

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 Metro Orthopedics and Sport Therapy (MOST). No other sources will be accepted. Information regarding MOST is given at the bottom of the page.

MCPS Offers Two Weight Certification Opportunities

MCPS will offer/sponsor two opportunities for weight certifications: October 31 and November 28, both at Blake High School. Both are free. Most wrestlers will have their weight certified on October 31. The November 28 certification is intended exclusively for the following wrestlers:

- Those who failed the hydration test on October 31
- Those who missed the October 31 certification. Note: Wrestlers who had their minimum weight certified on October 31 may not attempt to certify at a lower weight class on November 28.

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 October 31 and November 28 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". Parents or wrestlers who elect this option should see MCPS personnel present at the certification site for appropriate forms and procedures.
- Wrestlers may appeal the results of the MCPS-sponsored body fat assessment/weight certification and have a new test completed. Appeals must be conducted through MOST, which has two options available to assess body fat: the Tanita TBF-300w (same instrument used to certify MCPS wrestlers on October 31 and November 28) or the DEXA-scan. There is no "rounding down" for tests conducted through MOST. MOST 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.

Metro Orthopedics and Sports Therapy (MOST)

- Parents/wrestlers should call Randy Rocha in advance for an appointment (301-588-7888 x 219).
- Cost will be \$25 for the Tanita test, \$50 for the Dual Energy X-ray Absorptiometer (DEXA-scan).
- MOST has on-site physicians (a physician's signature is required for certification).
- MOST 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 MOST.
- MOST will fax the results of the test to the MCPS Athletics Office.
- Directions to MOST: Follow Georgia Avenue south to Rt. 29 (Colesville Road) – turn right, follow to Second Avenue – turn right, make immediate left into Metro Plaza Parking Garage. MOST is located at 8401 Colesville Road, Metro Plaza, Metro Level, Suite 50, Silver Spring, Maryland 20910.