



DEERFIELD HIGH SCHOOL SPORTS MEDICINE

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INTRODUCTION

The IHSA will implement its Weight Control Program once again for this coming wrestling season. The program is designed to determine the minimum weight class a wrestler may safely participate in throughout the season. 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 the healthiest manner possible. The Weight Control Program utilizes urine specific gravity testing and body fat testing to determine the wrestler's weight class. **All wrestlers who wish to compete must submit to both tests prior to participating in their first match as mandated by the IHSA.**

Why a Urine Specific Gravity Test?

Dehydration compromises the accuracy of body fat testing; therefore, all wrestlers are required to pass a urine specific gravity test in order to be eligible for the body fat test. Dehydration increases the concentration of particles in the urine thereby, increasing the urine's specific gravity. The higher the specific gravity of the urine, the more dehydrated the wrestler is and the less accurate the body fat test will be. This test is pass/fail based on the wrestler's specific gravity level. **If a wrestler fails the urine specific gravity test, the process is ended and the athlete will not be eligible for reassessment for at least 24 hours.**

How to Prepare for the 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, caffeinated drinks and creatine for at least 24 to 48 hours.
- Avoid vigorous physical activities that cause excessive sweating for 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 "chugging or guzzling" large amounts of water just prior to testing. **This method does not change the concentration of the particles in the urine and will therefore, result in a failed test!**

If you have any other questions or concerns about the IHSA Weight Control Program or need more information, please feel free to contact us or visit www.ihsa.org!

