducing travel on re-weigh testing. Wade provided what other states are allowing for appeals, from the quick inquiry conducted in December. Only WI and TN use DXA. Many states don't allow appeals, and some others allow hydrostatic weighing. The DXA machine at Bellin Health yielded different results than the UW Madison machine. Jesse Jorgensen stated the radiology department checked into this and found that each machine will show different results. The committee discussed developing an algorithm to make the results come into alignment. The concern is that athletes will shop around for the best result. Randy C. evaluated the results from the Hologic machine which showed the BF results were 7-10% higher than corresponding skinfold results. He is concerned that the word will go out and many will flock to GB. Not all DXA machines are alike – the Norland machine in Madison provides the Brozek underwater weighing equivalent and was tested against hundreds of results to validate their accuracy. Randy was very concerned that the Hologic machine was so far off. Jesse asked for feedback and ways to overcome the problem. He will have a meeting with the radiology department on Friday to discuss the issue. Wade reached out to the professor at Middle Tennessee to see what machine they are using for their DXA testing. Randy feels it's important to have additional sites, and is hopeful that we can come up with a plan. He stated UW-Madison worked with manufacturers to get a uniform calibration and result. This is a health and safety concern.

Wade asked how to proceed. Randy C. will give it more thought, and will contact the companies for a uniform result. The need for the second site should not create an automatic allowance to drop a weight class. Jesse will discuss with the Bellin radiology team on Friday.

Randy asked what Jesse was seeing for differences. The BF was 7-10% higher, but skinfolds were very close to the same as the wrestler's original test. Randy felt that we wouldn't get much help from the manufacturers. He stated published papers show the Norland machine works on WI wrestlers. High results would give a weight class that isn't accurate or safe. Bob O. suggested coming up with a test group to compare results. Jesse agreed, and suggested using their athletic training staff to test at both facilities. Bob O. felt there should be a pilot study of 10-12 individuals, and then test a group of 50 or more to validate the preliminary results.

Randy explained how the measurements are evaluated by the Norland machine, then plugged into the Brozek hydrostatic weight equation. Bone, muscle and fat density values are used. Hologic would also need the underwater weighing equivalent but that probably won't come from the company. The committee discussed whether an equation should be developed through the committee. Wade had found some equations that might convert, but most were just for bone density, not muscle and fat. Randy ultimately concluded it would be unwise to implement a correction factor.

Randy asked how many wrestlers went to the Bellin site. Fifteen wrestlers went, but 2 failed hydration, so 13 were tested. Jesse did his part with explaining the hydration requirement. Wade stated we will wait to hear from Bellin and what they receive for feedback from the companies.

IV. Other Items

- A.** Steve Nass will be at a Middle Level Committee meeting Friday (April 12). There is an agenda item addressing middle school wrestlers. If they are not the same weight, Steve asked what is considered the safe range or difference in weight. Cindy suggested using a percentage of body weight. Peter stated it's difficult and might depend on the kids. It is usually a 5 lb. range, but more if they don't have an opponent. MS or youth tournaments done with Trackwrestling will group kids within a weight range by percentage. Bob E. stated there is variation in weight and skill in middle school. Coaches need to use their best judgment. Wade asked how USA wrestling determines competition, and Bob E. responded they have weight classes matched by percentages through Trackwrestling at tournaments. Weight classes aren't set until the kids show up and weigh in. Common sense is needed. Steve thanked the committee for the information.

There were no further topics. The meeting adjourned at 1:45 p.m.