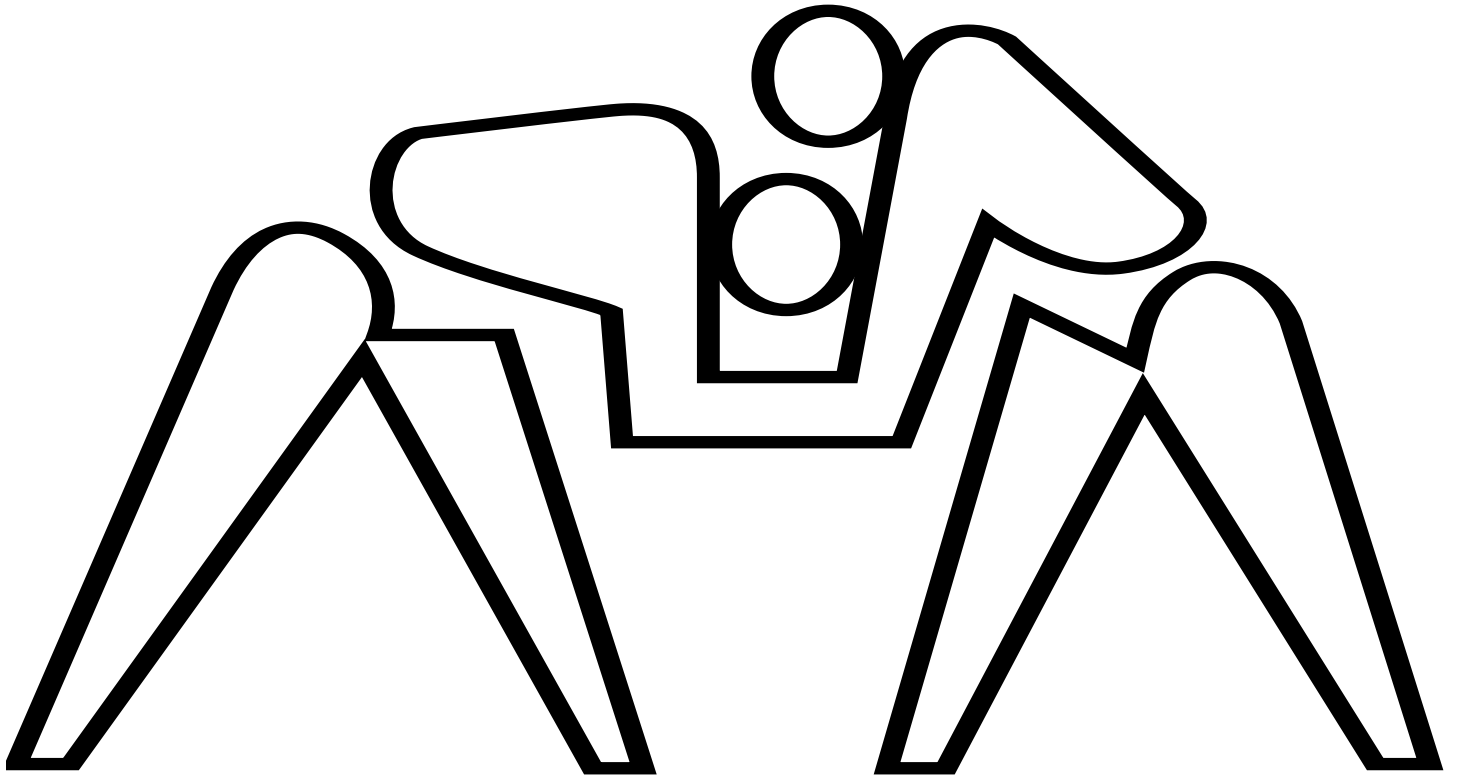


# Wrestling



**2007-08**

# Weight Control Manual

# **Weight Control Program**



## **INTRODUCTION**

The IHSA will implement its weight control program that includes body fat testing again for the 2007-08 school year. The program is designed to determine the minimum weight class a wrestler may participate in throughout the season. The establishment of a minimum weight class is based on a body fat measurement of 7% for male wrestlers and 12% for female wrestlers.

The IHSA is concerned for the safety of the young people who participate in our wrestling program. The establishment of minimum weight classes along with a maximum weight loss per week allows high school wrestlers to participate in a most healthy manner.

## **THE REGULATION**

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high school wrestlers. The IHSA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

### **I. Establishing Minimum Weights**

- A. Skinfold measurements will be utilized by all schools to determine each wrestler's body fat percentage. Only measurements taken by IHSA Certified Skinfold Measurers will be accepted. Schools may obtain a list of approved measurers on the IHSA website. This list will be posted each September. It is the responsibility of the school to contact a certified skinfold measurer from this list to conduct the skinfold test on their wrestlers. Schools may elect to have a person certified as a body fat tester by the principal submitting the name of the person to be certified to the IHSA by September 15, 2007. Information about the body fat certification session will be included in the All School Mailing each August. The training will begin the middle of September each year. The school may call the IHSA and sign someone up for the training. (309-663-6377 ask for Alice).
- B. The lowest weight class a wrestler **may compete** at will be determined as follows:
1. If the predicted weight, at 7% male or 12% female, is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class. Ie.: 7% body fat is 130, then that wrestler may wrestle 130 or above.
  2. If the weight class falls between two weight classes, he/she must wrestle at the higher weight class. Ie. The 7% body fat is 127, then that wrestler may wrestle at 130 or above.
  3. Any male or female wrestler, whose body fat percentage at the time of measurement falls below 7% male or 12% female, must wrestle at the weight class that they are at. No weight loss will be allowed. Ie. When the wrestler is body fat tested they are hydrated and have only 6% body fat. The wrestler at a hydrated 6% body fat and weighs 126 pounds may wrestle at 130 or above.

- C. The school must have all wrestlers body fat tested prior to the wrestler competing in any interscholastic matches. The school will print the results of the body fat testing from the school center. Each coach must carry a copy of this with them to all meets. **A wrestler may not wrestle until the appeal is complete/final and posted in the school center.** Each coach must provide each school with a copy of their Certified Body Fat Test Result Form for all dual meets and one copy to the meet manager in tournaments.

## **II. Time Periods for Measurements**

- A. Skinfold measuring may begin on Monday of Week 19 of the IHSA calendar (November 5, 2007). All wrestlers, including those coming out late, must have their minimum weight established prior to any competition.
- B. Skinfold measuring must be completed by Friday, of Week 30 (January 25, 2008).
- C. Results of measurements will be posted on the School Center. A wrestler **may not wrestle** until his/her name appears on this result sheet.

## **III. Responsibilities of Schools in the Measurement Process**

- A. It is the school's responsibility to ensure that an approved IHSA skinfold measurer conducts the body fat testing for your school. The list of approved measurers can be obtained from the IHSA website at [www.ihsa.org](http://www.ihsa.org) under wrestling.
- B. The school must have available at the time of the skinfold measuring: 1) a scale, 2) skinfold data sheets (provided by the IHSA in the school center under downloadable forms), 3) school officials (nurse, teacher, A.D.) who will assist in obtaining the weight of each wrestler and with the recording of data.
- C. The school shall see that all charges for skinfold measuring are paid. IHSA certified skinfold measurers may charge up to \$5.00 per wrestler measured. (Most schools are certifying people in their District so that no fee is paid)
- D. The school **must file and complete an appeal** within 7 calendar days of the data appearing on the school's body fat result sheet, which is located on the school center. Appeal form must be faxed to the IHSA office (309/663-7479). (form is provided by the IHSA in the School Center under downloadable forms).

## **IV. Weight Loss Per Week**

- A. A weight loss of 1.5% of a wrestler's total body weight per week on the decent, has been established by the IHSA. A wrestler will not be allowed to wrestle at the established minimum weight until the date specified on the body fat result sheet provided by the IHSA. These dates allow for a decent of 1.5% weight loss per week from the date of the body fat testing.

- B. **A wrestler may not weigh in more than one weight class above the lowest weight class that he/she has ever weighed in at. If they do weigh in higher than one weight class above the lowest weight they have weighed in at, then that is the lowest weight that the wrestler can wrestle for the remainder of the season. Ie. A wrestler weighs in at 138 for the 140 weight class, that wrestler may weigh in the next time at 140 or 145. Two weeks later the same wrestler weighs in at 134 for the 135 pound weight class. The same wrestle may now only weigh in at 135 or 140 for the remainder of the year. If this same wrestler weighs in at the 145 lb weight class anytime during the remainder of the year, this wrestler would not be allowed to weigh in below the 145 pound weight class for the remainder of that year.**
- C. After January 1st, a wrestler may only get growth allowance for the lowest weight class that that wrestler has made scratch weight at. This is true, even if the wrestler plans to go down one more weight class. Before a wrestler can get growth allowance at that next lower weight, they must make scratch weight the first time down after January 1st.

### **EQUIPMENT**

The IHSA will accept measurements using only skinfold testing for the initial test.

Skinfold measurements shall be taken **only** with the Lange Caliper. This is a medium-priced caliper and can be obtained for less than \$250.00 from most health care product suppliers. Measurements taken with the Lange calipers must be taken by an IHSA certified body fat tester.

The Specific Gravity Test strips may be purchased for 100 strips per bottle and under \$70.00 per bottle.



## **CERTIFYING BODY FAT TESTER**

1. Each school will have the opportunity to certify a person that will be responsible for the body fat testing of each member of the wrestling team. This person **cannot** be connected with the coaching staff or related to a coach or wrestler, in your school district.

### **Suggestions for Body Fat Tester:**

- Individuals educated and experienced in the fields of health, sport, and/or fitness. This includes but not limited to: Exercise Physiologists, Team Physicians, Physical Therapists, Athletic Trainers, Personal Trainers, Nurses, Physical Education and/or Health Education teachers.
  - Qualified individuals enthusiastic to participate in the program. It does neither the athletes nor the sport any good if the certified assessors are reluctant, forced and/or not committed to the IHSA Wrestling Weight Control Program.
  - Individuals that are color-blind or have challenges distinguishing colors **SHOULD NOT** be certified
2. Individuals wanting to become a Certified Body Fat Tester for the first time, must attend a Body Fat Training Workshop and pass a written exam. Once these requirements are complete the persons name will be added to the list of IHSA Certified Body Fat Testers posted on the IHSA web site.

**Note: All body fat testers certified during the 2006-07 season are eligible to renew their certification by passing an online exam by November 5, 2007. A failing score will require the person to re-take the training workshop. The fee for the workshop is \$15.00.**

3. Each school should call the IHSA Office and ask for Alice, (309/663-6377) to identify the person(s) that will be attending this seasons Body Fat Training Workshop. **Please sign up by September 24, 2007.**
4. The dates of the classes are:  
Wednesday, September 26, 2007 – Franklin Park-Northlake (Leyden H.S.) 6:00 p.m.  
Tuesday, October 2, 2007 – Chicago (Dunbar High School) 6:00 p.m.  
Wednesday, October 10, 2007 – Normal (Community West High School) 6:00 p.m.  
Wednesday, October 17, 2007 – Minooka (High School) 10:00 a.m.
5. The IHSA will conduct training sessions annually in the fall to certify body fat testers.
6. Only certified body fat testers for the 2007-08 school will be allowed to conduct body fat testing and enter results of the testing on the IHSA web site.
7. There will be a \$15.00 fee for all people attending the training workshop of the body fat testers. This fee will be used to pay for the training of the Body Fat testers and the material used for handouts.
8. Schools will receive all the results of the Body Fat Testing on-line in the School Center.

# ***Instructions For Body Fat Testing***

## ***Professional Responsibility:***

All individual “Assessors” registered with the IHSA Wrestling Weight Monitoring Program will respect the athletes “right to privacy” and the confidentiality of all the data collected during the assessment. Assessors are expected to provide the highest professional and ethical conduct relative to performing assessments on the student athletes. Independent circumstances may require assessors to make professional judgments to further validate the assessment process; therefore, mastering assessment skills and understanding the nature of the Wrestling Weight Monitoring Program is essential for the success of the program.

## ***Specific Gravity Assessment:***

Dehydration compromises the accuracy of body composition assessments; therefore, all athletes are required to pass a urine specific gravity test in order to be eligible for the body composition assessment. Dehydration increases the concentration of particles in the urine thereby, increasing the urine’s specific gravity. The specific gravity of water is 1.000g/ml and the specific gravity of a hydrated individual is established at 1.020g/ml or lower. This test is simply a pass/fail assessment based on the specific gravity level equal to or greater than 1.025g/ml. If an athlete fails the specific gravity test, the assessment process is ended and the athlete will not be eligible for reassessment for 24 hours.

## ***Equipment:***

1. Latex-free Exam Gloves
2. Urine Collection Cups
3. Reagent Strips (Bayer Multistix SG 10) or a refractometer
4. Copies of Specific Gravity Color Chart
5. Biohazard Waste Bags for Urine Collection Cups and Reagent Strips

## ***Urine Sample Procedures:***

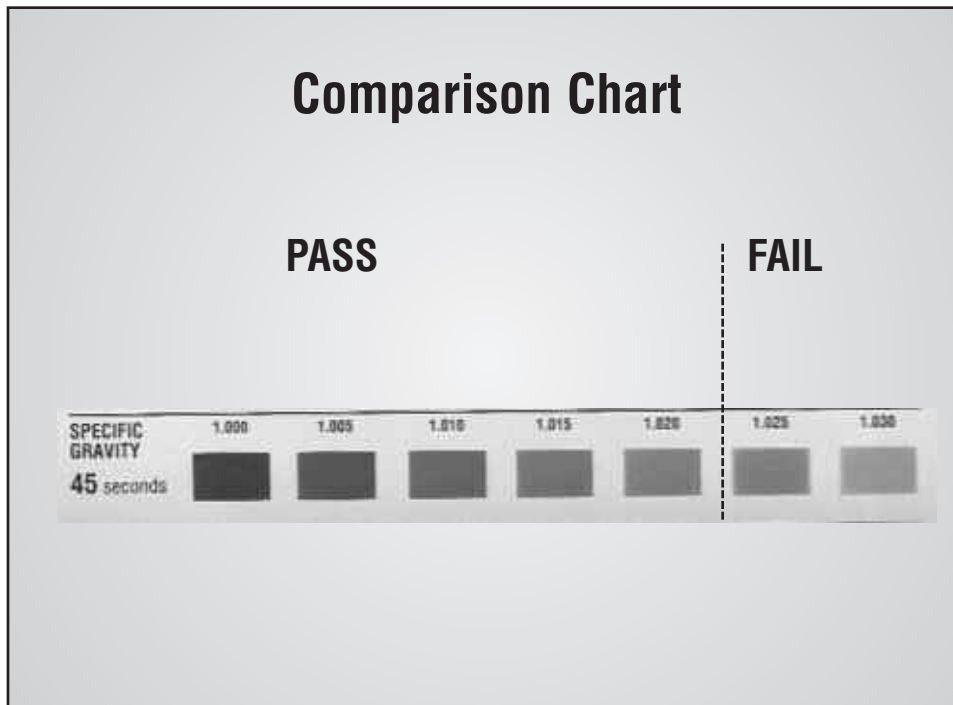
The following procedures have been developed in order to minimize dishonest techniques to bypass the urine test and to maximize the athlete’s right to privacy.

1. Mark each urine collection cup to identify the athlete being tested.
2. Instruct each wrestler to enter the toilet or urinal one at a time with nothing but the urine collection cup.
3. Allow reasonable time for the athlete to provide a sample of urine.
4. After collection of the urine by the athlete, appropriate personnel should ensure that the urine is warm by feel on the outside of the collection cup. If the urine is cold or suspect, reject that sample and require the athlete to provide another sample under closer supervision.

**SUPPLIES NEEDED FOR URINE SPECIFIC GRAVITY TESTING**



**URINE SPECIFIC GRAVITY TEST STRIPS**



### ***How the Test is Performed:***

1. Instruct the athlete to collect a “clean-catch” (midstream) urine sample. To obtain a clean-catch sample, males should wipe clean the head of the penis and females should clean the area between the lips of the vagina.
2. Instruct the athlete to begin urinating, allowing a small amount to fall into the toilet bowl (this clears the urethra of contaminants). Then, in the urine collection cup, catch approximately 1 to 2 ounces of urine and remove the collection cup from the urine stream.
3. Once completed, the athlete will give the sample to the proper authority.

### ***Determining Specific Gravity:***

1. Specific gravity will be determined using IHS approved Reagent Strips (Bayer Multistix 10SG).
2. Assessors will use latex-free exam gloves when measuring specific gravity.
3. The specific gravity test should be administered as soon as possible after the urine is collected.
4. Remove one strip from bottle and replace cap immediately and tightly. Do not remove strip from the bottle until immediately before it is to be used for testing.
5. Completely immerse the Reagent strip in the fresh urine (make sure the Reagent patches are completely moistened) and remove immediately to avoid dissolving out the reagents.
6. While removing, run the edge of the strip along the urine collection cup to remove excess urine.
7. Hold the reagent strip in a horizontal position (to prevent possible mixing of chemicals from adjacent reagent areas and/or contaminating the exam area with urine) for 45 seconds.
8. Visually compare the reagent area to the specific gravity color chart on the bottle or supplied chart. **HOLD STRIP CLOSE TO COLOR BLOCKS AND MATCH CAREFULLY.** Avoid laying the strip directly on the Color Chart, as this will result in the urine soiling the chart.
9. Record the results of the test. **REMEMBER**, if the specific gravity is equal to or greater than 1.025g/ml, testing will be discontinued and a retest will need to be rescheduled.
10. Discard urine in toilet or urinal.
11. Discard collection container and reagent strip in a biohazard waste bag.

### ***How to Prepare for the Test:***

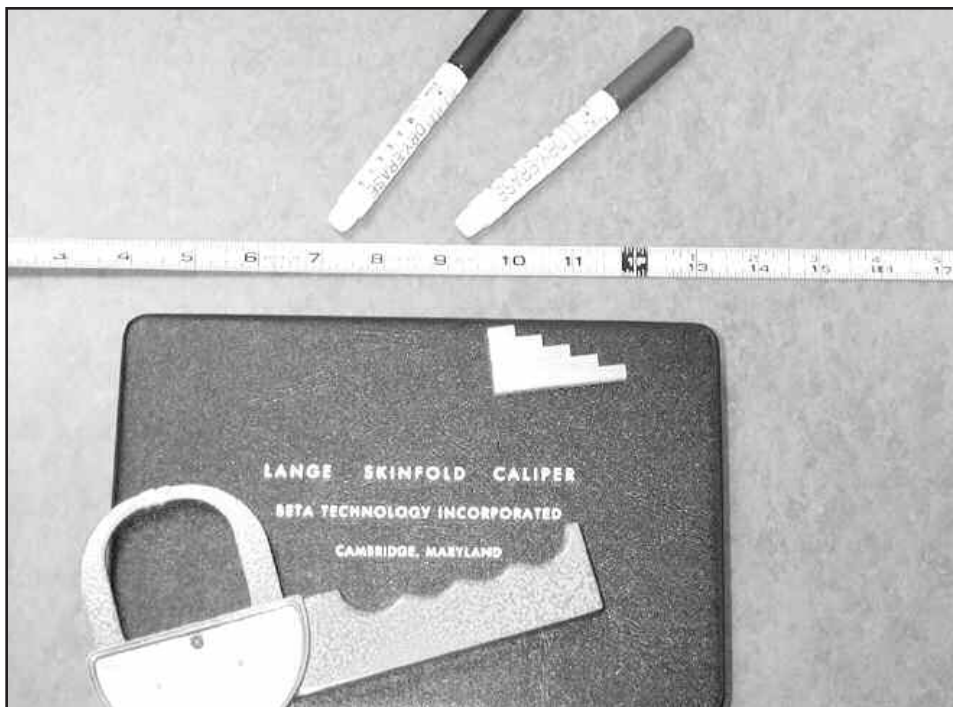
1. Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
2. Avoid foods and/or supplements that may contribute to water loss such as: chocolate, soft drinks, coffee and creatine for at least 24-48 hours.
3. Avoid vigorous physical activities that cause excessive sweating for at least 24 hours.
4. Consume plenty of fluids; at least eight to twelve 8-ounce glasses per day for several days prior to testing.
5. Avoid early morning assessment, if possible, due to the effect of not consuming fluids during sleep.

## ***Skinfold Assessment:***

Athletes that passed the specific gravity test will proceed to the area where the skinfold assessment is conducted. This area should be controlled to allow privacy for the athletes and confidentiality of the recorded information. The key to the success of this program will be our ability to standardize the assessment procedures.

## ***Equipment:***

1. Assessment Procedures Manual
2. Lange Skin-fold Calipers with calibration block
3. Tape measure preferably made with flexible material
4. Water-soluble markers
5. Certified/calibrated scale



## ***Athlete's Body Weight:***

Each athlete's body weight will be obtained using a certified/calibrated scale to the nearest 0.2lb. If the situation is appropriate, athletes have the option of being weighed in the nude as long as the assessor is of the same gender.

## ***Athlete's Attire:***

Males must be in shorts and will be required to remove their shirt during the skinfold measurement; females must be in shorts and halter or sports bra.

## ***Skinfold Technique:***

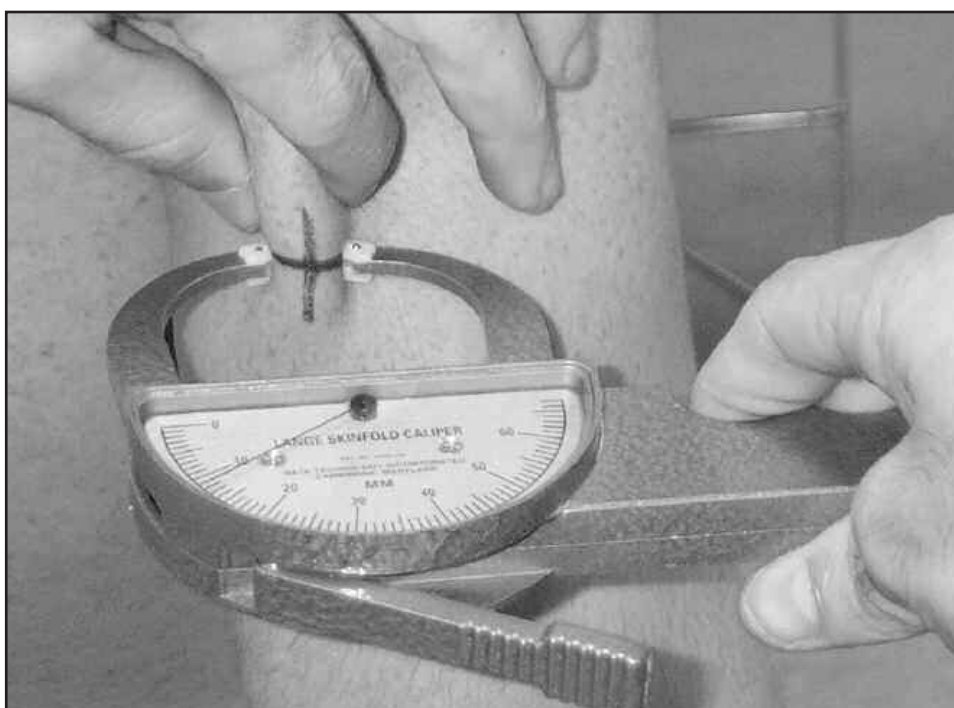
It requires a great deal of time and practice to develop your skill as a professional skinfold assessor. Therefore, it is essential to carefully follow these standardized procedures to maximize the accuracy and reliability of your measurements.

1. Athlete should be standing in the anatomical position with the skin for skinfold sites exposed.
2. Take all skinfold measurements on the right side of the body. An exception might be made where a deformity or missing limb would necessitate using the left side.
3. Make sure the athlete's skin is dry and lotion-free.
4. Do not measure skinfolds immediately after exercise because the shift in body fluid to the skin tends to increase the size of the skinfold.
5. Carefully identify, measure, and mark each skinfold site (triceps, sub scapular, abdominal for males; triceps and sub scapular for females).
6. Palpate the site to familiarize both you and the athlete with the area being measured.
7. Hold the skinfold caliper in the right hand while raising the skinfold with the thumb and index finger of the left hand. Position yourself so you are looking directly at the caliper dial to avoid errors from viewing from the caliper dial from a disadvantaged angle.
8. The skinfold should be grasped one centimeter above or adjacent to the measurement site. Practice is essential to feel the underlying adipose tissue separate from the muscle. Hold the skinfold firmly, but do not pinch to the point of pain.
9. Measure midway between the surface and the crest of the fold. Allow the caliper jaws to gently come in contact with the skinfold. Release the caliper so that the thumb, index finger, and caliper spring tension is supporting the skinfold.
10. Leave the caliper jaws in contact with the skin for two to four seconds. Longer contact may decrease the skinfold value due to fluid being forced from the tissue.
11. Read the dial of the caliper to the nearest .5mm.
12. Record three measurements at each site in rotation order. If the difference between the three values is more than 1mm for a single site, the subject will need to wait 20 minutes for additional skinfold reading (this allows the skin to return to normal condition).
13. In certain cases, even the most highly skilled assessor will be unable to precisely measure the skinfold thicknesses to the nearest 1mm of extremely obese or heavily muscled individuals. In such cases, an alternative method may be assigned.

## **SKINFOLD LOCATION**

### **Triceps:**

1. The triceps skinfold is measured vertically on the midline of the posterior aspect of the upper arm, over the triceps muscle.
2. The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.
3. The elbow should be flexed to 90 degrees to identify the landmark. Use a tape measure and mark the location.
4. The arm should then be extended and fully relaxed at the side to raise the skinfold.



### ***Sub scapular:***

1. The sub scapular skinfold is raised on a diagonal one centimeter below the inferior angle of the scapula.
2. With the arms comfortably at their side, palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula. To aid identification of the site, have the athlete place their arm behind their back to make the anatomical features more prominent.
3. Return the arm to their side and be sure the shoulders are level and relaxed while raising the skinfold.



### **Abdominal:**

1. The skinfold is raised vertically on the right side of the subject's abdomen three centimeters from the midpoint of the umbilicus.
2. The athlete should stand with their weight equally distributed on each foot.
3. Encourage the athlete to breathe normally and relax the abdominal wall.



# IHSA Wrestling Weight Control Data Worksheet

School Name \_\_\_\_\_ IHSA School ID Number \_\_\_\_\_

Wrestler Name	Gender M or F	Urine Specific Gravity Test P=Pass, F=Fail	Alpha Weight	Abdominal	Triceps	Sub Scapula	Date
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Wrestler Name	Gender M or F	Urine Specific Gravity Test P=Pass, F=Fail	Alpha Weight	Abdominal	Triceps	Sub Scapula	Date
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Signature Certified Body Fat Testor \_\_\_\_\_ Date \_\_\_\_\_

# IHSA School ID Numbers — 2007-08

## How to determine your school ID:

1. Find the town where the school is located.
2. If the school name is different from the town name, or if the town has more than one high school, find the school name in parentheses.
3. The ID number is to the left of the town/school name.
4. If your school is not on the list, use **9999** as your school ID.

0101	Abingdon	0235	Broadlands (Heritage)	2783	Chicago (Clark)	2825	Chicago (Resurrection)	0416	Dieterich
0102	Addison (A. Trail)	0236	Brownstown	2709	Chicago (Clemente)	2747	Chicago (Richards)	0418	Dixon (H.S.)
0103	Addison (Driscoll)	0237	Brussels	2710	Chicago (Collins)	2787	Chicago (Rickover Naval Academy)	0419	Dolton (Thorndridge)
0104	Albion (Edwards County)	0249	Buckley (Christ Lutheran)	2711	Chicago (Corliss)			0420	Dongola
0105	Aledo	0239	Buffalo (Tri-City)	2712	Chicago (Crane)	2748	Chicago (Robeson)	0421	Donovan
1338	Alexis (United)	0240	Buffalo Grove	2842	Chicago (Cristo Rey Jesuit)	2749	Chicago (Roosevelt)	0422	Downers Grove (North)
0107	Algonquin (Jacobs)	0241	Bunker Hill	2713	Chicago (Curie)	2750	Chicago (Schurz)	0423	Downers Grove (South)
0108	Altamont	0242	Burbank (Queen of Peace)	2803	Chicago (De La Salle)	2751	Chicago (Senn)	0424	Downs (Tri-Valley)
0109	Alton (Marquette)	0243	Burbank (Reavis)	2791	Chicago (Douglass)	2752	Chicago (Simeon)	0425	Dunlap
0110	Alton (Sr.)	0244	Burbank (St. Laurence)	2714	Chicago (Dunbar)	2753	Chicago (South Shore)	0426	Dupo
0111	Amboy	0245	Burlington (Central)	2715	Chicago (DuSable Leadership)	2827	Chicago (St. Benedict)	0427	DuQuoin (H.S.)
0112	Anna (A.-Jonesboro)	0246	Bushnell (B.-Prairie City)			2828	Chicago (St. Francis de Sales)	0428	Durand
0113	Annanaw	0247	Byron	2770	Chicago (Dyett)			0429	Dwight
0114	Antioch	0359	Cahokia (Ft. Bowman Academy)	2716	Chicago (Englewood)	2829	Chicago (St. Gregory)	0501	Earlville
0115	Arcola			2804	Chicago (F.W. Parker)	2830	Chicago (St. Ignatius College Prep)	0502	East Dubuque
0116	Argenta (A.-Oreana)	0301	Cahokia (H.S.)	2717	Chicago (Farragut)			0503	East Moline (United)
0117	Arlington Heights (Hersey)	0302	Cairo	2718	Chicago (Fenger)	2833	Chicago (St. Patrick)	0504	East Peoria
0118	Arlington Heights (St. Viator)	0303	Calumet City (Thornton Fractional North)	2720	Chicago (Foreman)	2834	Chicago (St. Rita)	0506	East St. Louis (Sr.)
0119	Armstrong			2721	Chicago (Gage Park)	2835	Chicago (St. Scholastica)	0507	Edinburg
0120	Arthur	0304	Cambridge	2806	Chicago (Gordon Tech)	2755	Chicago (Steinmetz)	0508	Edwardsville (H.S.)
0121	Ashland (A-C Central)	0305	Camp Point (Central)	2807	Chicago (Hales Franciscan)	2756	Chicago (Sullivan)	0509	Edwardsville (Metro-East Lutheran)
0122	Ashton (A.-Franklin Center)	0306	Campbell Hill (Trico)	2767	Chicago (Hancock)	2757	Chicago (Taft)	0510	Effingham (H.S.)
0123	Astoria	0307	Canton	2722	Chicago (Harlan)	2758	Chicago (Tilden)	0511	Effingham (St. Anthony)
0124	Athens	0308	Carbondale	2723	Chicago (Harper)	2838	Chicago (University)	0512	El Paso (E.P.-Gridley)
0125	Atwood (A.-Hammond)	0309	Carlinville	2724	Chicago (Hirsch)	2795	Chicago (Uplift)	0513	Eldorado
0126	Auburn	0310	Carlyle	2808	Chicago (Holy Trinity)	2759	Chicago (Von Steuben)	0514	Elgin (E. Academy)
0127	Augusta (Southeastern)	0311	Carmi (C.-White County)	2768	Chicago (Hope)	2845	Chicago (Waldorf)	0515	Elgin (Fox Valley Lutheran Academy)
0128	Aurora (A. Christian)	0312	Carol Stream (Glenbard North)	2725	Chicago (Hubbard)	2760	Chicago (Washington)	0516	Elgin (H.S.)
0129	Aurora (Central Catholic)			2726	Chicago (Hyde Park)	2761	Chicago (Wells)	0517	Elgin (Larkin)
0130	Aurora (East)	0313	Carpentersville (Dundee-Crown)	2809	Chicago (Ida Crown)	2763	Chicago (Whitney Young)	0518	Elgin (St. Edward)
0131	Aurora (Illinois Math and Science Academy)			2727	Chicago (Jones)	0329	Chicago Heights (Bloom Twp.)	0533	Elgin (Westminster Christian)
0132	Aurora (Marmion Academy)	0314	Carrier Mills (C.M.-Stonefort)	2810	Chicago (Josephinum)			0520	Elizabethtown (Hardin County)
0133	Aurora (Rosary)	0315	Carrollton	2728	Chicago (Juarez)	0330	Chicago Heights (Marian)		
0134	Aurora (Waubonsie Valley)	0316	Cartersville	2729	Chicago (Julian)	0331	Chillicothe (Illinois Valley Central)	0521	Elk Grove Village (E.G.)
0135	Aurora (West)	0317	Carthage (Illini West)	2730	Chicago (Kelly)			0522	Elkville (Elverado)
0136	Avon	0318	Cary (C.-Grove)	2731	Chicago (Kelvyn Park)	0332	Chrisman	0523	Elmhurst (Immaculate Conception)
0201	Barrington	0319	Casey (C.-Westfield)	2732	Chicago (Kennedy)	0333	Christopher	0524	Elmhurst (Timothy Christian)
0202	Barry (Western)	0320	Cattlin	2733	Chicago (Kenwood)	0334	Cisne	0525	Elmhurst (York)
0248	Bartlett	0321	Centralia	2734	Chicago (King)	0335	Cissna Park	0526	Elmwood
0203	Bartonville (Limestone)	0322	Centralia (Christ Our Rock Lutheran)	2735	Chicago (Lake View)	0336	Clay City	0527	Elmwood Park
0204	Batavia	0360	Centralia (Christ Our Rock Lutheran)	2736	Chicago (Lane)	0337	Clifton (Central)	0528	Elm
0205	Beardstown			2837	Chicago (Latin)	0338	Clinton	0529	Eureka
0206	Beecher	0322	Cerro Gordo	2811	Chicago (Leo)	0339	Coal City	0530	Evanston (Roycemore)
0207	Beecher City	0323	Champaign (Centennial)	2737	Chicago (Lincoln Park)	0340	Cobden	0531	Evanston (Twp.)
0208	Belleville (Althoff)	0324	Champaign (Central)	2738	Chicago (Lindblom)	0342	Colfax (Ridgeview)	0534	Evansville (Christ Our Savior Lutheran)
0209	Belleville (East)	0357	Champaign (Judah Christian)	2790	Chicago (Little Village)	0343	Collinsville		
0210	Belleville (Governor French Academy)	0358	Champaign (St. Thomas More)	2813	Chicago (Luther North)	0344	Columbia	0532	Evergreen Park
0211	Belleville (West)			2814	Chicago (Luther South)	0345	Concord (Triopia)	0601	Fairbury (Prairie Central)
0212	Belvidere (H.S.)	0325	Charleston	2739	Chicago (Manley)	0346	Coulterville	0602	Fairfield
0251	Belvidere (North)	0326	Chatham (Glenwood)	2816	Chicago (Maria)	0347	Country Club Hills (Hillcrest)	0603	Farina (South Central)
0213	Bement	0328	Chester	2817	Chicago (Marist)	0348	Cowden (C.-Herrick)	0604	Farmer City (Blue Ridge)
0214	Bensenville (Fenton)	2840	Chicago (Academy for the Arts)	2740	Chicago (Marshall)	0349	Crescent City (Crescent-Iroquois)	0606	Farmington
0215	Benton			2741	Chicago (Mather)			0608	Fisher
0216	Berwyn-Cicero (Morton)	2841	Chicago (Academy of Scholastic Achievement)	2818	Chicago (Morgan Park Academy)	0350	Crete (C.-Monee)	0609	Fithian (Oakwood)
0217	Bethalto (Civic Memorial)	2785	Chicago (ACE Tech Charter)	2742	Chicago (Morgan Park)	0351	Crete (Illinois Lutheran)	0610	Flanagan
0218	Bethany (Okaw Valley)	2782	Chicago (ACT Charter)	2819	Chicago (Mother McAuley)	0352	Crystal Lake (Central)	0611	Flora
0219	Biggsville (West Central)	2701	Chicago (Agricultural Science)	2820	Chicago (Mt. Carmel)	0356	Crystal Lake (Prairie Ridge)	0612	Flossmoor (Homewood-F.)
0220	Bismarck (B.-Henning)			2772	Chicago (Noble Street Charter)	0353	Crystal Lake (South)	0613	Forreston
0221	Bloomington (Central Catholic)	2702	Chicago (Amundsen)	2792	Chicago (North Grand)	0354	Cuba	0614	Fox Lake (Grant)
0250	Bloomington (Cornerstone Christian Academy)	2765	Chicago (Best Practice)	2843	Chicago (North Lawndale)	0355	Cullom (Tri-Point)	0622	Frankfort (Lincoln-Way East)
0222	Bloomington (H.S.)	2793	Chicago (Big Picture)	2769	Chicago (Northside)	0401	Dakota	0615	Franklin
0223	Blue Island (Eisenhower)	2704	Chicago (Bogan)	2821	Chicago (Notre Dame)	0403	Danville (H.S.)	1427	Franklin Park-Northlake (Leyden)
0224	Bluffs	2705	Chicago (Bowen)	2744	Chicago (Orr)	0404	Danville (Schlarman)		
0225	Bluford (Webber)	2794	Chicago (Bronzeville Scholastic)	2822	Chicago (Our Lady of Tepeyac)	0405	Darien (Hinsdale South)	0617	Freeburg
0226	Bolingbrook	2775	Chicago (Bronzeville)			0406	Decatur (Eisenhower)	0618	Freeport (Aquino)
0228	Bradley (B.-Bourbonnais)	2764	Chicago (Brooks)	2774	Chicago (Payton)	0407	Decatur (MacArthur)	0619	Freeport (H.S.)
0229	Braidwood (Reed-Custer)	2764	Chicago (Brooks)	2773	Chicago (Perspectives Charter)	0408	Decatur (St. Teresa)	0620	Fulton (H.S.)
0230	Breese (Central)	2802	Chicago (Brother Rice)	2745	Chicago (Phillips)	0410	Deerfield	0621	Fulton (Unity Christian)
0231	Breese (Mater Dei)	2788	Chicago (C. Academy)	2780	Chicago (Phoenix Academy)	0411	DeKalb	0701	Galatia
0232	Bridgeport (Red Hill)	2706	Chicago (C. Vocational)	2746	Chicago (Prosser)	0412	DeLand (D.-Weldon)	0702	Galena (H.S.)
0233	Bridgeview (Universal)	2708	Chicago (Carver)	2823	Chicago (Providence-St. Mel)	0413	Delavan	0703	Galesburg (H.S.)
0234	Brimfield	2789	Chicago (CICS-Ellison)			0414	DePue	0704	Galva
		2776	Chicago (CICS-Longwood)			0415	Des Plaines (Maine West)		
		2777	Chicago (CICS-Northtown Academy)	2786	Chicago (Raby)	1417	Des Plaines (Willows Academy)		

0705	Gardner (G.-South Wilmington)	1212	Lansing (Thornton Fractional South)	1358	Mundelein (H.S.)	1646	Plainfield (South)	1941	Sterling (Newman Central Catholic)
0706	Geneseo	1213	LaSalle (L.-Peru)	1359	Murphysboro	1635	Plano	1942	Stillman Valley
0707	Geneva	1214	Lawrenceville	1401	Naperville (Central)	1636	Pleasant Hill	1943	Stockton
0708	Genoa (G.-Kingston)	1215	Lebanon	1428	Naperville (Neuqua Valley)	1637	Pleasant Plains	1944	Strasburg (Stewardson-S.)
0709	Georgetown (G.-Ridge Farm)	1216	Leland	1402	Naperville (North)	1638	Polo	1945	Streamwood
0710	Gibson City (G.C.-Melvin- Sibley)	1217	Lemont (H.S.)	1403	Nashville	1639	Pontiac	1946	Streator (Twp.)
0711	Gillespie	1218	Lemont (Mt. Assisi Academy)	1404	Nauvoo (N.-Colusa)	1640	Poplar Grove (North Boone)	1947	Streator (Woodland)
0712	Gilman (Iroquois West)	1219	Lena (L.-Winslow)	1406	Neoga	1641	Port Byron (Riverdale)	1949	Sullivan
0713	Girard	1220	LeRoy	1408	New Athens	1642	Princeton	1950	Summit (Argo)
0714	Glasford (Illini Bluffs)	1221	Lewistown	1409	New Berlin	1643	Princeville	1951	Sycamore
0715	Glen Ellyn (Glenbard South)	1222	Lexington	1410	New Lenox (Lincoln-Way Central)	1644	Prophetstown	2001	Table Grove (VIT)
0716	Glen Ellyn (Glenbard West)	1223	Liberty	1411	New Lenox (Providence Catholic)	1701	Quincy (Notre Dame)	2002	Tamms (Egyptian)
0717	Glenview (Glenbrook South)	1224	Libertyville	1412	Newark	1702	Quincy (Sr.)	2004	Taylor Ridge (Rockridge)
0718	Golconda (Pope County)	1225	Lincoln	1413	Newton	1801	Ramsey	2005	Taylorville
0719	Goreville	1226	Lincolnshire (Stevenson)	1414	Niantic (Sangamon Valley)	1802	Rantoul	2006	Teutopolis
0720	Granite City	1227	Lisle (Benet Academy)	1415	Niles (Northridge Prep)	1803	Raymond (Lincolnwood)	2007	Thompsonville
0721	Grant Park	1228	Lisle (Sr.)	1416	Niles (Notre Dame)	1804	Red Bud	2009	Tinley Park (Andrew)
0722	Granville (Putnam County)	1229	Litchfield	1417	Noble (West Richland)	1806	Richton Park (Rich South)	2010	Tinley Park (H.S.)
0723	Grayslake (Central)	1231	Lockport (Twp.)	1418	Nokomis	1807	River Forest (Trinity)	2012	Toledo (Cumberland)
0732	Grayslake (North)	1238	Lombard (College Prep)	1419	Norridge (Community West)	1808	River Grove (Guerin)	2013	Tolono (Unity)
0724	Grayville	1232	Lombard (Glenbard East)	1421	Normal (Community)	1810	Riverside (R.-Brookfield)	2014	Toulon (Stark County)
0725	Greenfield	1233	Lombard (Montini)	1420	Normal (Community)	1811	Riverton	2016	Tremont
0726	Greenview	1234	London Mills (Spoon River Valley)	1422	Normal (University)	1812	Roanoke (R.-Benson)	2017	Trenton (Wesclin)
0727	Greenville	1235	Louisville (North Clay)	1423	Norridge (Ridgewood)	1813	Robinson	1904	Troy (Triad)
0729	Griggsville (G.-Perry)	1236	Lovejoy	1424	Norris City (N.C.-Omaha- Enfield)	1814	Rochelle	2018	Tuscola
0730	Gurnee (Warren)	1237	Lovington	1425	North Chicago	1815	Rochester	2101	Ullin (Century)
0801	Hamilton	1301	Machesney Park (Harlem)	1426	Northbrook (Glenbrook North)	1816	Rock Falls	2102	Urbana (H.S.)
0802	Hampshire	1302	Mackinaw (Deer Creek-M.)	1509	O'Fallon	1817	Rock Island (Alleman)	2103	Urbana (University)
0519	Hanover (River Ridge)	1303	Macomb	1501	Oak Forest	1818	Rock Island (H.S.)	2201	Valmeyer
0803	Hardin (Calhoun)	1304	Macon (Meridian)	1502	Oak Lawn (Community)	1819	Rockford (Auburn)	2202	Vandalia
0804	Harrisburg	1305	Madison	1503	Oak Lawn (Richards)	1820	Rockford (Boylan)	2203	Varna (Midland)
0805	Hartsburg (H.-Emden)	1306	Mahomet (M.-Seymour)	1504	Oak Park (Fenwick)	1821	Rockford (Christian Life)	2210	Vernon Hills
0806	Harvard	1308	Manito (Midwest Central)	1505	Oak Park (O.P.-River Forest)	1822	Rockford (East)	2205	Vienna
0807	Harvey (Thornton)	0238	Manlius (Bureau Valley)	1506	Oakland	1823	Rockford (Guilford)	2206	Villa Grove
0808	Havana	1309	Manteno	1507	Oblong	1824	Rockford (Jefferson)	2212	Villa Park (Islamic Foundation)
0809	Hebron (Alden-H.)	1310	Maple Park (Kaneland)	1508	Odin	1836	Rockford (Keith School)	2207	Villa Park (Willowbrook)
0810	Henry (H.-Senachwine)	1311	Marengo	1509	Ohio	1825	Rockford (Lutheran)	2208	Virden
0811	Herrin (H.S.)	1312	Marion (Crab Orchard)	1510	Okawville	1835	Rockford (R. Christian)	2209	Virginia
0812	Herscher	1313	Marion (H.S.)	1511	Olney (East Richland)	1827	Rockton (Hononegah)	2301	Waltonville
0813	Heyworth	1314	Marissa	1512	Olympia Fields (Rich Central)	1828	Rolling Meadows	2302	Warren
0814	Highland	1315	Maroa (M.-Forsyth)	1513	Oney (ROWVA)	1829	Romeville (H.S.)	2303	Warrensburg (W.-Latham)
0815	Highland Park	1316	Marshall	1514	Orangeville	1832	Roselle (Lake Park)	2304	Warsaw
0816	Hillsboro	1317	Martinsville	1515	Oregon	1833	Round Lake	2305	Washburn (Lowpoint-W.)
0817	Hillside (Proviso West)	1318	Mascoutah	1516	Orion	1834	Roxana	2306	Washington
0818	Hinckley (H.-Big Rock)	1319	Mason City (Illini Central)	1517	Orion	1906	Rushville (R.-Industry)	2307	Waterloo (Gibault)
0819	Hinsdale (Central)	1320	Mattoon	1518	Orland Park (Sandburg)	1907	Salem	2308	Waterloo (H.S.)
0820	Hoffman Estates (Conant)	1321	Mattoon	1522	Oswego (East)	1908	Sandoval	2309	Watseka
0821	Hoffman Estates (H.S.)	1322	Maywood (Proviso East)	1519	Oswego (H.S.)	1909	Sandwich	2310	Wauconda
0822	Hoopeston (H. Area)	1323	McHenry	1520	Ottawa (Marquette)	1910	Savanna (West Carroll)	2311	Waukegan (H.S.)
0823	Hume (Shiloh)	1324	McLeansboro (Hamilton County)	1521	Ottawa (Twp.)	1911	Scales Mound	2312	Waverly
0824	Huntley	1325	Melrose Park (Walther Lutheran)	1601	Palatine (Fremd)	1912	Schaumburg (H.S.)	2313	Wayne City
0825	Hutsonville	1326	Mendon (Unity)	1602	Palatine (H.S.)	1913	Sciota (West Prairie)	2314	West Chicago (H.S.)
1001	Jacksonville (H.S.)	1327	Mendota	1603	Palatine (H.S.)	1914	Seneca	2315	West Chicago (Wheaton Academy)
1002	Jacksonville (Illinois School for the Deaf)	1328	Meredosia (M.- Chambersburg)	1604	Palestine	1915	Serena	2316	West Frankfort (Frankfort)
1003	Jacksonville (Illinois School for the Visually Impaired)	1329	Metamora	1606	Palmyra (Northwestern)	1916	Sesser (S.-Valier)	2318	Westchester (St. Joseph)
1004	Jacksonville (Routt)	1330	Metropolis (Massac County)	1607	Palos Heights (Chicago Christian)	1917	Shabbona (Indian Creek)	2319	Westmont
1005	Jerseyville (Jersey)	1331	Midlothian (Bremen)	1608	Palos Heights (Shepard)	1918	Shelbyville	2320	Westville
1006	Johnsburg	1332	Millford	1609	Palos Hills (Stagg)	1919	Sherrard	2321	Wheaton (North)
1007	Johnston City	1333	Milledgeville	1610	Pana (H.S.)	1920	Sidell (Jamaica)	2322	Wheaton (St. Francis)
1008	Joliet (Catholic Academy)	1334	Minokk (Fieldcrest)	1611	Paris	1921	Skokie (Niles West)	2323	Wheaton (W. Warrenville South)
1009	Joliet (Twp.)	1335	Minooka	1612	Park Forest (Rich East)	1922	Skokie (Niles West)	2324	Wheeling
1010	Joppa (J.-Maple Grove)	1336	Moline (H.S.)	1613	Park Ridge (Maine East)	1923	Skokie (Yeshiva)	2325	White Hall (North Greene)
1011	Joy (Westmer)	1337	Momence	1614	Park Ridge (Maine South)	1924	Somonauk	2326	Williamsfield
1012	Junction (Gallatin County)	1338	Monmouth (M.-Roseville)	1615	Patoka	1925	South Beloit	2327	Williamsville
1101	Kankakee (McNamara)	1339	Monticello	1616	Paw Paw	1926	South Elgin	2328	Wilmette (Loyola Academy)
1102	Kankakee (Sr.)	1340	Mooseheart	1617	Pawnee	1927	South Holland (Seton Academy)	2329	Wilmette (Regina Dominican)
1103	Kansas	1341	Morris	1618	Paxton (P.-Buckley-Loda)	1928	South Holland (Thornwood)	2330	Wilmington
1104	Kewanee (H.S.)	1342	Morrison	1619	Payson (Seymour)	1929	Sparta	2331	Winchester
1105	Kewanee (Wethersfield)	1343	Morrisville	1620	Pearl City	1930	Spring Valley (Hall)	2332	Windsor
1106	Kincaid (South Fork)	1344	Morton	1621	Pecatonica	1931	Springfield (Calvary)	2333	Winnebago
1108	Kirkland (Hiawatha)	1345	Morton Grove (Chicagoland Jewish)	1622	Pekin	1932	Springfield (H.S.)	2334	Winnetka (New Trier)
1109	Knoxville	1360	Mounds (Meridian)	1623	Peoria (H.S.)	1933	Springfield (Lanphier)	2335	Winnetka (North Shore Country Day)
1201	LaGrange (Lyons)	1355	Moweaqua (Central A & M)	1624	Peoria (Manual)	1934	Springfield (Sacred Heart- Griffin)	2337	Wolf Lake (Shawnee)
1202	LaGrange Park (Nazareth Academy)	1347	Mt. Carmel	1625	Peoria (Notre Dame)	1901	St. Anne	2338	Wood River (East Alton- W.R.)
1205	Lake Forest (H.S.)	1349	Mt. Olive	1626	Peoria (P. Christian)	1902	St. Charles (East)	2339	Woodhull (AllWood)
1206	Lake Forest (Woodlands Academy)	1350	Mt. Prospect (Prospect)	1627	Peoria (Richwoods)	1903	St. Charles (North)	2340	Woodlawn
1239	Lake Villa (Lakes)	1351	Mt. Pulaski	1628	Peoria (Woodruff)	1904	St. Elmo	2341	Woodstock (H.S.)
1207	Lake Zurich	1352	Mt. Sterling (Brown County)	1629	Peoria Heights	1905	St. Joseph (S.J.-Ogden)	2342	Woodstock (Marian)
1208	LaMoille	1353	Mt. Vernon (H.S.)	1630	Peotone	1906	St. Joseph (S.J.-Ogden)	2501	Yorkville
1209	Lanark (Eastland)	1354	Mt. Zion	1631	Peru (St. Bede)	1907	St. Joseph (S.J.-Ogden)	2601	Zeigler (Z.-Royalton)
1210	Lansing (Illiana Christian)	1356	Mulberry Grove	1632	Petersburg (PORTA)	1908	St. Joseph (S.J.-Ogden)	2602	Zion (Z.-Benton)
1211	Lansing (Luther East)	1357	Mundelein (Carmel)	1633	Piasa (Southwestern)	1909	Steeleville		
				1634	Pittsfield	1937	Stanford (Olympia)		
				1647	Plainfield (Central)	1938	Stanton		
					Plainfield (North)	1939	Stanton		
						1940	Sterling (H.S.)		

# INSTRUCTIONS FOR ONLINE ENTRY OF BODY FAT TESTING DATA

## SKINFOLD TESTER ONLINE INSTRUCTIONS

- ◆ GO TO THE IHSA WEB SITE
- ◆ Click on the “OFFICIAL CENTER” link
- ◆ Enter your ID number and password

CLICK ON OFFICIALS CENTER

Enter your ID and Password on this page then go to the “click here link” to log on

**Enter your ID number here**

**Enter ID:**

**Enter password:**

**Log in**

**THE FUTURE PLAYS HERE!**

**ILLINOIS HIGH SCHOOL ASSOCIATION**

**Welcome to the IHSA Schools & Officials Center.**  
As of August 1, 2007, the Centers have a new design. Don't be afraid to look around and see what's new.  
To log in, please type your ID number in the upper box and your password in the lower box, then click the button.

**Forgot your password? Please call Judy (officials) or Tammy (schools) at 309-663-6377.**  
Have a question about clinic or rules meeting attendance or other information in the Officials Center? E-mail Judy Donaldson.  
Please report other problems to Scott Johnson.

**To redeem credit for a rules meeting, you need to:**

1. log in on this page
2. on the next page, look for the chart of sports on the right side of the page
3. find the row with the correct sport
4. follow the row across until you see a red arrow and a link labeled "redeem credit"
5. click on the link

**Enter your password here**

**CLICK ON THE LOG IN AREA**

This is the screen that will appear.

**TO take the test to become re-certified click on this link**

**PERSONAL DATA**  
 Password  
 Personal information

**FORMS AND REPORTS**  
 Body fat data

**ONLINE RESOURCES**

**MESSAGES** [more >>](#)

**About the new Officials Center including help redeeming rules meeting credit**

**8/24 Football Officials -- Review Your Crew**  
 Please review the members of your crew and report and corrections. The link is in the license summary table, word "Football"

**8/21 New IHSA Severe Weather Safety Guidelines**  
 To be used during any IHSA state series contest  
 When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike location with lightning. Take shelter immediately.  
 Lightning is one o... [more >>](#)

**8/21 Cross Country Bad Weather Restarts**  
 The games committee and meet manager will determine any hazardous condition of the course due to bad weather. Coaches shall be alerted to pending bad weather conditions. At a pre-race meeting with coaches, they should be... [more >>](#)

**LICENSE STATUS & AVAILABILITY SUMMARY**

Sport & Current Level	License Status	Last Registration	Last Part 1 Exam & Score	Last Rules Mtg.	Last Clinic	St...
Body Fat Tester	—	11/1/06	never ↓ take exam until 11/1	—	—	

This will be the screen that appears next.

Click on the “Take the Part 1 Body Fat Tester exam” link.

Officials Center -- Part 1 Examination - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address <https://go.ihsa.org/go/officials-center/take-exam-1.asp?Exam=OBF-07-1>

Log out  
27639  
David Gannaway  
Main menu

**IHSAA Officials Center**  
Illinois High School Association

**Part 1 Examination**

**You are about to take the Part 1 examination in Body Fat Testing.**

The Part 1 examination consists of 50 open-book questions. You will be presented 5 pages of 10 questions each. If you have received the exam in the mail, it may be easier and faster to mark your answers on the printed sheet first and then transcribe them here.

Read each question carefully and mark your answer when you are ready. You should try to complete all the questions on one page before moving to the next page.

You may choose to have the exam graded at any time, making sure you have answered all 50 questions. You will be given the opportunity to review your answers before the exam is graded.

When you are satisfied with your answers, you must then submit your exam. Your score will be displayed on the screen immediately. It will also be stored in the Officials Center. The correct answers will be provided at a later date.

**Take the Part 1 Body Fat Testing Examination now.**

To view this screen, click on the link “View personal info”

**IHSA Officials Center**

51156

[LOG OUT & go to IHSA.org](#)

[MAIN MENU & messages](#)

**PERSONAL INFORMATION**

- [View personal info](#)
- Change information
- Change password
- Change schools

**BODY FAT TESTING**

- [Take the exam](#)
- [Select a school](#)

### Personal Information

The following information is on file at the Illinois High School Association.

<b>First Name</b>	John	If you wish to change your name, address, or birthdate, you must call the IHSA Office at 309-663-6377. You may not make these changes online or via e-mail.
<b>Middle Name</b>	E.	
<b>Last Name</b>	Dough	
<b>Suffix (Sr., Jr., III)</b>		
<b>Address</b>	1910 Wildwood Rd.	
<b>City</b>	Anytown	
<b>State</b>	IL	
<b>Zip</b>	60199	You may not change your ID Number.
<b>Gender</b>		
<b>Birthdate</b>		
<b>Officials ID Number</b>	51156	<a href="#">Change your password</a>
<b>Password</b>	(not shown)	
<b>Home Phone</b>	717-999-0123	

To go to the school page to enter data on the wrestlers click on “select a school” link

Note:

If you wish to make changes to any of the information on this page, please call the IHSA Office at 309-663-6377. This allows the body fat tester to view the information that is on file at the IHSA and keep it current.

To get to the page to enter the body fat results go to the “select a school” link on the officials center and the following screen will appear.

Enter the school ID to get to school page

To add a wrestler type in the name, gender and grade and click on Add this wrestler.

Wrestler's Name	Sex	Date Tested	Wt.	% Body Fat	Minimum Weight	Minimum Weight Class	1st Date at Minimum Class	Tester	Appeal Tester	Del?
Doe, John	Male									Delete
Roe, Jane	Female									Delete

- ◆ EACH SCHOOL SHOULD HAVE THE ROSTER ENTERED ONLINE PRIOR TO THE TEST DATE. A SCHOOL OR CERTIFIED TESTER CAN ADD WRESTLERS BY ENTERING THE NAME, GENDER, AND YEAR IN SCHOOL, THEN CLICK THE BUTTON ON THE RIGHT SIDE OF THE PAGE TO ENTER THE DATA

AT ANY TIME YOU MAY CLICK A NAME ON THE ROSTER TO INPUT THAT WRESTLER’S SKINFOLD DATA

ON THE SKINFOLD DATA PAGE FOR EACH INDIVIDUAL WRESTLER, YOU MUST ENTER THE FOLLOWING INFORMATION:

- THE DATE THE TEST TOOK PLACE
- PASS OR FAILED SPECIFIC GRAVITY TEST
- WRESTLER’S BODY WEIGHT
- SKIN FOLD MEASUREMENTS
  - 9 MEASUREMENTS FOR MALES
  - 6 MEASUREMENTS FOR FEMALES

ENTER DATE, SPECIFIC GRAVITY TEST AND BODY WEIGHT AND MEASUREMENTS

**IHSA  
Schools  
Center**

0516: Elgin (H.S.)

[LOG OUT](#)  
& go to  
IHSA.org

• [Select a school](#)



Wrestler Weight Certification																			
Return to <a href="#">Roster</a>																			
<b>Last Name</b>	Doe																		
<b>First Name</b>	John																		
<b>Gender</b>	Male																		
<b>Year in School</b>	Freshman																		
<b>Date Tested</b>	8-25-2004 ▾																		
<b>Urine Specific Gravity</b>	??? ▾																		
<b>Body Weight</b> <small>(recorded to tenth of a pound, no rounding)</small>	<input style="width: 100%;" type="text"/>																		
<b>Skin-Fold Measurements</b> <small>(to nearest half of a millimeter)</small>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: #eee;"> <th style="padding: 2px;">Location</th> <th style="padding: 2px;">Test 1</th> <th style="padding: 2px;">Test 2</th> <th style="padding: 2px;">Test 3</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">Abdominal</td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> </tr> <tr> <td style="padding: 2px;">Triceps</td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> </tr> <tr> <td style="padding: 2px;">Subscapular</td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> <td style="padding: 2px;"><input style="width: 30px; height: 20px;" type="text"/></td> </tr> </tbody> </table>	Location	Test 1	Test 2	Test 3	Abdominal	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	Triceps	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	Subscapular	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>		
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<p><b>Please double-check all information. You will not be able to change it after you have clicked the button.</b></p>																			

ONCE FINISHED WITH ENTERING THE DATA ON AN INDIVIDUAL WRESTLER, CLICK ON THE SAVE THE INFORMATION LINK. **BEFORE YOU CLICK ON THE SAVE INFORMATION LINK MAKE SURE THAT ALL INFORMATION ON THAT WRESTLER IS CORRECT. YOU WILL NOT BE ABLE TO EDIT ONCE YOU HAVE SENT THE INFORMATION TO THE IHSA.**

THE DATA WILL BE SENT ELECTRONICALLY TO THE IHSA WHERE THE COMPUTER WILL DO THE CALCULATIONS AND THE RESULTS POSTED IN THE SCHOOL CENTER.

CLICK THE LINK AT THE TOP OF THE PAGE TO RETURN TO THE ROSTER

**IHSA  
Schools  
Center**



0516: Elgin (H.S.)

[LOG OUT](#)  
& go to  
IHSA.org

• [Select a school](#)

**Wrestler Weight Certification**

[Return to Roster](#)

<b>Last Name</b>	Doe			
<b>First Name</b>	John			
<b>Gender</b>	Male			
<b>Year in School</b>	Freshman			
<b>Date Tested</b>	8-25-2004 ▼			
<b>Urine Specific Gravity</b>	??? ▼			
<b>Body Weight</b> <small>(recorded to tenth of a pound, no rounding)</small>	<input type="text"/>			
<b>Skin-Fold Measurements</b> <small>(to nearest half of a millimeter)</small>	<b>Location</b>	<b>Test 1</b>	<b>Test 2</b>	<b>Test 3</b>
	<b>Abdominal</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<b>Triceps</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<b>Subscapular</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Please double-check all information. You will not be able to change it after you have clicked the button.**

NOTE: If the assessor makes any mistakes on data entry or an individual, they must e-mail the mistake to Dave Gannaway at [dgannaway@ihsa.org](mailto:dgannaway@ihsa.org). Do not re-enter the athlete—only one name per athlete per school. The information we need is: Student Athlete’s name, School and all data to be entered.

# Summary



## ***INSTRUCTIONS FOR BODY FAT TESTER SUMMARY SHEET***

1. Have wrestlers being tested take the test for Urine Specific Gravity. NOTE: Follow directions for administering this test.
2. Wrestlers that do not pass the Urine Specific Gravity Test will not be body fat tested on this date. They only get one opportunity on any given date to pass the Urine Specific Gravity Test. Wrestlers that do not pass the Specific Gravity Test **must wait 24 hours to be re-tested.**
3. Once a wrestler has passed the Urine Specific Gravity test, they must be body fat tested immediately **on that date only. Wrestler should not be allowed to workout between the Urine Specific Gravity Testing, being weighed and the skin fold test.**
4. Proceed with the body fat testing of each wrestler.
5. Each body fat tester will have a secured site on the IHSA website. To enter the site, the certified body fat tester will enter their ID number and Password.
6. Follow the instructions in the manual to log on and enter data on wrestlers.
7. On the data entry screen, the certified body fat tester must enter the following data on each wrestler:
  - Date of body fat testing
  - Name of wrestler –(Note: schools may enter the wrestler’s name prior to the test date by accessing the school center and going to the body fat testing center)
  - Weight the day of testing
  - The three (3) measurements taken at each designated area on the wrestler.
8. Once all data is recorded for each wrestler, send information electronically to the IHSA. Remember that once you click on the bottom the send information to the IHSA you will not be able to change any of the data on that page. Please make sure that everything is correct prior to sending the information on each wrestler.
9. Body Fat Tester must keep a hard copy of all data in case electronic submission does not work properly or tampering has occurred.
10. Schools will get results from their school center. **The IHSA reserves the right to have any wrestler re-tested.**

## **FITNESS ASSESSMENT: BODY COMPOSITION SUMMARY SHEET**

### **Description of Skinfold Procedures**

**Equipment:** Skinfold Calipers (Lange Skinfold Calipers with calibration block)  
Flexible tape and erasable markers to mark the proper sites

**Procedures:**

1. All measurements should be made on the right side of the body.
2. A caliper should be placed 1cm away from the thumb and finger perpendicular to the skinfold and halfway between the crest and the base of the fold.
3. Pinch should be maintained while reading the caliper.
4. Wait two (2) to four (4) seconds (and not any longer) before reading the caliper.
5. Take duplicate measures at each site and retest if duplicate measurements are not within 1 to 2 mm.
6. Rotate through measurement sites or allow time for skin to regain normal texture and thickness.
7. Take three (3) measurements at each testing point on the body.

**Test Selection:** Very lean and very obese people pose special measurement problems: there may be limitations in equipment placement and reproducible outcomes. In addition, there may be a psychological “draw-back” to performing this test on individuals who are somewhat sensitive to such information.

### **Standardized Description of Skinfold Sites**

**Skinfold Sites:**

**Abdominal:** Vertical fold; 2cm to the right side of the umbilicus

**Triceps:** Vertical fold; on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.

**Subscapular:** Diagonal fold (at a 45 degree angle); one (1) to two (2) cm below the inferior angle of the scapula

**Male test sites**

Abdominal  
Triceps  
Subscapular

**Female test sites**

Subscapular  
Triceps

# IHSA WRESTLING WEIGHT CERTIFICATION MASTER REPORT



## Wrestler Weight Certification

You may add a new wrestler to this list at any time by typing the name and pressing the button below.

LAST NAME	First Name	Sex	Year in School
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	Male <input type="button" value="v"/>	<input style="width: 95%;" type="text"/>

If you make a mistake, you may delete a name and start over by clicking the "Delete" link in the rightmost column. You may not delete a name after data has been entered.

**School: Argenta (A.-Oreana)**

**Date Printed: 8/17/2005**

Wrestler's Name	Sex	Date Tested	Wt.	% Body Fat	7 (or 12)% Weight	First Date at Target Class(es)	Tester	Appeal Tester	Del?
Agee, Andrew	Male	11/29	129.2	13.74	119	130 ... 11/29 125 ... 12/14 119 ... 1/06	50728		
Bowman, Bryce	Male	11/17	163.4	12.98	152	171 ... 11/17 160 ... 11/26 152 ... 12/20	50728		
Brewer, Jesse	Male								
Bruckner, Jake	Male								
Cobstill, Tim	Male	1/28	151.2	18.37	132	152 ... 1/28 145 ... 2/16 140 ... 3/04 135 ... 3/21	50732		
Force, Luke	Male	11/9	205.5	15.39	186	215 ... 11/09 189 ... 12/17	50728		
Gogolin, Chad	Male	12/1	140.5	11.77	133	145 ... 12/01 140 ... 12/02 135 ... 12/19	50728		
Halford, Nick	Male	12/2	108.5	7.66	107	112 ... 12/02	50728		
Hilburn, Bryce	Male	11/30	135.6	13.89	125	140 ... 11/30 135 ... 12/02 130 ... 12/19 125 ... 1/06	50728		

This will be the page that shows up on the School Center. **It must be printed and taken to all wrestling meets.** A copy must be given to each coach at dual meets and to the tournament director only at tournaments.



# **Formula for Calculating Body Composition And Minimum Wrestling Weight Class**

To determine a wrestler's body composition the IHSA will be using the Lohman Equation-Calculation for body density and the Brozek Equation-Calculation for % body fat.

**Step 1. Determine the wrestler's body density using the Lohman Equation-Calculation.**

$$BD = [1.0973 - (\text{sum SF} \times .000815)] + [(\text{sum SF})^2 \times .00000084]$$

$$\text{Sum of SF} = \text{Triceps SF} + \text{Subscapula SF} + \text{Abdominal SF}$$

**Step 2. Use the Brozek Equation-Calculation to determine % body fat from body density**

$$\% \text{ BF} = (457/BD) - (4.142) \times 100$$

**Step 3. To calculate a wrestler's minimum weight based on 7% body fat you can use either of the following calculations.**

$$\text{Minimum wrestling weight (MWW)} = ([1 - (\%BF/100)] \times \text{TBW}) / (.93)$$

or

$$\text{Fat weight (FW)} = \text{TBW} \times (\%BF / 100)$$

$$\text{Lean Body Mass (LBM)} = \text{TBW} - \text{FW}$$

$$\text{MWW} = (\text{LBM}) / .93$$

NOTE: The IHSA will be using the Boileau Equation-Calculation for determining % body fat for female wrestlers.

$$\%BF = 1.35 \times (\text{sum SF}) - 0.012 \times (\text{sum SF})^2 - 3.4$$

$$\text{Sum of SF} = \text{Triceps SF} + \text{Subscapula SF}$$

$$\text{MWW (Females)} = (\text{LBM}) / .88$$

# **Recommendations for Conducting a Successful Body Fat Testing Program**



## **Recommendations For Running A Successful Body Fat Assessment Schedule**

In order to develop a successful Body Fat Assessment schedule it is essential to PREPARE IN ADVANCE. We have provided some recommendations that will help guide through the assessment process.

### **Considerations Prior To Certification**

- I. Who Should Be Certified:**
  - a. Individuals educated and experienced in the fields of health, sport, and/or fitness. This includes but not limited to: Exercise Physiologists, Team Physicians, Physical Therapists, Athletic Trainers, Nurses, Personal Trainers, Physical Education and/or Health Education Teachers.
  - b. Qualified individuals enthusiastic to participate in the program. It does neither the athletes nor the sport any good if the certified assessors are reluctant, forced and/or not committed 100% to the IHSA Wrestling Weight Control Program.
  - c. Individuals that are color-blind or have difficulty distinguishing colors SHOULD NOT be certified.
  
- II. How Many Persons Should Each School Certify**
  - a. The size of the wrestling team(s) being tested determines the amount of time required to complete the assessment process. Keep in mind that it takes approximately 10 minutes per athlete to complete the entire test. For example, a team of 60 athletes will take one certified body fat tester approximately 10 hours to complete.
  - b. Certifying more than one qualified person can provide back-up support for faster testing as well as an alternate in case one certified assessor is transferred or quits.
  - c. Teaming with other certified testers from other schools allows for large groups of athletes to be tested at one time.
  
- III. Ensure All Required Equipment is Available**
  - a. Obtain all required equipment and forms prior to scheduling the body fat testing (refer to equipment section).
  - b. Ensure all required equipment is certified and/or calibrated prior to scheduling the body fat testing.
  - c. Keep all required equipment and forms in a secure place so nothing gets lost.
  
- IV. Reserve Facilities Necessary For The Body Fat Testing**
  - a. Reserve a washroom designated specifically for the urine specific gravity assessment. ONLY athletes participating in the test should be allowed in the washroom. Washroom faucets could then be taped and toilets discolored using fruit punch packets for example, to prevent dishonest practices
  - b. Reserve a classroom or private area, preferably near the reserved washroom, specifically for the skinfold assessment. This area should be set up to ensure the athletes rights to privacy
  
- V. Additional Recommendations**
  - a. Enter in all the wrestlers names online prior to the body fat testing. This make you more familiar with the online data entry and provide the order in which you actually test the athletes.
  - b. Make copies of "How to prepare for the hydration test" and distribute them to the athletes and their parents way in advance. Use the suggestions in the *Nutrition Education Presentation Notes* regarding "*developing a hydration protocol*" to ensure the athletes pass the urine specific gravity test the first time.
  - c. Practice the skinfold technique on the wrestling team prior to the season to enhance your technique. This will prepare the athletes for the test and possibly identify any weight related issues in advance.



# Wrestling Weight Control Appeal Form

Date: \_\_\_\_\_

School: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Year In School: 9 10 11 12

Date of the appeal test: \_\_\_\_\_

Name of the person conducting the appeal test: \_\_\_\_\_

Location of the appeal test: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

We understand that the results of the appeal test will replace the previous skinfold results, that they cannot be appealed and that the wrestler may not wrestle until the results of the appeal are posted in the IHSA Schools Center.

1. Fax a copy of this appeal form to the IHSA office within 7 calendar days of the date your body fat results appeared in the IHSA Schools Center.

**IHSA FAX: 309-663-7479. (Note: Completion of the Appeal must be within the 7 calendar days).**

2. Take a copy of this form with you and give it to the person doing the appeal test.

**To be filled out and faxed back to the IHSA office by the person doing the appeal test.**

Appeal Date: \_\_\_\_\_ Tester's Signature: \_\_\_\_\_

Alpha Weight: \_\_\_\_\_ (Must not be less than 1.5% of first test weight)

Passed Urine Specific Gravity Test : \_\_\_\_\_ yes (If no, the person may not test on this date.)

**Hydrostatic Weighing**

**Skin Fold Test**

% Body Fat \_\_\_\_\_

Triceps \_\_\_\_\_

Minimum Weight \_\_\_\_\_

Abdominal \_\_\_\_\_

Minimum Weight Class \_\_\_\_\_

Subscapula \_\_\_\_\_

# **Weight Control Appeals**



## **APPEAL PROCESS FOR BODY FAT TESTING**

1. A school may appeal the results of the body fat testing one time per wrestler.
2. The appeal must be filed and completed within seven (7) calendar days of the initial posting of the Body Fat Test results. Schools must fax a copy of the appeal form to the IHSA Office to start the appeal process. No wrestler will be allowed to complete an appeal if they have lost more than 1.5% of weight for the appeal.
3. No wrestler may wrestle interscholastically without being body fat tested. If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the School Center.
4. The appealing school shall assume all cost for any appeals it makes.
5. The wrestler has the following options for the appeal:
  - Have another skin fold test by any of the approved certified Body Fat Testers.
  - OR**
  - Be hydrostatic weighed by one of the certified hydrostatic weighing testers in the State of Illinois. **The school will be responsible to call and set up the appeal.** The date of the appeal must appear on the appeal form that is faxed to the IHSA office.
6. The **wrestler must** take the results of the second test.
7. The results of the appeal will be faxed to the IHSA Office, where the results will be posted on the school center.
8. No other appeals will be granted.

### **THE FOLLOWING ARE CERTIFIED APPEAL TESTERS FOR HYDROSTATIC WEIGHING:**

**KELLY ALTOM PH (847) 525-3369**  
Northern Illinois Area (by appointment)

or

**DALE BROWN PH (309) 438-7547**  
Illinois State University (by appointment)

# ***Information On Hydrostatic Weighing Procedures***

## ***HYDROSTATIC WEIGHING***

Hydrostatic weighing involves determining an individual's residual lung volume and land weight calculation. While dressed in a swimsuit, the participant will then be seated on a submerged platform/chair that is suspended in shoulder deep water from a weighing scale above. The participant exhales completely and then is instructed to immerse themselves under the water briefly, while an underwater weight is measured. Several trials are performed and recorded.

Please review the following instructions:

- Do not schedule if you have any lung or pulmonary disorders.
- Avoid vigorous activity 8 – 12 hours prior to testing.
- Fast for at least 4 hours before the test. (drink water during this time)
- Drink plenty of water to ensure that the athlete is hydrated.
- Swim attire is needed for the test
- Report for testing free of jewelry.
- Try to avoid gaseous foods at least two days prior to test date. (carbonated beverage - high fiber foods such as beans)
- Practice expelling all your air and holding your breath. This will make the test much easier.

## ***HYDRATION (PASSING THE URINE SPECIFIC GRAVITY TEST)***

- Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
- Avoid foods and/or supplements that may contribute to water loss such as: chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
- Avoid vigorous physical activities that cause excessive sweating at least 24 hours.
- Consume plenty of fluids; at least eight to twelve (8) ounce glasses per day for several days prior to testing
- Avoid early morning assessment, if possible, due to the effect of not consuming liquids during your sleep.