



Hawaii High School Athletic Association

P.O. BOX 62029 • HONOLULU, HAWAII 96839 •
PHONE: (808) 800-4092 • FAX: (808) 800-4095
• www.sportsHIgh.com •

October 20, 2017

Dear Hawaii High School Wrestling Parents:

For the seventeenth consecutive year, the Hawaii High School Athletic Association (“HHSAA”) is implementing the HAWAII WRESTLING WEIGHT MONITORING PROGRAM (“Program”) to further insure the health, safety, and welfare of our high school wrestlers, as well as to insure compliance with the National Federation of State High School Association’s weight monitoring regulations, which govern high school wrestling across the country.

The Program, which is based upon successfully-implemented wrestling weight monitoring programs on the mainland, has been developed in response to the nationwide concern for high school wrestlers making decisions about their diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly in order to gain a perceived competitive advantage. Thus, the Program has been designed to assist in avoiding potentially harmful rapid weight reduction practices that may be utilized to achieve participation in a particular weight class.

The Program’s educational component, which will include sessions for both the coaches and the wrestlers, will emphasize safe training methods and discuss dieting, nutrition, and weight control concerns.

To determine a wrestler’s minimum wrestling weight, the following will be administered to each wrestler: (1) A specific gravity test, which involves a urine sample analysis to determine the wrestler’s hydration level¹; and (2) A skin-fold test to measure the wrestler’s body fat percentage. Pursuant to the Program, male wrestlers are limited to a 7% body fat minimum, while female wrestlers are limited to a 12% body fat minimum.

To continue to improve the health and safety of our high school wrestlers, the HHSAA Sports Medicine Advisory Committee will be conducting a study to determine if the current skin-fold measurements or the new Ultrasound Body Metrix system and/or Tanita bioelectrical impedance machines are safer and reliable to determining minimum wrestling weights. Parent and student-athletes wishing to participate in this study must sign the attached consent forms.

In sum, the Program is intended to further insure the health and safety of your child, which is of paramount importance to us. Should you have any questions about the Program, I encourage you to speak to your child’s wrestling coach or athletic trainer.

Thank you.

Sincerely,

Christopher Chun
HHSAA Executive Director

¹The specific gravity test being used can only determine a wrestler’s hydration level, and is not intended (nor is it even possible) to test for anything else.



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HHSAA WRESTLING WEIGHT MONITORING STUDY

Parent Consent Form and Student-Athlete Assent Form to Participate in Wrestling Weight Monitoring Study

You and your student athlete are being asked to volunteer to participate in a research study conducted through the University of Hawaii and the HHSAA. The purpose of the study to determine the validity and reliability of Ultrasound Body Metrix and Tanita Bioelectrical Impedance Analysis (BIA) to skin folder measurements conducted by our certified athletic trainers.

The Ultrasound Body Metrix test involves using the same skin fold sites as the ones used with skin fold caliper assessments. An ultrasound is applied to each skin fold site and a measurement is taken by an ultrasound signal that travels through the tissues and then records the reflected signal.

The Tanita BIA is administered by stepping on to a scale which measures a small electrical current from one foot to the other foot. These procedures are painless and safe.

All research information about you or your student will be held confidential to the extent allowed by state and federal law.

Your personal information will not be given to anyone without your written permission. A code, which will be known only to research personnel, will be used instead of your student's name on all records in this study. Research records that may be identifiable to you will be kept in a secure locked file in the Department of Kinesiology & Rehabilitation Science at the University of Hawaii at Manoa.

PARENT/GUARDIAN CONSENT

I hereby give my consent for _____ (child's name) to participate in the Hawaii High School Athletic Association's (HHSAA) Wrestling Weight Monitoring Study ("Study"). I understand that the measurements will only be used to determine his/her safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agent, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Study.

Parent/Guardian Signature

Date

STUDENT-ATHLETE ASSENT

I, _____ (student-athlete's name), agree to participate in the Hawaii High School Athletic Association (HHSAA) Wrestling Weight Monitoring Study ("Study"). I understand that the measurements will only be used to determine my safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agents, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Study.

Student-Athlete Signature

Date



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HHSAA WRESTLING WEIGHT MONITORING PROGRAM

Parent and Student-Athlete Consent Form to Allow Specific Gravity Testing

About the test:

In order to determine a safe/healthy weight at which a wrestler can wrestle, the wrestler's specific gravity (hydration level) must be tested. To determine a wrestler's specific gravity, a urine sample from the wrestler must be tested. Only the wrestler's specific gravity will be measured from the urine sample and, upon the test's completion, the wrestler's urine sample will be promptly disposed. A certified tester (usually the wrestler's high school athletic trainer) will perform this specific gravity test, which takes less than five minutes to complete.

PARENT/GUARDIAN CONSENT

I hereby give my consent for _____ (child's name) to participate in the Hawaii High School Athletic Association's (HHSAA) Wrestling Weight Monitoring Program ("Program"), including undergoing a urinalysis test to measure his/her specific gravity. I understand that the measurements will only be used to determine his/her safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agent, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

Parent/Guardian Signature

Date

STUDENT-ATHLETE CONSENT

I, _____ (student-athlete's name), agree to participate in the Hawaii High School Athletic Association (HHSAA) Wrestling Weight Monitoring Program ("Program"), including undergoing a urinalysis test to measure my specific gravity. I understand that the measurements will only be used to determine my safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agents, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

Student-Athlete Signature

Date