



WRESTLING WEIGHT CERTIFICATION OPTIONS/APPEALS

Two Ways to Certify

A wrestler may have his or her minimum weight class certified by one of two sources: MCPS or Maryland Orthopedic Specialists (MOS). No other sources will be accepted. Information regarding MOS is given at the bottom of the page.

MCPS Offers Two Weight Certification Opportunities

MCPS will offer/sponsor two opportunities for weight certifications: November 6 and December 4, both at Clarksburg High School. Both are free. Most wrestlers will have their weight certified on November 6. The December 4 certification is intended exclusively for the following wrestlers:

- Those who failed the hydration test on November 6.
- Those who missed the November 6 certification. Note: Wrestlers who had their minimum weight certified on November 6 may not attempt to certify at a lower weight class on December 4.

Appeals and Independent Testing

Appeals may be requested under the following circumstances. The parent is responsible for paying the cost for an appeal, and all appeals must occur before the wrestler's first competition.

- The attending physician at the MCPS-sponsored weight certifications on November 6 and December 4 may "round down" to the lower of two weight classes if the wrestler's projected weight at a 7% level of body fat (12% for females) is within two-percent (2%) of the lower weight class. If the wrestler's projected weight is within 2% of a lower weight class but the attending physician does not elect to round down, the parent may have the wrestler's family physician approve a maximum of a 2% "round down".
- Wrestlers may appeal the results of the MCPS-sponsored body fat assessment/weight certification and have a new test completed. Appeals must be coordinated through MOS which uses the Tanita TBF-300WA (same instrument used to certify MCPS wrestlers on November 6 and December 4). Otherwise, an appeal must be based on use of a DEXA Scan or Hydrostatic Weighing. There is no "rounding down" on appeals or tests conducted through MOS. MOS will forward the results of the test to MCPS.
- If a wrestler is below a 7% (12% for females) level of body fat, there will be no "rounding down" allowance and the wrestler must obtain a note from his or her family physician stating that the wrestler is naturally below a 7% level of body fat.

Maryland Orthopedic Specialists (MOS)

- Parents/wrestlers must contact Mr. Randy Rocha in advance for an appointment via email: (randyrocha.lac@gmail.com).
- Cost will be \$25 for the Tanita test. Mr. Rocha can assist with any other inquiries about body fat measurements.
- MOS will conduct appointments at local schools and at satellite locations on Saturdays (a physician's signature is required for certification).
- MOS will assess the wrestler's hydration level, and if sufficiently hydrated, the wrestler will qualify for a body fat assessment.
- There is no "rounding down" at MOS.
- MOS will fax the results of the test to the MCPS Athletics Unit.