2026-27 PIAA WRESTLING
WEIGHT CONTROL PROGRAM MANUAL

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PROGRAM INTRODUCTION

The following manual is designed to assist administrators, coaches and assessors in compliance with the rules adopted for participation in the sport of wrestling. In addition to the procedures described throughout this manual, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and participating in a safe and healthy manner.

NFHS RULE OVERVIEW

Pursuant to National Federation Wrestling Rule 1-5-1 & 1-5-2, the recommended minimum body fat should not be lower than seven percent (7%) for males or 19 percent (19%) for females. If a wrestler's weight assessment is below 7% for males or 19% for females, the wrestler shall have a medical release signed by an appropriate medical professional (MD or DO) to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by body fat testing as the lowest weight a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

PIAA's weight control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

RULE 1 Competition, Section 5 Weight-Control Program

Article 1…Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professionals and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than 7 percent for males or 19 percent for females.

Article 2…For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 19 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

Article 3… The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

PIAA BOARD OF DIRECTORS' ADOPTED WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA:

1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is **Monday, November 30, 2026 (**the Monday prior to the first competition date) *(see NOTES 1 and 2)*;

2) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first Regular Season Contest date of the wrestling season (**Friday, October 23, 2026**) and NO LATER THAN the Monday preceding the first Regular Season Contest date of the wrestling season **(Monday, November 30, 2026)** – *(see NOTE 2)*. This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

When certifying the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 5, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

NOTES:

1. Any subsequent additions or substitutions to a senior high school's varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.

2. The OPC will remain open to add wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest date of the wrestling season until January 15th. Senior High wrestlers may be added after the deadline but require approval from your District Chairperson. For junior high/middle school, the OPC will remain open until the last Contest date to add wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest date of the wrestling season.

3. Any athlete who disagrees with the Initial Assessment may appeal the initial assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 19% for a female, the student must obtain an AME's consent to participate.

4. To eliminate "clerical errors", each head wrestling Coach is **required** to initial the MWW of **each** wrestler before the school's Principal certifies to the eligibility of the school's wrestlers.

5. A two (2)-pound growth allowance is authorized on or after **Friday, December 25, 2026,** for both junior high/middle school and senior high school wrestlers.

6. **The MWW locked on Friday, February 19, 2027, will serve as the wrestler's MWW for postseason.**

7. ***Definition: Authorized Medical Examiner (AME)** - A licensed physician of medicine or osteopathic medicine, a physician assistant certified, or either a certified registered nurse practitioner or a school nurse practitioner, who is under the supervision of a licensed physician of medicine or osteopathic medicine.

PROCEDURE TO REQUEST RELIEF FROM DELINQUENT HYDRATION TEST(S) AND/OR WEIGHT ASSESSMENT(S)

1. A member school shall submit the following, relative to its request for relief:
    a) A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned Principal.
    b) Confirmation from the school's attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.
    c) Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.

2. All information must be forwarded to the PIAA District Wrestling Chairman on or before Friday, February 12, 2027, for that wrestling chairman's consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.

3. The District Wrestling Chairman will submit all provided information to that District's Chairman with a cover letter of support or nonsupport of the request for relief.

4. The District Chairman will review all information and either approve or reject the request for relief.

5. Upon request by the Principal of the concerned school, the District Chairman may convene a hearing before his District Committee into the request for relief.

6. Decisions of District Committees may be appealed by the Principal of the concerned school to the PIAA Board of Directors or a PIAA Board of Appeal by requesting an appeal, in writing, to the PIAA Executive Director. PIAA has used the definition of: Premises are defined as a tract of land with the building thereon.

PROGRAM ADMINISTRATION

PIAA adopts the NWCA Optimal Performance Calculator (OPC) for the management of weight for both senior high and junior high/middle school wrestling. The cost for each school to utilize the NWCA OPC at each level is below.

Team	Cost for OPC
Senior High Boys	$75
Senior High Girls	$25
Jr. High / Middle School Boys	$25
Jr. High / Middle School Girls	$25

Registered Athletic Directors of each member senior and junior high/middle high school sponsoring wrestling, as well as the head coach of each team registered for the previous season, will receive an email in the weeks of September (dependent upon level and gender) from Trackwrestling advising them of the access available to purchase access for the school(s). **All payments must be made via credit card.**

Upon completion of registration with Trackwrestling, coaches are required to update their season schedule in the OPC (to be completed by Monday, November 30, 2026). Any subsequent additions or substitutions to a PIAA member senior high school's complete varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.

ASSESSMENTS

PIAA requires all assessments to be performed by trained assessors. Training is conducted by Pennsylvania Athletic Training Society (PATS) clinicians as follows:

John L. Moyer Jr., LAT, ATC
484-256-5045 or jmoyeratc@gmail.com

Larry Cooper, MS, LAT, ATC
724-309-3369 or coopatc1@gmail.com

Upon completion of assessment training, names of those which have completed the coursework are forwarded to NWCA for inclusion in the list of trained assessors. Annual training sessions for assessors may be accessed on the next page of this document or on the PATS website at www.gopats.org.

Assessors will receive an email from Trackwrestling no later than October 2 with their access codes for both senior high and junior/middle schools. Those codes will be used in concert with the school provided code to input assessment data for each wrestler.

Method of Assessment: Hydration testing is to be completed first prior to body assessment, by utilizing an optical or digital refractometer. Assessors are not to use hydration strips of any type to determine an athlete's hydration level. The test of urine specific gravity is to determine hydration level of the athlete only and not done as a diagnosis. Those student-athletes whose specific gravity level is not greater than 1.025 may proceed with an assessment. Student-athletes which have a specific gravity greater than 1.025 are not to be assessed and must wait 24 hours before specific gravity may be tested again.

Body fat assessments are to be performed utilizing a Lange Skinfold Caliper to determine percentage of body fat. This is the only instrument to be used in determining body fat percentage for PIAA member school participating wrestlers. Upon completion of the skinfold testing, an assessor must then record the information for each wrestler utilizing their access code in conjunction with the school code provided by the athletic director or coach. An assessor is not to make repeated assessments on wrestlers in an attempt to place the wrestler at a preferred weight class.

*NOTE: a wrestler which has joined a team after the first practice date has two weeks to complete the initial assessment, and make an appeal, as necessary, from the date they begin practicing. The wrestler is not eligible to compete in competition until they have received an assessment and have been entered into the OPC.

Weight Assessors Workshop

Saturday September 12, 2026 12:00 pm - 2:00 pm
Penn Trafford High School
3381 Route 130
Harrison City, PA 15636
For directions go to www.penntrafford.org

Park in the front/main parking lot and enter at through the Main Doors of the High School, take a right at the first hallway and the room (LGI) will be the first room on the left.

You will need to supply the following information:
Home and school E-mail Address, School Affiliation, complete school address, the PIAA District your school is part of, phone and fax numbers for your school, your cell phone, all of your contact information and your BOC Certification Number and NATA Member Number.

Feel free to bring along a Lange Skin Fold Caliper and a refractometer for practicing skin folds and specific gravity tests.

If you are attending you must contact Larry Cooper, MS, LAT, ATC before September 8, 2026 at: coopatc1@gmail.com

There will be no email confirmation sent, it is your responsibility to attend if you register. You will receive an email containing important documents the day before the course is being conducted.

There is a $20.00 fee (CASH ONLY) for current PATS members and $25.00 fee(CASH ONLY) for NON-PATS members for registration and training.

Weight Assessors Workshop

Sunday September 13, 2026 1:00 PM - 3:00 PM
Wilson High School
2601 Grandview Blvd
West Lawn, PA 19609

You will need to supply the following information:
Home and school E-mail Address, School Affiliation, complete school address, the PIAA District your school is part of, phone and fax numbers for your school, your cell phone, all of your contact information and your BOC Certification Number and NATA Member Number.

Feel free to bring along a Lange Skin Fold Caliper and a refractometer for practicing skin folds and specific gravity tests.

If you are attending you must contact John L. Moyer Jr., LAT, ATC before September 9, 2026 at: John L. Moyer Jr., ATC 484-256-5045 or jmoyeratc@gmail.com

There will be no email confirmation sent, it is your responsibility to attend if you register. You will receive an email containing important documents the day before the course is being conducted.

There is a $20.00 fee (CASH ONLY) for current PATS members and $25.00 fee(CASH ONLY) for NON-PATS members for registration and training.

ASSESSOR INSTRUCTIONS AND INFORMATION (AS PUBLISHED BY TRACKWRESTLING)

How do I log into a season? – Click here for a video on this topic.

1. Go to http://www.trackwrestling.com/seasons
2. Select your season and click the blue [Login] button
3. Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
4. Update your account information if prompted

How do I enter an Assessment? – Click here for a video on this topic.

NOTE 1 - Some of the steps in this process will vary slightly.

NOTE 2 - If you don't see a team you assess, you will need to contact the team admin for that team and have them assign you as the assessor for that team.

NOTE 3 - If you are adding an appeal, the process will be the same. The system will detect and identify the assessment as an appeal.

1. Log in with your username and password
2. If you are an assessor: click on the team you want to enter assessments for.
3. If you are adding to an existing transaction click on it and skip to step 5. Otherwise, click the [Add Transaction] button to create a new transaction.
4. Select your name from the assessors list, enter the hydration tester if prompted and select 'Live' for the transaction mode. Click the [Add] button to be taken to the transaction.
5. Click the [Add Assessment] button
6. Select the wrestler from the drop down menu. If the wrestler is not in the list and there is a [New] button available next to the drop box, then use the [New] button to add or import them to the roster. When creating a new wrestler you have the option of selecting gender. Otherwise wrestlers will need to be added from the 'Roster' page.
7. Check/edit the assessment date and answer the 'Passed Hydration' question or enter the 'Specific Gravity' value. Click the [Next] button.
8. Select a measurement type if prompted and click [Next].
9. Enter the measurement data and click the [Next] button. The data required on this page may vary.
10. Review the assessment results. You will not be able to view the wrestler's Minimum Wrestling Weight (MWW). That information will only be visible to the coach.
11. If you are entering assessments for another wrestler: Click the [Next Wrestler] button. If you are done adding assessments: Click the [Finish] button.

How do I commit a Transaction? – Click here for a video on this topic.

1. Once you have finished entering assessments you will need to commit the transaction. By committing a transaction, you are verifying that all the information is correct on each assessment. Once a transaction has been committed you will no longer be able to add or make changes to the assessments.
2. Click the Commit button and type commit to sign off on the assessments in the transaction.

APPEAL OF THE INITIAL ASSESSMENT

Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment at an approved appeal location. PIAA has approved appealing locations throughout the state to accommodate appeals of the initial assessment. A list of approved locations may be accessed on the PIAA website **www.piaa.org** and then selecting wrestling from the listing of sports. Those locations utilize one or more of the following methods in determining body fat percentage:

Hydrostatic Weighing Air Displacement Plethysmography (BodPod) Dexa Testing

Any student-athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment at an approved appeal location, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. **An appeal will be considered failed if the wrestler's weight loss is in excess of 1.5% per week, from the time of the initial assessment.** Pursuant to the foregoing, results obtained at the second assessment, whether failed or passed, shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted.

In order for the second assessment to proceed, the urine specific gravity testing shall be conducted at the appeal location, and the student-athlete must obtain a result of less than or equal to 1.025. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 19% for a female, the student must obtain an AME's consent to participate.

Upon completion of the appeal, the appeal location representatives will forward the completed paperwork to PIAA for approval with NWCA. A coach will see the results of that appeal, pass or fail, on their Alpha Master Roster in the NWCA OPC.

Clarification on Appeals: Appeals may take place any time prior to a wrestler's first competition. If a wrestler competes at an assessed weight prior to an appeal, that wrestler is accepting of the initial Minimum Wrestling Weight and assessment.

COACH / TEAM ADMIN INSTRUCTIONS AND INFORMATION (AS PUBLISHED BY TRACKWRESTLING)

How do I log into a season? – Click here for a video on this topic.

1. Go to http://www.trackwrestling.com/seasons
2. Select your season and click the blue [Login] button
3. Input your username/password, click the ">" button or hit the 'Enter' key on the keyboard
4. Update your account information if prompted

How does a team admin add a roster for a season team?

To import your roster from a previous season - click **here** for a video on this topic.

1. Click on 'Roster' in the grey top menu
2. Click on the [Import Roster] button
3. Select the season and team you wish to import from and then click the [Next] button
4. Place a check mark in the box next to any wrestlers you wish to import and then click [Import]
5. The imported wrestlers will then appear on your roster
6. To edit a wrestler's information, you can click on the name of the wrestler

To add team members manually - click **here** for a video on this topic.

1. Click on 'Roster' in the grey top menu
2. Click on the [Add Wrestler] button
3. Fill out the form with information about the wrestler you are adding
4. Click the [Add] button
5. The added wrestler will then appear on your roster
6. To edit a wrestler's information you can click on the name of the wrestler

NOTE: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

How do I edit my roster for a season team?

1. Click the ROSTER link in the grey top menu from your team page to see your roster
2. To edit a wrestler's information, you can click on the blue name of the wrestler
3. Make changes on the 'Edit Wrestler' page and select [Save Wrestler]

NOTE 1 - Some information can't be changed because of ties to the weight management system.

NOTE 2 - The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

How do I add an assessor to my team?

1. Click 'Users' from the grey top menu
2. Click 'Assessors' from the grey top menu
3. Click the [Assign Assessors] button
4. Select the assessor you wish to add from the drop-down menu and then click the [Add] button.

How do I add an event to my schedule?

To add a dual meet - click **here** for a video on this topic

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Single Dual Meet' as the event type, choose the competition level, then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed, then click [Next]
6. Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

NOTE 1 - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.

NOTE 2 - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.

To add an individual tournament or individual matches - click **here** for a video on this topic

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level, then click [Next]
4. Fill out the information on the Add Event page, then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed, then click [Next]
6. Click on the blue link for an event, then click 'Edit Event' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

To add a multi-dual or dual tournament - click **here** for a video on this topic

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Dual Tournament / Multi Dual' as event type, choose competition level, and click [Next]
4. Fill out the information on the Add Event page and click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed, then click [Next]
6. Click on the blue link for this event, then click 'Edit Event' if changes are necessary.
7. To add participating teams, click on the blue link for this event, then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team, then click [Next]
8. To add each of the duals to the event, click on the blue link for this event, then click 'Duals'. Click the [Add Dual] button, fill out the form, then click [Next].
9. Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.
10. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

How do I create a weigh-in form? – click here for a video on this topic

NOTE - Some of the steps in this process will vary slightly.

1. Click on the event you wish to create a weigh-in form for and then clock 'Weigh-Ins' OR click the blue scale icon next to the event
2. Click the [Add Weigh In] button
3. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add] **Note** - hold the CTRL or SHIFT button to select multiple wrestlers
4. Use the drop-downs in the 'Weight' column to change the weight class if necessary
5. Click the [Print] button to print the weigh in form to take to the weigh in. You can use CTRL + P to open a print dialogue

PLEASE NOTE: If the match is being contested with a consecutive day allowance (one or two pounds), you must select the consecutive day allowance in building your weigh-in form. This will recalculate all wrestlers' eligible weight class for that day's competition.

Effect of consecutive day allowance on descent plan: all wrestlers may utilize a one or two-pound consecutive weight allowance, where authorized, without negatively impacting their descent plans. All wrestlers actual weight at the time of weigh-in will have the weight allowance subtracted from their weight to determine their ongoing descent plan. A wrestler's weight will be recorded in the OPC as their actual weight minus the consecutive allowance, or their MWW, whichever is the higher of the two weights. A wrestler cannot use a consecutive weight allowance to speed up their descent plan.

It is the responsibility of each senior high head coach, or their designee, to record weigh-ins and results within 24-hours following the completion of the event. Schools will be prohibited from generating a pre-match weigh-in form for their next contest if the previous match information is not recorded. **NOTE:** To accommodate multiple-day events, no more than one (1) open weigh-in is permitted in order to print a subsequent weigh-in form.

Recording of Weights in Multiple Dual Events Versus Individual Events: Since a wrestler may compete at different weight classes in a two-day Multiple Dual Events, each weigh-in must be recorded for each wrestler. In individual tournaments where a wrestler is locked into a single weight class, only the first day of weigh-ins must be recorded for each wrestler.

How do I enter weigh-ins & commit a weigh-in form? - click here for a video on this topic

1. Click on the event you wish to enter weights for
2. Click 'Weigh-ins' in the top menu
3. Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. **Note** - there *may be* other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.
4. Use the [Save Form] button if you have to leave the page prior to committing the form
5. Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.
6. Click the [Print] button to print the weigh-in form. You can use CTRL + P to open a print dialogue

How do I view a weight loss plan? – click here for a video on this topic

1. Click on 'Roster' or 'Alpha Master' in the grey top menu
2. Click on the scale icon next to the wrestler's name
3. The weight loss plan will open in a new window

How do I enter results or stats after the match? – click here for a video on this topic

Note 1 - You can use these instructions whether you are entering results while online from a computer or mobile device. The Trackwrestling site recognizes what device you are on and will size accordingly.

Note 2 - The process for entering results and stats will be the same whether you are entering them as the matches take place or after the matches are done.

1. Click on the event you want to score on your schedule page
2. Select a starting weight for dual meets by using the drop-down menu for Starting Weight
3. Click on the weight class if scoring a dual meet. If you are scoring an individual tournament click the Add Match button to add a match.
4. Verify the participants or use the drop-downs to select a new wrestler and other match information
5. Select the winner and win type from the drop-down menu.
6. Enter the match score or fall/tech fall time.
7. Edit match end time if needed and then click Save.

You can go to your schedule page and click on the event you want to enter for. Just click on the weight class of the match you want to enter results for if you are only entering results. Or, click on 'Live Entry' and score your matches as you would do so live if you want to enter statistics as well.

CONTACT INFORMATION

TRACKWrestling

To submit a help desk ticket regarding the TrackWrestling platform, please use the appropriate link below:

New Season User Request: https://shorturl.at/QfOsD
Assessment / Weigh-in Correction: https://shorturl.at/jYQX5
All others (click "Contact Us" at the bottom): https://support.trackwrestling.com/

PIAA

For additional information or clarification on the PIAA Wrestling Weight Control Program, please contact:

Keenan M. Huss, PIAA Director of Operations
khuss@piaa.org
Ph. 717/697-0374

or

Alex J. Mykut, PIAA Director of Officiating Services
amykut@piaa.org
Ph. 717/697-0374

ADDITIONAL RESOURCES

2026-27 Appeal Locations

Please find below the list of approved PIAA appeal sites. Contact the appeal site directly to schedule your appointment. Appeal assessment fees vary by location but typically range from $75-$100+ per wrestler at each location. All costs associated with the appeal are the responsibility of the individual appealing the initial assessment. A representative of the school must accompany and supervise wrestlers at the appeal locations.

After the appeal is completed, please provide the results to your assessor for record-keeping purposes.

BOD POD SITES:

East Stroudsburg University
Koehler Fieldhouse
East Stroudsburg, PA 18033
Contact Person: Dr. Gerard D. Rozea
Contact E-Mail: grozea@esu.edu
Contact Phone: (570) 422-3065

Saint Francis University - DiSepio Institute for Rural Health & Wellness
Human Performance Lab
Loretto, PA 15940
Contact Person: Dr. Kristofer S. Wisniewski
Contact E-mail: hpl@francis.edu
Contact Phone: (814) 471-1132

West Chester University - HEAT Institute
855 South New Street,
West Chester, PA 19383
Contact Person: Dr. Sandra Fowkes Godek
Contact E-mail: SFowkesgodek@wcupa.edu
Contact Phone: (610) 436-2342

West Virginia University
Morgantown, WV 26506
Contact Person: Brett Rice
Contact Email: bhr0003@hsc.wvu.edu
Contact Phone: (304) 293-5497

HYDROSTATIC SITES:

East Stroudsburg University
Koehler Fieldhouse
East Stroudsburg, PA 18033
Contact Person: Dr. Gerard D. Rozea
Contact E-Mail: grozea@esu.edu
Contact Phone: (570) 422-3065

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

550 Gettysburg Road • P.O. Box 2008
Mechanicsburg, Pennsylvania 17055-0708
(800) 382-1392 • (717)697-0374
FAX (717) 697-7721
WEB SITE • www.piaa.org

PIAA Wrestling Weight Monitoring Program – Appeal
AIR DISPLACEMENT PLETHYSMOGRAPHY (BOD POD) REPORT FORM

A wrestler may choose to use air displacement plethysmography (ADP) utilizing the Bod Pod® Body Composition System to appeal their initial assessment and determine their body fat percentage. Results obtained during an appeal are final and cannot be appealed further.

Student to be Appealed: _____ Grade: _____

Student's School: _____

We, the undersigned, understand that the results of the ADP analysis will replace all previous assessments, cannot be appealed, cannot be modified by the Physicians Clearance form, or any other action, and will remain the reference for this student during the school year, and all costs incurred in the appeal assessment shall be the responsibility of those appealing the Initial Assessment.

Parent/Guardian Signature: _____ Date:_____

Coach Signature: _____ Date:_____

Administrator Signature: _____ Date:_____

The ADP (Bod Pod) analysis form on the second page shall be completed by the technician who performs the assessment. The technician shall sign the form and provide one copy to the student-athlete and one copy to the Keenan Huss, PIAA Director of Operations at KHuss@piaa.org or via fax at 717/697-7721.

PIAA will input the appeal information into the OPC system for the student-athlete. This form should remain on file at the school.

Any athlete who disagrees with the Initial Assessment may appeal the initial assessment results one time by having a second assessment at an approved appeal location, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. An appeal will be considered failed if the wrestler's weight loss is in excess of 1.5% per week, from the time of the initial assessment. Pursuant to the foregoing, any results obtained at the second assessment shall supersede the Initial Assessment and no further appeal by any party shall be permitted.

Prior to administering an appeal, urine specific gravity testing shall be conducted, and the athlete must obtain a result of less than or equal to 1.025 g/ml for the appeal assessment to proceed.

Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 19% for a female, the student must obtain an Authorized Medical Examiner's (AME) consent to participate. For all wrestlers, the minimum wrestling weight shall be certified to by an AME.

AIR DISPLACEMENT PLETHYSMOGRAPHY (BOD POD) REPORT FORM

(Page 2)

PLEASE NOTE:

- Subject shall be hydrated (urine specific gravity less than 1.025 g/ml) at time of analysis
- Subject must bring appropriate clothing to be tested (check with site for clothing needed)
- Results shall be sent to PIAA at the conclusion of testing
- Appeal assessments may only be done once. Appeal results are final.

STUDENT ATHLETE INFORMATION

Name: _____ Age (yrs): _____

School: _____ Grade: _____

Date of Initial Assessment: _____ Weight at Initial Assessment (lbs) :_____

TO BE COMPLETED ONLY BY THE APPEAL SITE EVALUATOR / TECHNICIAN / ASSESSOR.

Date of ADP Assessment: _____

Urine Specific Gravity Test:
(MUST BE LESS THAN 1.025 G/ML) ☐ PASS ☐ FAIL, NO ASSESSMENT

Body Weight at ADP Assessment: _____ lbs

Bod Pod is calibrated and Quality Control is within normal operating specifications: ☐ YES ☐ NO

Body Fat Percent: _____ % Lean Mass (lbs): _____ Fat Mass (lbs): _____

Evaluator: _____ Phone: _____

Appeal Location: _____

Location of Analysis: _____

_____ _____

Signature of Evaluator Date

The evaluator must sign the form and provide one copy to the student-athlete and one copy to the Keenan Huss, PIAA Director of Operations at KHuss@piaa.org or via fax at 717/697-7721.

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

550 Gettysburg Road • P.O. Box 2008
Mechanicsburg, Pennsylvania 17055-0708
(800) 382-1392 • (717)697-0374
FAX (717) 697-7721
WEB SITE • www.piaa.org

PIAA Wrestling Weight Monitoring Program – Appeal
HYDROSTATIC WEIGHING REPORT FORM

A wrestler may choose to be hydrostatically weighed to appeal their initial assessment and determine their body fat percentage. Results obtained during an appeal are final and cannot be appealed further.

Student to be Appealed: _____ Grade: _____

Student's School: _____

We, the undersigned, understand that the results of the hydrostatic weighing analysis will replace all previous assessments, cannot be appealed, cannot be modified by the Physicians Clearance form, or any other action, and will remain the reference for this student during the school year, and all costs incurred in the appeal assessment shall be the responsibility of those appealing the Initial Assessment.

Parent/Guardian Signature: _____ Date:_____

Coach Signature: _____ Date:_____

Administrator Signature: _____ Date:_____

The hydrostatic weighing analysis form on the second page shall be completed by the technician who performs the assessment. The technician shall sign the form and provide one copy to the student-athlete and one copy to the Keenan Huss, PIAA Director of Operations at KHuss@piaa.org or via fax at 717/697-7721.

PIAA will input the appeal information into the OPC system for the student-athlete. This form should remain on file at the school.

Any athlete who disagrees with the Initial Assessment may appeal the initial assessment results one time by having a second assessment at an approved appeal location, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. An appeal will be considered failed if the wrestler's weight loss is in excess of 1.5% per week, from the time of the initial assessment. Pursuant to the foregoing, any results obtained at the second assessment shall supersede the Initial Assessment and no further appeal by any party shall be permitted.

Prior to administering an appeal, urine specific gravity testing shall be conducted, and the athlete must obtain a result of less than or equal to 1.025 g/mL for the appeal assessment to proceed.

Where the Initial Assessment and/or a appeal Assessment establishes a percentage of body fat below 7% for a male or 19% for a female, the student must obtain an Authorized Medical Examiner's (AME) consent to participate. For all wrestlers, the minimum wrestling weight shall be certified to by an AME.

HYDROSTATIC WEIGHING REPORT FORM
(Page 2)

NOTE: subject must bring appropriate clothing to be tested (check with site for clothing needed)

STUDENT ATHLETE INFORMATION

Name: _____ Age (yrs): _____

School: _____ Grade: _____

Date of Initial Assessment: _____ Weight at Initial Assessment (lbs) :_____

TO BE COMPLETED ONLY BY THE APPEAL SITE EVALUATOR / TECHNICIAN / ASSESSOR.

Date of Hydrostatic Weighing Assessment: _____

Urine Specific Gravity Test:
(MUST BE LESS THAN 1.025 G/ML) ☐ PASS ☐ FAIL, NO ASSESSMENT

[ ] lbs ÷ 2.2 = [ ] kg x 1000 = [ ] grams

Weight at Appeal

Estimated Vital Capacity:

a)_____ ml b)_____ ml c)_____ ml → Peak [ ] ml

Temperature (Centigrade) H_2O _____ Density H_2O _____

Residual Volume: Male (VC x .24) = _____ ml Female (VC x .28) = _____ ml

Water Weight: Repeat the measurement process to achieve:

1. Progressively heavier weight
2. Progressively less scale deviation
3. Increasing subject discomfort
4. > 50 grams scale deviation

Measure 10 record heavier 6

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

[ ] – [ ] = [ ]

Peak Value of 1-6 above | Apparatus Value | Water Weight

$$Bd = \frac{Wa}{((Wa-Ww) / DW) – (RV + 100))} =$$ [ ] Body Density → BF% = (457 / Bd) – 414.2 = [ ] Body Fat %

_____ _____

Signature of Evaluator | Date

Notes:
VC = Vital Capacity
RV = Residual Volume
Ww = Weight under water
DW = Density of Water
Bd = Body Density
Kg = Kilogram
Wa = Weight in grams
ml = Milliliter

The evaluator must sign the form and provide one copy to the student-athlete and one copy to the Keenan Huss, PIAA Director of Operations at KHuss@piaa.org or via fax at 717/697-7721.

Section 9: CIPPE Minimum Wrestling Weight

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner (AME) and (2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 5, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 19%* for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

Student's Name _____ Age_____ Grade_____

Enrolled in _____ School

INITIAL ASSESSMENT

I hereby certify that I have conducted an Initial Assessment of the herein named student consistent with the NWCA OPC, and have determined as follows:

Urine Specific Gravity/Body Weight _____/_____ Percentage of Body Fat _____ MWW _____

Assessor's Name (print/type)_____Assessor's I.D. #_____

Assessor's Signature_____Date_____/_____/_____

CERTIFICATION

Consistent with the instructions set forth above and the Initial Assessment, I have determined that the herein named student is certified to wrestle at the MWW of _____ during the 20____ - 20____ wresting season.

AME's Name (print/type) _____ License #_____

Address_____ Phone ( )_____

AME's Signature _____MD, DO, PAC, CRNP, or SNP (circle one) Date of Certification ___/___/___

For an appeal of the Initial Assessment, see NOTE 2.

NOTES:

1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.

2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.

***Revised 7/30/2026**

(KEY: MWW=minimum wrestling weight; MWC=minimum weight class;
CIPPE=comprehensive Initial Pre-Participation Physical Evaluation)

The following questions and answers regarding the PIAA weight control program are provided for the distribution of accurate and factual information in conjunction with the National Wrestling Coaches Association's (NWCA) weight control program and the use of the NWCA Optimal Performance Calculator.

NWCA OPC FAQs – Administrators

Q. Is there a charge for a school to utilize the NWCA Optimal Performance Calculator?

A. Yes. There is a charge payable to NWCA per senior high and junior high/middle school team. Access codes will become activated upon payment of the fee. Payments must be in the form of a credit card.

Team	Cost for OPC
Senior High Boys	$75
Senior High Girls	$25
Jr. High / Middle School Boys	$25
Jr. High / Middle School Girls	$25

Q. What happens if a school does not pay their fee?

A. The corresponding codes to access the information in the Optimal Performance Calculator will not be activated until their fee has been paid to NWCA.

Q. Do athletic directors need separate codes from the head coach?

A. No. Athletic directors may use the same code as the one issued to the head coach. However, athletic directors may request their own administrative account through Trackwrestling

Q. When can the initial assessment for wrestlers be performed?

A. Initial assessments may be completed anytime, on or after Friday, October 23, 2026 (six weeks prior to the first legal Contest date for wrestling – Friday, December 4, 2026). All assessments are to be completed and submitted into the OPC by Monday, November 30, 2026 (Monday preceding the first Contest Date).

Q. If a school does not have a trained assessor to perform the hydration testing and body fat determination. What can the school do?

A. On the PATS website, www.gopats.org there is a list of all trained assessors in Pennsylvania. A school must contact one of these individuals to perform and submit the proper assessments for wrestlers by the Monday, November 30, 2026 deadline.

Q. Is a student-athlete allowed to come out for wrestling after the first contest date?

A. Yes. However, any student-athlete who comes out for wrestling after the first Regular Season Contest date (Friday, December 4, 2026) cannot participate (Practice or Contests), but may be assessed, until they have completed the Comprehensive Initial Pre-Participation Physical Evaluation or recertification, as applicable. They will have 14 days to complete an initial assessment and appeal, if desired, but shall occur prior to their participation in a Contest.

Q. Will wrestlers receive a code to access the NWCA Optimal performance Calculator?

A. Yes. Each coach will be able to print out a team roster with unique codes for each wrestler to view the NWCA Optimal Performance Calculator and nutrition component of the program. Wrestlers will not be able to enter or change any data submitted to the NWCA Performance Calculator.

Q. What happens if a wrestler fails the hydration test?

A. If a student-athlete fails the hydration test, no further testing or participation in a Contest is permitted that day. The student-athlete must wait at least 24 hours before retaking the hydration test.

Q. Is there an appeal process for the athlete to move below the initially assessed skinfold measurement?

A. Yes. A coach, athlete, or their parents, may request an appeal of the initial assessment. However, this appeal must be done at a PIAA approved appeal site and must be completed before the first legal contest date of the regular wrestling season (Friday, December 4, 2026). Appeals may only be performed using Air Displacement Plethysmyography (Bod Pod), Hydrostatic Weighing, or Dexa Testing. All costs associated with appealing are the responsibility of those who are appealing the initial assessment. Costs may vary site to site and may range anywhere from $75 to a few hundred dollars. **Clarification on Appeals:** Appeals may take place any time prior to a wrestler's first competition, which may fall after the Friday, December 4, 2026 deadline. Once a wrestler competes at an assessed weight, that wrestler is accepting of the initial Minimum Wrestling Weight and assessment, thus they are no longer permitted to appeal. The deadline of Friday, December 4, 2026 is intended to permit an appeal, without the wrestler needing to miss competition.

Q. What is the deadline for completing an appeal after the initial assessment?

A. The initial assessment may be done anytime on or after Friday, October 23, 2026 (six weeks prior to first scheduled Contest date), but no later than Monday, November 30, 2026 (Monday preceding the first Contest Date). An appeal can be made after the initial assessment and prior to the first legal Contest date of the wrestling season (Friday, December 4, 2026). **The appeal must be made at a weight no lighter than 1.5% total weight loss per week, from the date of the initial assessment.** (Please see the Clarification on Appeals above).

Q. Where are the PIAA approved assessment sites for an appeal?

A. A complete listing of the PIAA authorized assessment sites will be posted upon the NWCA performance calculator website, on page 13 of the Weight Control Manual, and also on the PIAA website www.piaa.org (Note: The results of an appeal are binding so long as the appeal was performed consistent with the wrestler's descent plan).

Q. Does the state allow a second appeal to a BodPod, underwater weighing or dexa testing?

A. No. Only one appeal of the initial assessment is permitted. The results of the appeal are binding (see Note above).

Q. What is the amount of weight an athlete is allowed to lose from the time of the initial assessment and the appeal? Example=some states allow athletes to lose 2% of their alpha weight no matter if it was 1 day or 14 days so it becomes one flat rate that is determined by 2% of the alpha weight. Many other states limit the athletes to losing no more than 1.5% of their alpha weight per week. If they do they appeal in four days it becomes the following: Alpha Weight X 1.5%/7 X Number of days.

A. PIAA will allow no more than 1.5 % weight loss of their Alpha weight per week.

Q. Does the athlete require a physician's clearance if they are below 7% (males) or 19% (females) body fat?

A. Yes.

Q. What is the locked date deadline for when a wrestler must reach their MWW?

A. *Friday, February 19, 2026*. This is the Friday after the PIAA Team Wrestling Championships.

NWCA OPC FAQs – Coaches

Q. Should schools provide their opponents with an eligibility list for their team members?

A. Yes. The weight assessment program does not change the responsibility of each schools' athletic administration to provide opponent schools with a current eligibility list of those athletes who are eligible to participate and represent each member school. The list is to be posted on the PIAA website utilizing the PIAA-provided school access code.

Q. How will coaches receive their codes to submit their schedule and results?

A. Coaches will be e-mailed their codes as established by NWCA and PIAA directly from NWCA following on-line registration and payment.

Q. Can coaches submit the hydration and skinfold information to the NWCA Performance Calculator?

A. No. Coaches will have read only access to the assessment data. However, they will have the ability to enter the results of their matches and individual bout results.

Q. Must a coach use the NWCA Performance Calculator weigh-in sheet for all of their weigh-ins?

A. Yes. Coaches or their designee (athletic director or school assessor) must print out a weigh-in sheet for every weigh-in their school participates in for the 2026-27 PIAA Wrestling Season for varsity, junior varsity or junior high/middle school participation. It is recommended each school present minimally two copies of their weigh-in sheet at weigh-ins, one for themselves and one for their opponents. In events of multiple schools, multiple copies of this sheet must be made available for each opponent. The Tournament administration may assist in this process following weigh-ins.

Q. What if a coach shows up to a match without a weigh-in sheet?

A. No wrestling may occur until the team can produce an NWCA Performance Calculator weigh-in sheet. Possibly they could access this from the opponent school's computer system. A school cannot deny an opponent or visiting schools from using their computer system to access the NWCA Performance Calculator, if they so request.

Q. Who's responsible for entering the results of events (duals, invitationals, multiple dual events, etc.)?

A. Each member school is required to submit their results and weigh-in information no later than 24 hours after the conclusion of an event. **NOTE: Recording of Weights in Multiple Dual Events Versus Individual Events:** Since a wrestler may compete at different weight classes in a two-day Multiple Dual Event, each weigh-in must be recorded for each wrestler. In individual tournaments where a wrestler is locked into a single weight class, only the first day of weigh-ins must be recorded for each wrestler.

Q. What is the timeline for entering scheduled event results and weights?

A. Results and weigh-in information must be entered no later than 24 hours after the conclusion of an event. Coaches will be able to submit the appropriate stripped weight the wrestler makes at weigh-ins for any event. They must keep a copy of the actual weigh-in sheets for verification in case of any disputes. District wrestling committee chairman may request this original document to solve any disputes if such arises.

NWCA OPC FAQs – Assessments

Q. What is the first date on which assessments may be conducted?

A. Friday, October 23, 2026. Six weeks prior to the first Contest day of the wrestling regular season.

Q. What is the deadline for the completion of all assessments?

A. Monday, November 30, 2026, the Monday preceding the first Contest day of the regular season. Wrestlers must have a pre-participation physical evaluation or recertification, if applicable, prior to their participation in practice or contests.

Q. Does PIAA give any type of variance to the weight loss plan? Example: Some states allow any wrestler who is within .49 lbs of a weight class (as determined by their individual weight loss plan) to be eligible for the lower weight class. So, if the "wt. loss plan" for a wrestler indicates 135.4 lbs for a December 12 weigh-in date, the athlete is eligible for 135.

A. No. The actual weight will determine the corresponding weight class.

Q. Will a variance be applied to athletes who are below 7% (males) and 19% (females) body fat?

A. No.

Q. What method (Lange skinfold caliper, bio-impedance, bodpod hydro) is used to Administer the assessments? Does the state use more than one method?

A. Body fat assessments are to be performed by Pennsylvania Athletic Trainer's Society (PATS) trained assessors. They will be using the Lange skinfold caliper to determine the percent body fat of each wrestler to establish their minimum weight class for participation in the 2026-27 PIAA wrestling season. Hydration testing will be done first by using a Refractometer. This test will be to determine hydration only and not as a diagnosis. A wrestler must pass the hydration test before body fat assessment is completed. Wrestlers will have their skin fold assessment performed once.

Q. Does the initial assessor have to perform the measurement of specific gravity for the appeal or can measurement be performed by any certified assessor at the appeal site?

A. Initial assessors may be required to attend the appeal site if the appeal site does not have ability to measure urine specific gravity.

Q. If a wrestler's MWW falls within the 2-lb growth allowance, may the wrestler wrestle at that lower weight class?

A. Yes. Wrestlers may wrestle in any weight class their MWW makes them eligible for on any given day during the regular season.

Q. Who can be trained as an assessor?

A. Persons eligible to be trained are Authorized Medical Examiners (licensed physician of medicine or osteopathic medicine, a physician assistant certified, a certified registered nursed practitioner, or a school nurse practitioner) certified athletic trainers, school nurses, or a member school sport medicine staff designee as determined by the school's physician with the concurrence of the school principal. These individuals may be allied healthcare professionals who may include physical therapists, emergency medical technicians, exercise physiologists and the like.

Q. Are schools' physicians allowed to perform the skinfold measurements?

A. Schools physicians, if trained by the master assessors, are allowed to perform skinfold assessments. However, they may not perform this assessment without being trained by PATS. Schools' physicians are encouraged to become trained assessors through the PATS training program.

Q. Who does the training of assessors?

A. The Pennsylvania Athletic Trainers Society (PATS) Master Assessors. Master Assessors are those individuals responsible for the training of assessors in the use and techniques of the Lange Skinfold Caliper, which is the only instrument to be used in determining body fat percentage for PIAA member school participating wrestlers. Additionally, the master assessors will train the candidates in the proper process to submit information regarding their athletes to the NWCA Optimal Performance Calculator. The Western PA Master Assessor is Mr. Larry Cooper, ATC, and the Eastern PA Master Assessor is Mr. John Moyer, ATC.

Q. Do assessors need to renew their training annually?

A. Assessors may be provided with information from NWCA to re-visit the process of entering data into the web-based NWCA Optimal Performance Calculator, but they will not need to re-train for using the Lange skinfold calipers. Information for entering data for assessors will be sent directly from NWCA if any changes to the system occur.

Q. How will assessor be assigned and receive their codes for inserting data into the NWCA Optimal Performance Calculator?

A. NWCA staff will assign and directly send to all assessors their respective codes. These codes are case sensitive and will be distributed from NWCA.

Q. What may an assessor use to measure the athlete's hydration?

A. A trained assessor may only use an optical or digital refractometer. This test will only be used to determine hydration and not as a diagnosis tool. Assessors may not use hydration strips of any type to determine an athlete's hydration.

Q. What does an assessor do after they perform the hydration testing?

A. If a wrestler passes the hydration testing part of this weight assessment, then the assessor may perform the skinfold measurements to determine lean body mass and the resultant minimum weight. The assessor must then place the measurements into the NWCA OPC to determine a wrestler's minimum wrestling weight.

NWCA OPC FAQs – PIAA Districts & Administration

Q. Will each district wrestling chairman receive a code for their use?

A. Yes. Each respective PIAA district wrestling chairman will receive an NWCA assigned code for their use to view schools submitted information.

Q. If a student transfers schools after having their weight class certified, do they have to re-certify?

A. No. The information that has already been submitted may be transferred to the new school via the NWCA website upon authorization from PIAA.

Q. Does PIAA have any other special requests?

A. PIAA will monitor weights by District. This will occur by providing each district wrestling chairman with the school codes for all wrestling schools in their district. Each district wrestling chairman will be responsible for the compliance in this process of their own schools. It should be noted that it is desirable to have all wrestlers (including those playing fall sports) be assessed as early as possible to assist in setting their descent timetable. If a wrestler waits to assess at a later date, it may make it too difficult to descend to their target minimum weight (weight class).

Q. Who in the PIAA office will be responsible for administering the program which includes the following:

- Testing of the program
- Oversight of all assessor and school codes
- Setting the parameters and language for all forms
- Contact person for the NWCA for the problems

A. Mr. Keenan M. Huss, Director of Operations or Mr. Alex J. Mykut, Director of Officiating Services

2026 – 27 PIAA WRESTLING TIMELINE

DATE	EVENT
Sept. 12, 2026	Weight Assessors Workshop – Western PA
Sept. 13, 2026	Weight Assessors Workshop – Eastern PA
Sept. – Oct. 2026	TrackWrestling access code / link is distributed for the season
Oct. 23, 2026	Initial assessments for MWW open
Nov. 20, 2026	First Practice date
Nov. 28, 2026	First Inter-School Practice or Scrimmage date
Nov. 30, 2026	**DEADLINES:** -Submission of complete varsity wrestling schedule into OPC -Submission, by assessors, of wrestler's assessments into OPC
Dec. 4, 2026	First regular season Contest date
Dec. 25, 2026	Two (2)-pound growth allowance for Jr. High & Senior High wrestlers
Jan. 15, 2027	**DEADLINE:** Submission of additional Senior High wrestlers to OPC*
Feb. 6, 2027	**DEADLINE:** District Team Wrestling Championships
Feb. 9, 2027	***CHAMPIONSHIP*:** Team – Prelim. & First Round Contests @ Host Sites
Feb. 12, 2027	**DEADLINE:** Submission of delinquent hydration test to District Chairperson
Feb. 12-13, 2027	***CHAMPIONSHIP*:** Team Championships @ 1st Summit Arena, Johnstown
Feb. 19, 2027	**DEADLINE:** MWW locked for Senior High wrestlers for Individual Tournament
Feb. 27, 2027	-Last regular season Contest date **DEADLINE:** Individual District Championships
Mar. 6, 2027	**DEADLINE:** Individual Region Championships
Mar. 11-13, 2027	***CHAMPIONSHIP*:** Individual Championships at GIANT Center, Hershey
TBA	Wrestling Committee annual meeting

Acronyms to know:

1. OPC – Optimal Performance Calculator
2. MWW – Minimum Wrestling Weight
3. NWCA – National Wrestling Coaches Association

Notes:

* – Senior High wrestlers may be added to the OPC after the deadline but requires approval from your District Chairperson. Additionally, a ticket must be submitted to Track Wrestling. Junior High wrestlers may be added to the OPC at any time during the season and do not require approval.

-In compliance with Article VI, Section 7, C. of the PIAA Bylaws, all requests for waivers of postseason ineligibility to be considered must be submitted no later than thirty (30) days prior to the beginning of a PIAA District's postseason tournament for the sport in question, no exceptions. PIAA Districts may expand this time requirement to an earlier time. Appeals of District Committee decisions must be made to the Executive Director no later than fifteen (15) days prior to the start of the District Tournament.