

Trackwrestling and NDHSAA Regulatory Protocols

1. Trackwrestling Test Weight Feature

The "Test Weight" functionality allows coaches to project the impact of specific weigh-ins on an athlete's mandated descent plan. To ensure accuracy, the correct **allowance type** must be selected:

- **Weight Allowance:** A universal increase in weight limit granted to all competitors in a dual or tournament when a participating school competed the previous day.
- **Consecutive Day Weigh-in:** A specific allowance applied to an individual athlete who has personally competed on consecutive days.
 - **Implementation Note:** When utilizing the testing feature for a specific wrestler who has competed back-to-back, ensure the "Consecutive Day Weigh-in" toggle is utilized rather than the weight allowance.

2. Descent Plan vs. Weight Allowance

It is critical to distinguish between these two independent regulatory entities:

- **Weight Allowance:** A temporary, event-specific increase in the competition limit.
- **Descent Plan:** A medically supervised, time-restricted weight loss schedule tailored to the individual athlete.
 - **Recalculation Warning:** If an athlete's actual weigh-in exceeds the parameters of their current descent plan (regardless of granted allowances), the Trackwrestling Optimal Performance Calculator (OPC) will automatically recalculate and potentially restrict future weight loss timelines.

3. Consecutive Day Weigh-in Impact

In the event of multiple consecutive weigh-ins (e.g., a multi-day tournament), only the **initial weigh-in** of the series will impact or modify the athlete's OPC descent plan. Subsequent weigh-ins within that specific series are excluded from descent plan calculations.

4. Lowest Eligible Weight Class (EWC) Protocols

Each wrestler is assigned a Lowest Eligible Weight Class (EWC) based on their initial assessment.

- **EWC Adjustments:** Coaches may request a change to an athlete's lowest EWC by contacting the state office. Please note that this administrative adjustment is permitted only **once per season**.

- **Weight Class Flexibility:**
 - **Single-Level Increase:** After an athlete has successfully weighed in at their lowest EWC, they may compete one weight class above that lowest EWC without triggering a descent plan recalculation.
 - **Double-Level Increase:** If an athlete weighs in **two weight classes above** their established lowest EWC, the descent plan will be automatically recalculated by the system.