



Oregon School Activities Association  
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September 12, 2018

To: Athletic Directors and Head Wrestling Coaches  
From: Brad Garrett, Assistant Executive Director  
Subject: 2018-19 Wrestling Pre-Season Announcements and Reminders

Thank you for taking a few moments to review the following informational items with your Wrestling staff prior to the start of the season.

1. **2019 Wrestling State Championships**

The OSAA Executive Board has approved experimenting with a “banded” schedule during the 2019 Championships. The OSAA Wrestling Tournament Committee will review the proposed schedule at their annual Fall meeting and will distribute to schools when finalized. An example of how the banded schedule will look can be downloaded at the following link – <http://www.osaa.org/docs/wre/bandedexample.pdf>.

2. **2018-19 Weigh-in Procedures – Body Fat Assessments and Competition**

An increasing number of dual meets and tournaments involve female and transgender competitors. A significant number of these events do not have an appropriate health care professional or official to supervise weigh-ins. Therefore, for weigh-ins and skin checks to occur, the host school is forced to utilize a parent, teacher, or administrator to conduct the weigh-ins and skin checks for female and transgender wrestlers. This practice is often contrary to current NFHS rules, but necessary for the competition to take place. In many cases these individuals are not familiar with communicable skin conditions and what to look for during weigh-ins and skin checks.

Beginning this year, the following policy will be in effect for all wrestlers at member schools for body fat assessment and regular/post season weigh-ins:

All contestants shall weigh in wearing a **legal competition uniform, without modifications, and without shoes and ear guards**, suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts.

This change will allow all wrestler, regardless of gender identification, to weigh-in together in any space capable of supporting the number of wrestlers at the event.

3. **Girls Wrestling Modifications**

Girls weight classes will be expanded from 10 to 14 starting this year. The new weight classes are as follows:  
100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235.

All schools sponsoring Girls Wrestling will be placed in two Special Districts for post season qualifying. The Special Districts will be drawn in early December after certification data is available. The goal will be to balance the number of wrestlers in each Special District.

#### 4. **BIA Assessment Scale Options**

The TBF300WA scales schools currently use to assess body fat percentage have been discontinued by Tanita. Schools should consider replacing these units as soon as possible to avoid potential issues with servicing the units moving forward.

The OSAA Sports Medicine Advisory Committee has approved an additional scale option for body fat assessments within the Oregon Wrestling Weight Monitoring Program. The InBody 120 can be utilized to determine body fat percentage this season.

OSAA member schools have two approved options when considering purchasing a replacement scale. Both options are outlined below, and contact information is included in the case you are interested in upgrading now.

##### **Tanita TBF300WAplus Bundle**

The Tanita TBF-300WAplus is recommended by the NWCA for consideration when wrestling programs are reviewing their weight management practices for wrestlers. Included is our WB-800ASplus Digital Beam W/BMI “Certified Legal for Trade” scale for review if you need weight only scales as well.

The special Bundle Promotional Price on these 2 units is \$1,699.99. (Retail price is over \$2,500.00). Contact is Michael Miller ([mmiller@tanita.com](mailto:mmiller@tanita.com)) – (O) 425.222.7873 and (C) 847.668.5820

More information can be found at <http://www.osaa.org/docs/wre/tanitaoffer.pdf>.

##### **InBody 120 Trade-in Offer**

Do you measure body composition in your athletes? InBody is recommended by NWCA along with key influencers in the wrestling world like Dr. Allan Utter because studies prove that InBody is more accurate than any other provider of body composition. InBody uses advanced Bioelectrical Impedance Analysis (BIA) technology to provide you with an accurate assessment of muscle, fat, and water. Pricing Outline for your program:

InBody120 Package – (Retail price is \$2,500.00) - Exclusive NWCA Pricing is now \$1,500.00

Includes: InBody120, InBody120 Stand, InBody Thermal Printer, 2 Year Warranty

**Bonus: Trade in your Tanita and get an extra \$500.00 towards your InBody Purchase**

**You only pay \$1,000.00 with your Tanita Trade in!**

InBody contact is Calvin Lee ([Calvin.Lee@inbody.com](mailto:Calvin.Lee@inbody.com)) - North America Sales Manager - Direct 562.741.3987

More information can be found at

<https://docs.google.com/forms/d/e/1FAIpQLSfBcNXHh8VefgQlBEeo7rKvKtS703oUBTbTthZuXqdyHH6PRg/viewform>.

#### 5. **Initial BIA Assessors Workshop**

Any person who wishes to assess wrestlers minimum wrestling weight will need to complete an online assessor profile form and attend an initial training workshop on Sunday, October 14 from 9am-1pm at the OSAA Office in Wilsonville.

Registration information is available at the link below –

<https://docs.google.com/forms/d/e/1FAIpQLSfSffE6j0a7tEX6A7zFlncbqJTzkWf8v2jPFldat5J7gG4Nag/viewform>.