



**SECTION XI WRESTLING**  
**2009 – 2010 Regional Weight Certifications**  
**Assessment Procedures**

1. Teams will arrive at their scheduled time. Each team must have all athletes to be assessed listed on the **“Wrestlers to be Assessed List”** in alphabetical order and an **“Individual Profile Form”** with personal information filled out for each athlete prior to arrival. Coaches are to check forms for proper information.
2. The coach and team will be greeted in a staging area. At this point, the coach will hand the greeter the **“Wrestlers to be Assessed List”** and all **“Individual Profile Forms.”** The greeter will confirm all personal information on the forms is completed as the male athletes dress down to shorts and the female athletes dress down to shorts and halter. Nude weigh-ins are not allowed. The greeter will take attendance by distributing the forms to the appropriate athletes, and then take them into the assessment area. **No Coaches or School personnel are permitted in any of the assessment areas.** Coaches and other school personnel are to wait in the staging area with the team’s belongings and may not discuss assessment or requests results of any assessors.
3. Athletes will be first tested for hydration with a Digital Refractometer (NYSPHSAA protocol will be followed). Those passing the test for hydration will have their form initialled by the Assessor and proceed to the certified scale for weight check.  
Those who do not pass the test of hydration **will not proceed with certification** and will return to the staging area. The assessor will keep the individual profile form. Athletes are to be reminded: **An Athlete caught cheating on the hydration test will be ineligible to compete in wrestling for the entire season. Please enforce the use of the Parent Consent Form to be kept on file in Athletic Directors office.**
4. The Assessor at the scale will record the athlete’s weight, initial the form, and the athlete will proceed to the skin fold test.
5. The athletes will proceed to the skin fold station where the Assessor will then conduct the skin fold test as per NYSPHSAA protocol, record the data on the form and initial the form. The assessor will then remove the last copy of the carbon “Individual Profile Form,” and provide it to the coach.
6. When all “Individual Profile Forms” for the team are completed, they will be brought to the Data Input Area by the Assessor, where an assessor will input the data into the NYS Website ([www.nysphsaa.org](http://www.nysphsaa.org)) by team. Results will be e-mailed to athletic directors and wrestling coaches, as listed on the “Wrestlers to be Assessed List.” No coaches, athletes or school personnel may wait for results. All must leave the Assessment Site immediately.
7. **Appeal’s - All wrestlers participating in an appeal of their weight certification must be accompanied by a coach or school official to the re-certification site.**

**NOTE:** *Assessors may not assess any athlete in a program that the assessor has any affiliation with (example - work at the school or live in the school district). They may test at their school, just not those athletes. The site administrator should have no affiliation with any of the schools at the site.*

**FAILED HYDRATION STATE & APPEALS**

All must be made to the Regional Assessor on the following dates:

**Division II – Thursday, December 3<sup>rd</sup> – Center Moriches HS 3pm – 6pm.**

**Division II – Friday, December 4<sup>th</sup> – Failed Urine and Appeals Babylon HS 4pm – 5pm.**

**Division I – Saturday, December 5<sup>th</sup> – Sachem East, East Islip, Commack HS 12:00 pm – 8:00 pm.**

**Division I – Monday, December 7<sup>th</sup> – Failed Hydration/Missed Test Only – Hauppauge HS 5:00 pm.**

**Division I – (Appeals Only) – Tuesday, December 8<sup>th</sup> – Sachem East HS 6pm – 9pm.**

You must call (631) 806-9205 to make an appointment.

Hydrostatic Testing by Appointment on Tuesday, December 8<sup>th</sup> (DII) Thursday, December 10<sup>th</sup> (DI)