

Wrestling Coaches and Athletic Directors,

Welcome to the 2021-22 UIL Wrestling season! Please read below for important information concerning the upcoming season.

Weight Certification Information:

- In accordance with the National Federation of State High School Associations Wrestling Rule Book, rule 1-5-2-

“Each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025...a body fat assessment no lower than seven percent for males and twelve percent for females...and a monitored weekly weight loss plan not to exceed 1.5 percent a week”.
- The UIL will utilize a weight certification program for varsity wrestlers based on the NFHS rule cited above. **A 2% variance will be applied to each student’s Minimum Wrestling Weight as calculated by TrackWrestling.** For sub-varsity wrestling participants, the previous weight control program will remain in effect.

Additional Wrestling Information for the 2021-22 school year:

- Wrestling manual and checklist are available on the UIL website (<http://www.uiltexas.org/wrestling/manual>)
- Deadline for all skin fold measuring and minimum weight certification, including appeals, is two weeks prior to the district certification deadline (February 5, 2022).
- All payments for assessments must be made at the time of the assessment. Athletes will not be assessed until payment has been made.

- All skin fold measurements shall be made on bare skin. Skin fold measurements shall not be taken over or through the singlet or clothing the wrestler is wearing.

- A maximum weight loss of 1.5% of a wrestler's alpha body weight per week has been established and will be enforced between the initial assessment and any appeal assessment. Requests for appeals must be submitted to the UIL within **7 days** of the initial appeal. Any appeal assessment must be conducted within **21 days** of the initial assessment.

TrackWrestling Information:

1. All wrestling coaches must log in to TrackWrestling prior to their first event. Login information will be sent prior to September 1st. If you do not receive your login information, please contact Crystal Victorino (cvictorino@uiltexas.org).
2. Wrestling coaches must bring a copy of the Alpha Master Report form for their team to each contest, meet or tournament and must file a copy with their District Executive Committee Chairperson. Additionally, coaches shall carry each wrestler's individual weight loss plan with them to all contests.
3. Optimal Performance Calculator—For the 2021-22 season, each school in Texas that has a wrestling program will need to pay the access fee to utilize the OPC system. The fee is \$30 for the first season (boys or girls) and \$10 for the additional season. The fee can be paid online on TrackWrestling, the company that hosts the OPC system.
<https://www.trackwrestling.com/tw/seasons/PayWithCC.jsp>
4. Instructions for the Optimal Performance Calculator are available online at:
<https://www.trackwrestling.com/tw/FAQPlan.jsp?planId=139044009>
5. Additional information about the weight certification program is available on the wrestling page of the UIL website: <http://www.uiltexas.org/wrestling/rules-guidelines>

Any questions or requests for additional information on this program should be directed to AJ Martinez or Crystal Victorino at the UIL office.

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Phone: (512) 232-4140

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Thank you,

Susan Elza, Ed.D.

UIL Director of Athletics