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A Survey of High School Wrestling Weight Control Programs Used Throughout the United States During the 1968-69 Wrestling Season

Dennis J. Friestad

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A SURVEY OF HIGH SCHOOL WRESTLING WEIGHT CONTROL PROGRAMS
USED THROUGHOUT THE UNITED STATES DURING THE
1968-69 WRESTLING SEASON

by

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Bachelor of Science, Valley City State College 1966

A Thesis

Submitted to the Faculty

of the

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in partial fulfillment of the requirements

for the Degree of

Master of Science

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This Thesis submitted by Dennis J. Friestad in partial fulfillment of the requirements for the Degree of Master of Science from the University of North Dakota is hereby approved by the Faculty Advisory Committee under whom the work has been done.

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A SURVEY OF HIGH SCHOOL WRESTLING WEIGHT CONTROL PROGRAMS
USED THROUGHOUT THE UNITED STATES DURING THE 1968-69

Title WRESTLING SEASON

Department Physical Education

Degree Master of Science

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ABSTRACT

This study was conducted to determine the high school wrestling weight control programs used throughout the United States. It was felt that this information would be useful for coaches or for high school activities associations that are responsible for determining a state's weight control program.

The questionnaire technique was used to gather the data. Each of the fifty state high school activities associations was contacted and forty-five of them responded to the questionnaire. Forty of these state associations supported or controlled wrestling and gave information about their wrestling programs.

Results showed that thirty-five of the forty states had some type of weight control program. Four characteristics made up most of the weight control programs. Weight certification was required by twenty-one states, physician's weight permit was required by seven states, parent's written approval was required by ten states, and the fifty per cent rule was used in eight states.

Thirty-five of the forty states gave a weight allowance during the season. Sixteen of the twenty-one states with weight certification required this certification before any weight allowance was given.

Sixteen of the twenty-one states with weight certification required that a boy weigh in at his certified weight every time he wrestled.

CHAPTER I

INTRODUCTION

The problem of weight control in wrestling is one that has been with the sport for many years. The practice of a wrestler cutting weight to make a certain weight class has caused the sport to receive much criticism from school administrators, parents, and sometimes the wrestlers themselves.

Too often high school boys have the idea that the lower the weight class in which they wrestle, the more success they will have. At times a coach may have an excess of good wrestlers in one weight class and a shortage of talent in the next lower weight class. As a result, he may encourage weight cutting with the hope of improving his team, even though this weight reduction may be detrimental to the boy's health or performance or both.

The National Federation of State High School Athletic Associations (1) has ruled against the use of sweatboxes, whirlpools, heatlamps, and other artificial weight reducing devices that have been used by wrestlers for weight reduction. This group has recommended that each state association establish a weight control program and an enforcement policy that will minimize undesirable weight reduction caused by crash dieting. Criteria recommended include a maximum allowable weight loss of five per cent of normal off-season weight. A method of establishing

a certified minimum wrestling weight for each boy is also recommended. Most of the states that support wrestling have established weight control programs of some kind.

Although their basic purpose is the same, each of these programs has its own advantages and disadvantages. The programs are not consistent in different states, which causes certain problems for interstate matches. Weight control programs continue to experience minor changes from time to time, as state athletic associations experiment with new methods in the hope of eliminating problems caused by weight reduction.

Probably no state has a weight control program that has eliminated all the problems and criticisms caused by wrestlers cutting weight. However, it is necessary that a state adopt a method of weight control that will cause as few problems as possible. The program needs to be acceptable to the coaches, the wrestlers, their parents, and the medical doctors.

The purpose of this study was to survey the weight control programs that are currently being used throughout the United States. The information gathered from such a study may be useful as a guide for any state high school activities association, since these organizations are responsible for determining the weight control programs used in each state.

In addition, the study may also serve as a guide for high school wrestling coaches. Each year during the State Wrestling Tournament, the North Dakota high school wrestling coaches have a lengthy meeting. The main item discussed at this meeting is what changes, if any, should be

made in North Dakota's weight control program. These discussions usually involve only judgment based on experience. A knowledge of what other weight control programs are being used may assist this group in making suggestions and recommendations to the North Dakota High School Activities Association.

Delimitations of the Study

Questionnaires were sent only to state high school activities associations in the United States. The information requested included only the weight control programs used during the 1968-69 season and anticipated changes for the 1969-70 season. No attempt was made to determine the reasons why a certain program was used or how long it had been used. Also not requested were reasons why changes were being made in present weight control programs.

Limitations of the Study

The weaknesses inherent in any questionnaire technique were present in this study. Differences in terminology may have caused some of the respondents to misinterpret or omit one or more of the questions. Subjective questions were usually answered very briefly, and in some cases it was difficult to interpret the answers. Despite these weaknesses, the questionnaire technique represented the only feasible method of gathering the needed data.

Definition of Terms

Certified Wrestling Weight: The minimum weight class in which a boy is allowed to wrestle during the season.

Cutting Weight: The practice of a wrestler temporarily reducing weight by withholding food and water during vigorous training so that he can compete in a lower weight class.

Fifty Per cent Rule: Practice of requiring that a boy wrestle in the State Wrestling Tournament at or above a weight in which he has wrestled at least half of his matches during the year. For purposes of this rule, wrestling in a tournament during the season is usually counted as only one match, even though a boy may wrestle more than once in the tournament.

Parent's Written Approval: The practice of requiring that a parent give written approval that a boy be allowed to wrestle in a particular weight class.

Physician's Weight Permit: Practice of requiring a medical doctor to examine a boy and determine the lowest weight class in which he will be allowed to wrestle.

State High School Activities Association: The organization in each state that is responsible for developing the policies, regulations, and standards for the operation of high school activity programs.

Weight Allowance: The increases made in a weight class during the season to allow for the normal growth of a boy and enable him to remain in the same weight class throughout the season. The most common weight allowance is that of increasing each weight class two pounds in January and one pound in February.

Weight Certification: The practice of requiring that a boy weigh in at a certain weight class at a particular time during the

season, and then not allowing him to wrestle below this weight during the remainder of the season.

Weight Certification Date: The date on which a wrestler must weigh in at his certified wrestling weight.

Weight Classes: Divisions into which wrestlers are classified for competition. During the 1968-69 season, the twelve high school weight classes used, according to national rules, were 95, 103, 112, 120, 127, 133, 138, 145, 154, 165, 175, and heavyweight.

Weight Control Program: The set of regulations in use by a state high school activities association to prevent undue weight reduction for competitive purposes.

Survey of Related Literature

There have been many studies done on the effects of weight loss on strength and physical performances of wrestlers. The literature also shows that several methods of weight control in wrestling have been used and several others have been suggested.

Effects of weight loss

Tuttle (2) used six wrestlers from the University of Iowa to determine the effects of weight loss by dehydration and dieting on physiologic responses. The weight was lost as in reducing for a match. Each boy voluntarily lost weight by withholding food and water, working out on the mat, and using a sweat box and heat lamp. Each wrestler lost from six to ten pounds, or from 3.6 to 4.9 per cent of body weight. Each boy was tested before and after the weight loss on eighteen responses involving neuro-muscular, cardio-vascular, and respiratory

systems. The weight loss experienced had no detrimental effect on the physiological responses except for a slight increase in heart rate and a slight decrease in vital capacity. Tuttle concluded that a wrestler may lose up to 5 per cent of his body weight without adverse effects.

Doscher (3) used 100 college men to determine the effect of rapid weight loss on performance of chins, dips, standing broad jump, and burpees. The 100 men were tested and then fifty of them were put on a special diet of 1187 to 1337 calories and two glasses of water per day for two and one-half days. The other group was allowed to eat and drink normally during this time. During the two and one-half day period, the experimental group lost an average of 2.4 pounds while the control group gained an average of one pound per man. At the end of the period of time, the two groups were retested on the initial tests. Results showed no adverse effects of weight loss on the performance of the tests. Doscher concluded that a certain percentage of body weight may be rapidly lost without adversely affecting physical performance.

Byram (4) tested wrestlers that lost up to 18.8 per cent of their body weight and concluded that there was no detrimental effect on strength, muscular endurance, or circulatory endurance of the college wrestlers tested.

James (5) used twenty wrestlers to determine the effect of weight reduction on the physical condition of high school wrestlers. One group of ten wrestlers was required to lose weight in order to wrestle in a particular weight class while the other group was not required to lose any weight. The group which was required to lose weight lost from 4.4 to 6.9 per cent of their body weight. The average

loss per boy was seven pounds. The Carlson Fatigue Test was administered, systolic and diastolic blood pressures were taken, and pulse rate was determined before and after each match. Results indicated that weight loss had no effect on the physical condition of wrestlers as determined by these measures.

Hassman (6) conducted a study on twenty-seven members of the 1957 varsity and freshman wrestling squads at the University of Oregon. Among other results, he noted that there was an increase in normal body weight after the wrestlers' first six weeks of training and competition.

Johnson(7) used eight high school varsity wrestlers to investigate the effect of weight changes on strength. Weight losses of the group ranged from a high of sixteen pounds for one subject to a low of one pound. One boy wrestled in a weight class one pound above his initial weight. Average weight loss for the eight boys was five pounds each. Strength measures used included back lift strength, leg lift strength, elbow flexion strength, and shoulder strength as measured by bar dips. The strength tests were administered and body weights were recorded before the start of the season, twice during the season, and eight weeks after the end of the season. Results indicated that unit strength of high school wrestlers increases significantly throughout the season. When accompanied by adequate physical conditioning, strength gain is not dependent upon weight changes within moderate limits. Johnson concluded that high school wrestlers can increase strength pound for pound when allowed to maintain normal body weight or gain weight moderately throughout the season.

Weiss and Singer (8) made a study of the effects of a one-week weight reduction program on certain physical, anthropometric, and performance factors. Subjects were ten varsity and freshmen wrestlers at Illinois State University. They were tested daily, Monday through Friday while they reduced as they normally would in preparing for a match. Average weight loss for the group was 10.95 pounds, or 7.10 per cent of body weight. A cable tensiometer was used to test elbow flexor and extensor strength, knee flexor strength, and hip flexor strength. The Harvard Step Test was used to measure cardiovascular endurance. Performance was measured by the time it took the wrestler to react to a stimulus and perform a sit-out. Results showed no adverse affect on strength or cardiovascular endurance. Response time actually became significantly faster at the end of the weight loss period. Singer and Weiss concluded that wrestlers can lose up to 7 per cent of body weight without adversely affecting physical and performance measures.

Oxton (9) conducted a study using fourteen members of the 1966-67 Mandan, North Dakota, High School wrestling team. The experimental group consisted of seven boys who were required to lose more than 3 per cent of their weight in order to wrestle in a particular weight class. The average weight loss for the experimental group was 4.6 per cent of normal body weight. All wrestlers averaged 7.4 per cent gain in weight between the time of the first test until the last test. The tests were administered at the start of preseason practice, three times during the season, and six weeks after the end of the season. Both groups were tested on right and left grip strength, push and pull strength, and leg and back strength. Results showed no significant differences in strength

changes between the two groups for five of the areas tested. The sixth area, push strength, showed a significant difference in favor of the experimental group. Indications were that weight reduction beyond 3 per cent may have an adverse affect on leg strength.

Blyth and Lovingood (10) reported several case studies of the harmful effects of crash dieting and dehydration among wrestlers. These case studies were from reports of the physicians who actually treated these injuries.

An eighteen year-old boy returned to school after Christmas weighing 133 pounds. After twelve days of crash dieting and dehydration, he weighed in at the 123 pound weight class. One half hour later, after excessive eating, the young man was stricken with severe abdominal pains and was admitted to a hospital. He was diagnosed as having acute pancreatitis and required ten days of medical treatment and hospitalization to recover.

Another wrestler attempted to lose seventeen pounds in ten days in order to make the 115 pound weight class. His diet consisted of black coffee and orange juice. Prior to his match, he fainted and was admitted to the hospital, confused and in a semi-coma. His diagnosis was exhaustion and dehydration.

A fourteen year-old boy reduced food intake severely for six weeks, dropping from 152 pounds to 126 pounds in an attempt to make the 123 pound weight class because his coach wanted him there. He was living on 800 cubic centimeters of water and 490 calories per day, the diet recommended by his coach. The boy was hospitalized for two weeks

and was incapacitated at home for two more. His diagnosis was related to kidney dysfunction.

Blyth and Lovingood indicate that fasting for more than one day may upset the internal chemical balance of the body and result in deterioration in function and possible permanent damage. Poor tolerance for work and impairment of speed and coordination occur when young men are deprived of food and water. Other adverse affects may be hypoglycemia, ketosis, reduction of maximal oxygen intake, reduction in cardiovascular efficiency, liver damage, increased susceptibility to infection, kidney damage, mental confusion, vomiting, and incapacity for work.

Weight control programs

Ekfelt (11) proposed a weight control plan by which wrestlers would be required to weigh in only once during the season rather than before each meet. He suggested that one preseason weigh-in be held for all wrestlers. The date for the weigh-in would be announced five to seven days ahead of time to give the wrestlers time for moderate weight reduction. After weigh-in, each wrestler would be given a weight handicap or from five to nine pounds depending on his weight. This handicap would be added to his weigh-in weight and he would not be allowed to wrestle in any weight class below this total weight. The result would be that the wrestlers would be allowed to eat regular meals like any other athletes and would not have to worry any more about weigh-ins.

Ekfelt's plan (12) was adopted on trial for use in all of the high schools in Nebraska during the 1956-57 wrestling season. The boys

were weighed at the beginning of the season and each wrestler was placed in a weight class for the rest of the season. On the opening day of the state tournament in February of 1957, a surprise weigh-in was conducted for all participants. Results showed that 47.6 per cent of the participants were within the February rule weight limit. Of the remaining 52.4 per cent who were over the rule book weight, the average amount of overweight was 5.6 pounds and ranged from 1 pound to 15 pounds. The average difference between boys wrestling each other during the tournament was 7.3 pounds. This average was made considerably higher than it would have had to be because of the fact that some boys wrestled in weight classes far above their actual weights. The most extreme case of this was a boy who weighed only 122 pounds and wrestled in a weight class where the upper weight limit was 136 pounds. Statistics showed that the few extra pounds of weight advantage was not the major advantage in any given match. The plan was retained for another year by the wrestling coaches, with a few changes. One was that the right of challenge was tried. That is, if a boy was challenged by an opposing coach and found to be over eight pounds above his weight class, he was classified in the next higher weight class for the rest of the season.

The practice of high school and college wrestlers using starvation diets to make weight for an event has been criticized by both the American Medical Association Committee on the Medical Aspects of Sports and by the National Federation of State High School Athletic Associations (13). These two groups contend that starvation diets and dehydration drastically impair physical performance. They say that food eaten between weigh-in and the match usually cannot be metabolized in

time to provide sufficient energy. These groups recommend that all wrestlers be weighed on an unannounced day before the season starts. After the weigh-in, an allowance would be made for normal weight gain during the season. The competitors would then be assigned to weight classes in which they would remain throughout the season.

Two high schools in Beaverton, Oregon, experimented with a new system for weight control during the 1963-64 wrestling season (14). Before the start of the season, each boy was weighed by a team of three physicians. Each physician then made an independent evaluation of each boy and recommended a permissible weight loss. An age-height-weight table was used as a guide but consideration was also given to general body formation and the presence of excessive adipose tissue. A certain amount of permissive weight loss was justified because some water is normally lost as a result of physical activity. The three independent evaluations were studied and a recommendation was made for the maximum weight loss to be allowed. No boy was ever permitted to wrestle in a weight class which involved more weight loss than this amount. If a boy gained weight during the season due to his normal growth, he could request reclassification to a higher weight but could not return to the lower weight. As a result of this program of weight control, 55 per cent of the wrestlers in the two schools experienced weight gain during the season. The coaches felt that the program did not hinder individual competitive success. The program helped to relieve the school and the sport of wrestling from criticism because of weight control problems.

North Dakota high school wrestlers are required to certify their weights by December 15 of each wrestling season (15). At this time,

each boy is required to weigh in at the weight class in which he wants to wrestle that year. These certified weights are filed with the North Dakota High School Activities Association. After this time, the boy is not permitted to wrestle in a lower weight class. He is allowed to wrestle in one weight class above his own, but he is still required to weigh in at his certified weight for these matches. Failure to weigh in at his certified weight results in his being reclassified to a higher weight class, and he is then not allowed to return to his original certified weight and wrestle again. The program was started in 1961 to prevent the wrestlers from excessively cutting their weight to make a lower weight class for the regional and state tournament or for some other important meet during the season.

Starting with the 1968-69 wrestling season, the North Dakota High School Activities Association required that each boy's minimum wrestling weight be set by a physician (16). Each boy had to be examined by November 15 and the physician set the minimum weight at which the boy could wrestle. The purpose of the physician's certification was to prevent undue weight loss for competitive purposes.

Summary

Several studies have been done to determine the effects of weight loss on wrestling. Most of these studies indicate that weight loss has no detrimental effect on the physiological responses of wrestlers. However, most of these studies were done with subjects who lost less than 5 per cent of their body weight. Most wrestling authorities will agree that a 5 per cent weight loss is not considered excessive,

as this amount is sometimes lost by a wrestler during one practice session. Studies of this type do not consider a wrestler's morale and his mental attitude toward the sport during and after periods of excessive weight reduction.

Several weight control programs have been tried or suggested, but most of these have been found to have certain drawbacks. In general, the literature indicates that weight loss is a problem in wrestling and that some type of weight control program is necessary. It is possible that weight control and dieting could be two associated benefits of wrestling if they are carefully controlled.

CHAPTER II

METHODOLOGY

Information for this study was gathered from the fifty state high school activities associations throughout the United States. A questionnaire was mailed to the executive secretary of each of the fifty state associations.

The questionnaire was constructed so that it would take a minimum of time to complete and yet give all of the needed information. Questions were of the short answer type wherever possible. However, it was necessary to ask the respondents to explain their answers to some of the questions. The time required to answer the questionnaire was approximately five minutes.

A handbook published by the National Federation of State High School Athletic Associations was obtained from the North Dakota High School Activities Association office in Valley City, North Dakota. The handbook had a directory of each high school activities association in the United States, including its address and its executive secretary.

A letter of transmittal was written to accompany each questionnaire. Respondents were given a choice of filling out the questionnaire or sending printed material explaining their weight control programs. A stamped, self-addressed envelope was included to facilitate the return of the completed questionnaire.

The letter and the questionnaire were mailed to each of the fifty high school activities associations on May 6, 1969. Within three weeks, forty-two of the fifty questionnaires had been returned. On May 29, a follow-up letter was sent to each of the eight state associations that had not responded. A copy of the original letter and the questionnaire were included in this second letter. This resulted in three more questionnaires being received by June 23, for a total of forty-five, or 90 per cent return. The five states not responding to the questionnaire were Alaska, Alabama, California, Florida, and Wyoming.

A copy of the letter of transmittal, the questionnaire, and the follow-up letter is included in Appendix A. A list of the fifty states and whether or not each state returned the questionnaire is included in Appendix B.

Most of the state associations that replied had completed the questionnaire, and a few sent along supplemental information explaining their programs. This material was in the form of dittoed material, pages removed from state athletic manuals, or the athletic manuals themselves.

In most cases, the supplemental material contained answers to questions that weren't of the short answer type. Answers to these questions were then found in the supplemental material by this writer. These answers were summarized and placed in the appropriate place on that state's questionnaire. If the state returned only the supplemental material and no questionnaire, the needed information was found by this writer from the information that was sent.

As the returns were received, the information from each state was placed on a chart made up of two twenty-four by thirty-six inch tag-board sheets which contained answer columns for each question. The data was categorized and summarized and is given in Chapter III.

CHAPTER III

ANALYSIS OF DATA

The information received from the questionnaire and from the supplemental material is presented in this chapter. Each question was analyzed independently. Various methods have been used to show the results. This was necessary because of the different types of questions asked and the different types of answers given for each question.

For yes or no questions, the number answering each way and the per cent of the total answering each way have been given. Table 4 and Table 6 give state by state answers to several questions. The Appendix contains state by state answers to other yes or no questions. In other cases, it was convenient and necessary for clarity to list the states answering in one way or the other in the text.

For questions referring to dates, the information has been divided into exact dates or into week-long periods of time. The number of states in each category, the percentages of the total, and the states in each category have been given. Appendix B contains exact state by state answers to questions referring to dates.

This type of breakdown was desirable so that the reader could readily see into what approximate time period each of the states fell and also so that he could see into what time period the majority of the states fell for each question. It was important that the reader could

clearly see how long the schools in a state were required or were allowed to practice before the first interscholastic match. It was also desirable to easily determine how a state's weight certification date compared to its date for the first interscholastic meet and to its date for the beginning of practice. It is easy for the reader to determine whether or not a particular state gave a weight allowance before weight certification.

Certain questions required categorizing the types of answers that were given and then giving the number of answers in each category. Some answers needed explaining so that their meanings were clear. For certain questions, the answers and relationships between answers were explained or compared separately. This was done mainly if it seemed that this type of analysis would help the reader understand the weight control plans or the relationships between the different types of programs.

Appendix C contains summaries of the weight control programs and other wrestling program information given by each of the states having wrestling that responded to the questionnaire. This section makes it easy for a reader to quickly determine information about a wrestling program in any one particular state that may interest him.

Question by Question Results

States supporting wrestling

Question 1.--"Is wrestling supported or controlled by your high school activities association?"

Yes	--	41	91.1%	No	--	4	8.9%
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One state association, New Hampshire, replied that the state had only two wrestling teams and did not complete the remainder of the questionnaire. The remaining questions were answered by the other forty respondents whose activities associations did support or control wrestling.

State by state answers to Question 1 are given in Appendix B. The four states that did not support or control wrestling were Arkansas, Louisiana, Mississippi, and Texas.

Starting dates for preseason practice

Question 2.--"At what date was school allowed to start preseason practice this past year?"

Answers grouped into exact dates or weekly periods of time are given in Table 1 on the following page. Exact dates for each state are given in Appendix B.

As Table 1 shows, dates for starting preseason practice ranged from the beginning of school, which was about September 1, until December 1. Five states did not have a limit for the earliest practice allowed. For these, it is assumed that schools could or would start at the beginning of school. The data shows that thirty-two of the forty states, or 80 per cent set earliest dates for starting practice other than the beginning of school. Twenty-six of the forty states, or 65 per cent allowed preseason practice to start during the first two weeks of November.

TABLE 1

DATES FOR STARTING PRESEASON PRACTICE

Date	Number	Per Cent	States
No earliest date set	5	12.5	Colorado, Kentucky, Maine, Michigan, North Carolina
Beginning of school	3	7.5	Arizona, Illinois, Oregon
October 1	1	2.5	Tennessee
October 15	1	2.5	Oklahoma
Last week in Oct.	2	5.0	Iowa, North Dakota
November 1 - 7	17	42.5	Georgia, Indiana, Kansas, Missouri, Montana, Nebraska, New Mexico, New York, Nevada, Ohio, Rhode Island, South Carolina, South Dakota, Utah, Virginia, West Virginia, Wisconsin
November 8 - 15	9	22.5	Connecticut, Delaware, Idaho, Minnesota, Maryland, New Jersey, Pennsylvania, Vermont, Washington
November 25	1	2.5	Hawaii
December 1	1	2.5	Massachusetts
Total	40	100.0	

Earliest dates for interscholastic matches

Question 3.--"At what date was a school allowed to have its first interscholastic match?"

Answers grouped into exact dates or weekly periods of time are given in Table 2. Exact dates for each state are given in Appendix B.

Table 2 shows that thirty-three of the forty states, or 82.5 per cent, set a date for the earliest interscholastic match. These dates ranged from about November 11 to December 17. Twenty-seven of the forty states, or 67.5 per cent, allowed interscholastic matches to begin between November 20 and December 7.

TABLE 2
DATES FOR EARLIEST INTERSCHOLASTIC MATCH

Date	Number	Per Cent	States
No earliest date set	7	17.5	Illinois, Kansas, Kentucky, Maine, Michigan, North Dakota, Vermont
After 10 days practice (as early as Nov. 11)	1	2.5	Montana
November 15	2	5.0	Georgia, Iowa
November 20 - 26	7	17.5	Indiana, Minnesota, Mississippi, Nevada, New York, South Dakota, Wisconsin
December 1 - 7	20	50.0	Arizona, Colorado, Connecticut, Delaware, Hawaii, Idaho, Maryland, Nebraska, New Mexico, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Utah, Virginia, Washington, West Virginia
December 8 - 15	2	5.0	New Jersey, Rhode Island
December 17	1	2.5	Massachusetts
Total	40	100.0	

Weight allowance given

Question 4.--"Were wrestlers in your state given a two pound weight allowance in January and an additional pound in February?"

Yes -- 31 77.5% No -- 9 22.5%

Question 4(a).--"If the answer to Question 4 was no, was any weight allowance given and if so, how much?"

States that did not give a two pound weight allowance in January and an additional pound in February, along with the weight allowances actually given, are shown in Table 3. Appendix B contains a list of all the states and the actual weight allowance, if any, given by each state.

The data shows that thirty-five of the forty states, or 87.5 per cent, gave some weight allowance during the season.

Weight control programs

Question 5.--"Did your high school activities association have any type of program that limited or in any other way controlled the amount of weight that a boy was allowed to lose?"

Yes -- 35 87.5% No -- 5 12.5%

The five states that did not have any type of weight control program were Maine, Nebraska, Nevada, Oklahoma, and Vermont. As far as could be determined, weight loss of wrestlers in these states was controlled only by the wrestlers themselves or by the coaches. None of the state associations had any regulations that wrestlers were required to follow in regard to weight loss. The wrestlers in these states were allowed to lose weight or gain weight to make any weight class they desired at any time during the season.

TABLE 3

WEIGHT ALLOWANCES OF STATES NOT GIVING A TWO POUND ALLOWANCE
IN JANUARY AND ONE ADDITIONAL POUND IN FEBRUARY

Weight Allowance Given	Number	States
No allowance given	5	Connecticut, Georgia, Idaho, New Jersey, Oklahoma
Two pounds January 1, two pounds February 1	1	Illinois
Two pounds December 9, two pounds January 1, two pounds February 1	1	Iowa
Five pounds after Christmas	1	Kansas
One pound December 16, one pound January 1, one pound January 15, one pound February 1, one pound February 15, one pound March 1	1	Virginia
Total	9	

Question 5(a).--"If the answer to Question 5 was yes, please explain briefly below unless this is explained in the remaining questions."

In studying the information received, it was apparent that most of the weight control programs in use were made up of some combination of four characteristics. These four characteristics were parent's written approval, physician's weight permit, fifty per cent rule, and weight certification. Definitions of these terms are given in Chapter I. Table 4 gives a list of the thirty-five states that did have some

type of weight control program and shows which of the four characteristics were used by each state.

TABLE 4
STATES USING EACH OF THE FOUR MAIN CHARACTERISTICS OF WEIGHT CONTROL PROGRAMS

State	50% Rule	Parent's Approval	Physician's Wt. Permit	Weight Cert.
Arizona				x
Colorado	x			
Connecticut	x		x	
Delaware		x	x	x
Georgia	x			
Hawaii				x
Idaho		x	x	x
Illinois				x
Indiana				x
Iowa	x ^a			x
Kansas				x
Kentucky				x
Maryland ^b			x	
Massachusetts	x	x	x	x
Michigan				x
Minnesota		x	x	
Missouri	x			
Montana ^b		x	x	
New Jersey		x	x	x
New Mexico				x
New York	x		x	
North Carolina			x	
North Dakota			x	x
Ohio			x	x
Oregon ^b		x	x	
Pennsylvania			x	x
Rhode Island ^b				
South Carolina		x	x	x
South Dakota		x	x	
Tennessee		x		
Utah				x
Virginia				x
Washington	x		x	

TABLE 4--Continued

State	50% Rule	Parent's Approval	Physician's Wt. Permit	Weight Cert.
West Virginia				x
Wisconsin				x
Totals	8 20%	10 25%	17 42.5%	21 52.5%

^aIowa required that a boy wrestle either fifty per cent or at least six matches, whichever is smaller at his certified weight.

^bIndicate states that are not placed in categories in Table 5.

Table 5 is a summary of data shown in Table 4. A list of the weight control programs, the number of states and the per cent of states using each program are given. The five states having no weight control programs are included in Table 5.

There are four states in Table 4 that are not included in Table 5. These states are Maryland, Montana, Oregon, and Rhode Island. These states had weight control programs with special characteristics that prevented them from being placed in one of the categories in Table 5.

Maryland required that each wrestler's minimum wrestling weight be certified by a physician before preseason practice started on November 15. Between January 1 and January 15, the boy could have his minimum wrestling weight recertified to a lower weight. However, this had to be done by the same physician as originally certified him.

In Montana, a physician gave each boy a minimum wrestling weight prior to or during the first ten days of practice. Parent's approval of this weight class was required. At any time during the season, the boy could request to be recertified to a lower weight class. This had to be done by the same physician that gave the original certification, and again, the written approval of the parent was required for this certification.

Oregon used what they referred to as the Four Signature Approval Card. The wrestler, the coach, the parent, and the physician were required to sign the card, and each had to give a minimum wrestling weight for the boy. The parents and the physician did not need to know anything about weight classes to do this, but were only required to give a minimum wrestling weight. After the card was signed, the boy was placed in the lowest weight class that was permitted by all four people. During the season, if one of the four people involved desired that the boy be moved to a higher weight class, he needed only to inform the coach and the change was effective immediately. The boy could also be recertified to a lower weight class at any time during the season. He needed only to get the signatures and weight approval of the four people originally involved.

Rhode Island required that each wrestler weigh in and certify his minimum wrestling weight at the first match in December. Physician's weight permit and parent's approval were not required for this certification. The boy was allowed to recertify this minimum wrestling weight but this had to be done before the first Friday in January. This

TABLE 5

WEIGHT CONTROL PROGRAMS USED BY THIRTY-SIX STATES^a

Weight Control Program	No.	%	States
No program used	5	12.5	Maine, Nebraska, Nevada, Oklahoma, Vermont
Weight Certification only	12	30.0	Arizona, Hawaii, Illinois, Indiana, Kansas, Kentucky, Michigan, New Mexico, Utah, Virginia, West Virginia, Wisconsin
Weight Certification and Doctor's Weight Permit	3	7.5	North Dakota, Ohio, Pennsylvania
Weight Certification, Doctor's Weight Permit, and Parent's Written Approval	4	10.0	Delaware, Idaho, New Jersey, South Carolina
Weight Certification and Fifty Per Cent Rule	1	2.5	Iowa
Weight Certification, Doctor's Weight Permit, Fifty Per Cent Rule, and Parent's Written Approval	1	2.5	Massachusetts
Doctor's Weight Permit and Parent's Written Approval	2	5.0	Minnesota, South Dakota
Doctor's Weight Permit and Fifty Per Cent Rule	3	7.5	Connecticut, New York, Washington
Doctor's Weight Permit only	1	2.5	North Carolina
Parent's Written Approval only	1	2.5	Tennessee
Fifty Per Cent Rule only	3	7.5	Colorado, Georgia, Missouri
Totals	36	90.0	

^aFour states, or 10 per cent, Maryland, Montana, Oregon, Rhode Island, had weight control programs that could not be categorized in Table 5. These programs are explained in the text.

recertification required the signature of the coach, the wrestler, the parent, and the physician.

Physician's weight permit

Question 6.--"Was a physician's certificate of approval required in order that a boy be permitted to wrestle in a given weight class?"

Yes -- 17 42.5% No -- 22 55.0%

Rhode Island, as explained above, required a physician's weight permit only if the boy was being recertified to a lower weight class than the one in which he certified his weight at the first meet. State by state answers to Question 6 are given in Table 4 on pages 24-25.

The five states that did not have any type of weight control program also answered no to Question 6. These states, which are not included in Table 4, were Maine, Nebraska, Nevada, Oklahoma, and Vermont.

Question 6(a).--"If the answer to Question 6 was yes, did the state activities association recommend or require any specific criteria for the physician to use in determining the boy's minimum weight class?"

Yes -- 5 29.4% No -- 12 70.6%

Five states indicated that they did recommend criteria or give suggestions for the doctor to use in determining a boy's minimum weight class. However, one of the states, Ohio, did not indicate what these criteria were. Table 6 shows the five states that did recommend criteria for the doctor to use, and also what these criteria were for four of the states.

TABLE 6

CRITERIA RECOMMENDED FOR PHYSICIAN TO USE IN DETERMINING
A BOY'S MINIMUM WRESTLING WEIGHT

Criteria	Number	States
Recommended a maximum weight loss of 5% of normal body weight.	2	Massachusetts, New York
Physician was to consider the boy's actual weight and use his judgment, considering age, height, and bone structure, to determine the boy's minimum wrestling weight class.	1	South Dakota
Physician did not need to know anything about weight classes, but was just required to give a minimum wrestling weight.	1	Oregon
Criteria not given in the questionnaire.	1	Ohio
	Total	5

Parent's written approval

Question 7.--"Was written approval required from the parents in order that a boy be allowed to wrestle at a given weight class?"

Yes -- 10 25.0% No - 29 72.5%

Rhode Island, as explained before, required parent's approval only if the boy was being recertified to a lower weight class. State by state answers to Question 7 are given in Table 4. Again, this table does not include the five states that had no weight control program, but these states are included among the twenty-nine that did not

require parent's written approval. These states were Maine, Nebraska, Nevada, Oklahoma, and Vermont.

Weight Certification

Question 8.--"Was each boy required to weigh in at, and certify his weight at a certain weight class below which he was not allowed to wrestle during the remainder of the season?"

Yes -- 21 52.5% No -- 19 47.5%

Table 4 gives state by state answers to Question 8. The data in Table 4 shows that of the nineteen states associations not requiring weight certification, nine of these did require a physician's weight permit. Rhode Island required weight certification but allowed recertification with a doctor's permit. Therefore, thirty-one of the forty states, or 77.5%, required some type of weight certification or physician's weight permit.

Question 8(a).--"If the answer to Question 8 was yes, what was the date of this certification?"

Answers grouped into exact dates or weekly periods of time are given in Table 7. Exact dates for each state are given in Appendix B.

As Table 7 shows, the dates for weight certification ranged from the start of preseason practice on November 15 to the first week of February. Fourteen of the twenty-one states, or 66.7 per cent, required their wrestlers to certify their weights between December 1 and December 24. Included in this group were four states whose weight certification dates were the same as the first match of the season.

Table 7 also shows that of the twenty-one states that used the regular method of weight certification, sixteen, or 76.2 per cent, required their wrestlers to certify before any additional weight allowance was given.

TABLE 7
DATES FOR WEIGHT CERTIFICATION

Date	Number	Per Cent	States
Before November 15	1	4.8	Pennsylvania
Anytime during the season	1	4.8	Michigan ^a
Anytime in December	1	4.8	Kentucky
December 1 - 7	4	19.0	Delaware, ^b Idaho, ^b Iowa, South Carolina ^b
December 8 - 14	1	4.8	New Jersey ^b
December 15 - 21	7	33.3	Indiana, North Dakota, Ohio, Utah, Virginia, West Virginia, Wisconsin
December 1 - 20	1	4.8	Illinois
December 24 or before	1	4.8	Kansas
January 1	1	4.8	Massachusetts ^a
January 15	2	9.5	Arizona, ^a New Mexico ^a
First week February	1	4.8	Hawaii ^a
Total	21		

^aIndicates states where weight was certified after a weight allowance was given.

^bIndicates states where wrestlers are required to weigh in and certify their minimum wrestling weight at the first meet of the season.

Arizona, Massachusetts, and New Mexico wrestlers certified their weights in January, as shown in Table 7, after receiving a two pound weight allowance on January 1. Michigan wrestlers were given a two pound weight allowance in January and one additional pound in February. They certified their minimum wrestling weight for the state tournament by wrestling only once in that particular weight class, and this could be at any time during the season. Hawaii wrestlers were also given a two pound weight allowance in January and one additional pound in February. Minimum weights for the state tournament were certified during the first week of February, or after a three pound weight allowance.

Question 8(b).—"If the answer to Question 8 was yes, check the regulation below that was followed in your state that pertained to this weight certification."

Table 8 shows the different regulations used with weight certification and the states that used each method.

The data shows that sixteen of the twenty-one states with weight certification, or 76.2 per cent, required that a boy weigh in at his certified weight every time he wrestled or be reclassified to a higher weight class. Twelve of these sixteen states did allow a boy to compete in the next higher weight class as long as he weighed in at his certified weight. The data indicated that in the majority of cases, weight certification was used in an attempt to have a boy stabilize his weight during the season rather than experience extremes in weight loss and weight gain.

The other five states allowed a wrestler to weigh in above his certified weight and wrestle. Three of these states allowed the boy to

wrestle only one weight above his certified weight, while the other two states had no limit. In either case, considering the amount of weight that is normally gained after a match, it was likely that many wrestlers in these states experienced weight variations of from ten to fifteen pounds per week.

TABLE 8
WEIGHT CERTIFICATION REGULATIONS USED BY EACH OF
THE STATES THAT REQUIRED WEIGHT CERTIFICATION

Regulations	No.	%	States
Plan A: A boy was required to certify at a given weight and then weigh in and wrestle at that weight during the rest of the season. If he wrestled at or recertified at a higher weight class, he was not allowed to compete in the original weight class again.	4	19.0	Delaware, Kentucky, South Carolina, West Virginia
Plan B: A boy was required to certify at a given weight but was then allowed to compete in the next higher weight class as long as he weighed in at his original certification weight every time he wrestled.	12	57.1	Arizona, Illinois, Kansas, Massachusetts, New Jersey, New Mexico, North Dakota, Ohio, Pennsylvania, Utah, Virginia, Wisconsin
Plan C: A boy was required to certify at a given weight but then was allowed to weigh in at and wrestle at any weight class during the season and return to his certification weight at the end of the season if he so desired.	5	23.8	Hawaii,* Idaho, Iowa,* Indiana,* Michigan

*Indicates states in which a boy could wrestle only one weight class above his certified weight without being recertified to a higher class.

Fifty per cent rule

There were eight states that had the fifty per cent rule as part of their weight control programs. Table 9 gives these eight states and shows different ways in which this rule was administered. The main differences in administration of the fifty per cent rule were the dates during which the rule was in effect and whether it was in effect for dual meets only or for all matches during the season.

TABLE 9

ADMINISTRATION OF THE FIFTY PER CENT RULE

Regulation	Number	States
Required to wrestle half of meets after January 1 at certified weight	2	Colorado, Missouri
Required to wrestle half of meets up to January 31 at certified weight	1	Connecticut
Required to wrestle half of dual meets during year at certified weight	2	Georgia, Washington
Required to wrestle half of his meets at certified weight, with a tournament being counted as only one match.	1	New York
Required to wrestle half of dual meets at certified weight, but could wrestle up one weight and get credit for a match at certified weight providing that he weighed in at certified weight.	1	Massachusetts
Required to wrestle half of his meets or six meets, whichever is smaller, at his certified weight.	1	Iowa
Total	8	

Anticipated changes for 1969-70

Question 9.--"If there are any changes being made in your weight control program for next year, please list them below."

Of the forty states with wrestling whose state associations answered the questionnaire, thirty-six of the respondents indicated that there will be no changes made in their weight control programs for the next year. This included the five states that had no weight control program this year.

Maryland will require parent's written approval starting with the 1969-70 wrestling season.

Colorado will require parent's written approval and physician's weight permit starting with the 1969-70 season.

During the 1968-69 season, New York required that a physician certify a boy's minimum wrestling weight at his preseason physical examination. During the 1969-70 season, they will allow the boy to have his minimum wrestling weight recertified by a physician at the end of fifteen days of practice.

Iowa will require wrestlers to certify their weight at the first meet on or after December 8 during the 1969-70 season. This year, they could certify their weight at any match before December 7, or as early as November 15. This gave them more time to get in either fifty per cent or six of their matches at their certified weight, as was required.

Summary

The data showed that of the forty-five state associations answering the questionnaire, forty-one supported or controlled wrestling. One state had only two teams, and did not complete the remainder of the questionnaire.

Thirty-two of the forty states with wrestling, or 80 per cent, had a set date on which to start preseason practice. In 65 per cent of the states, this date was during the first two weeks of November.

Thirty-three of the forty states, or 82.5 per cent, had a set date on which interscholastic matches could begin. In the majority of states, or 67.5 per cent, interscholastic matches were allowed to begin between November 20 and December 7.

Most of the states with wrestling gave a two pound weight allowance in January and an additional pound in February. Only five states did not give any weight allowance during the season. Four states gave weight allowances other than two pounds in January and one in February.

Thirty-five of the forty states, or 87.5 per cent, had some type of weight control program. The four characteristics of most weight control programs were weight certification, physician's weight permit, parent's written approval, and the fifty per cent rule. The data showed that weight certification was the most widely used method of weight control. Twenty-one of the forty states, or 52.5 per cent, used weight certification either by itself or in combination with one or more of the other characteristics.

The second most used characteristic of weight control programs was the physician's weight permit, used by seventeen of the forty states. Nine of the states requiring a physician's weight permit also had some other methods used in their weight control programs.

Ten of the forty states used parent's written approval, nine of these in combination with some other type of weight control program. Eight states used the fifty per cent rule, five of these states also having some other type of weight control program.

The data showed that thirty-one of the forty states, or 77.5 per cent, required either weight certification or physician's weight permit or both. Indications are that there are possibly two major functions of weight control programs. The first involves an attempt to have a wrestler stabilize his weight. This is accomplished by weight certification, which causes a boy to choose a weight class in which he can remain throughout the season. The second function of weight control programs is to place all weight cutting under the control of a physician. Since a physician supposedly knows whether or not a certain amount of weight loss is harmful or not, this tends to relieve the sport from criticism because participants are losing weight.

Of the twenty-one states using weight certification, only two of these also used the fifty per cent rule. This indicates that weight certification and the fifty per cent rule can possibly be used as substitutes for each other. The two programs have the same purpose, that of stabilizing a wrestler's weight during the season.

The majority of the states having weight certification, 66.7 per cent, required wrestlers to certify their weights between December 1 and December 24. Sixteen of the twenty-one states required wrestlers to certify their weights before any additional weight allowance was given.

Sixteen of the twenty-one states with weight certification required that a boy weigh-in at his certification weight each time he wrestled, whether he competed in the next higher weight class or not.

Very few changes were anticipated in the present weight control programs for the 1969-70 wrestling season.

CHAPTER IV

DISCUSSION

The practice of wrestlers cutting weight to make a lower weight class is as old as the sport itself. Even boys that are new to the sport soon realize that they will have a better chance of winning if they compete against a smaller opponent. Therefore, they begin dieting, drying out, and working out to lose weight. In many cases they don't realize that after losing weight and making that lower weight class, they still are not wrestling against a smaller opponent, because they themselves have become smaller.

In some cases, weight cutting is encouraged by the coach and in other cases it is the idea of the wrestler himself. In a few cases, a parent may encourage weight cutting because he wants to see his son be a successful wrestler.

As long as one wrestler believes that he can get an advantage by being in a lower weight class, the practice of cutting weight will continue. In the majority of cases, this weight loss will go unnoticed and no harm will result. However, in some cases this practice will cause the sport to receive criticism from parents, wrestlers, or others. In rare cases, this weight loss may actually be extreme enough to cause physical harm.

The literature on effects of weight loss indicates that in most cases a boy would gain an advantage by reducing a certain amount of weight. Usually, physical performance is not adversely affected. However, in a small minority of cases, attempts at extreme weight loss do cause physical harm. Examples of this problem were cited in Chapter I, see Blyth and Lovingood (10). It is for the benefit of this minority that weight cutting needs supervision and control.

A weight control program is the set of regulations in use to prevent undue weight loss for competitive purposes. How much weight loss is considered to be excessive weight loss? This is a difficult question to answer, and probably no two people would answer it the same way. The question can be looked at in two ways. First, is the weight loss considered excessive because it causes the sport to receive criticism from parents, wrestlers, and others? Second, is the weight loss considered excessive because it may cause the wrestler physical harm? It is difficult to set a certain amount of weight loss and say that this amount is excessive. An amount of weight loss considered excessive for one may be beneficial to another. Probably the purpose of any weight control program should consider both the prevention of physical harm to the boy and the prevention of criticism to the sport.

Eckfelt's plan (11, 12), which required a boy to weigh in only once before the season started, was used for two year's in Nebraska. During the second year, a boy was not allowed to be more than eight pounds over his weight class without being recertified. Apparently, this plan was found to have too many disadvantages to continue its use. Wrestlers were notified of the weigh-in date five to seven days ahead

of time. Since this is usually plenty of time for a boy to lose excessive amounts of weight, it is assumed by this writer that coaches soon began to take advantage of the system. It is very likely that a lot of coaches encouraged extreme weight cutting for this one preseason weigh-in and this forced other coaches to do the same. Suppose that one boy reduced his weight ten pounds for this weigh-in, while a second boy weighed in at his normal weight. The first boy would probably be eight pounds overweight for every match while the second boy could easily be several pounds underweight or more. The result was that either a boy would have to subject himself to weight cutting for the preseason weigh-in or be faced with giving up an eight to twelve pound weight advantage for many matches during the season. Any plan of preseason weighing is not fair to the boy who was overweight at the start of the season and may have benefited greatly from reducing.

The weight control program used in 1963-64 at Beaverton, Oregon (14) required three physicians to approve a boy's minimum wrestling weight. Probably the main disadvantage to this plan is the additional time and expense involved, especially in a large wrestling program. In many of the smaller schools, it would be difficult to get three physicians for this weight certification. This would be especially true in many small towns in the Midwest that have only one physician.

Thirty-five of the forty states that responded to the questionnaire and had wrestling did have some type of weight control program. These weight control programs were usually made up of weight certification, physician's weight permit, parent's written approval, and the

fifty per cent rule. These factors illustrate the most feasible plan for weight control.

Twenty-one of the forty states had a weight certification rule. A weight certification rule prevents a boy from cutting weight at the end of the season so that he can compete at a lower weight for the state tournament. Most of the time a weight certification rule will encourage wrestlers to stabilize their weight throughout the season. This is especially true when a state requires that a boy weigh in at his certified weight every time he wrestles, as was done in sixteen of the twenty-one states with weight certification. A wrestler is not so likely to undergo extreme fluctuations in weight between matches, both in terms of weight loss and of weight gain. He is more likely to hold his weight steady if he knows that he has to weigh in at the same weight every time he wrestles. As a result, he may choose to certify and wrestle at a higher weight class throughout the season, thus serving to discourage weight loss.

On the other hand, weight certification in which a boy is required to weigh in at his certified weight each time he wrestles may encourage weight loss. Without certification, a boy may cut weight to make a particular weight class only a couple of times during the season. A weight certification rule may cause him to be cutting weight throughout the year. It would be interesting to know whether weight certification discourages enough excessive weight cutting at the end of the season to warrant its encouraging moderate weight cutting throughout the season.

Five of the states with weight certification allowed a boy to weigh in and wrestle above his certified weight during the season. It seems that this plan is little better than having no weight certification rule at all. It does nothing to encourage a boy to stabilize his weight. In many cases it may encourage a boy to undergo extreme weight loss at least twice during the season, whereas without weight certification he may have undergone this weight loss only once. Only one of these five states also had the fifty per cent rule, which is also a means of stabilizing a boy's weight.

A weight certification rule that requires a boy to weigh in at the certified weight each time he wrestles does accomplish one objective. It tends to keep a boy wrestling at the same weight class throughout the season. This is advantageous for seeding wrestlers in a year-end tournament. Most of the wrestlers in a weight class will have wrestled each other or against common opponents, which makes season records a fairly valid means of seeding wrestlers.

Seventeen of the forty states required a physician's weight permit. A physician's weight permit serves to reduce criticism of wrestling, because it is assumed that if the physician approves a certain amount of weight loss, then this weight loss certainly won't do any physical harm. This is a controversial idea, as the amount of weight loss that a physician allows is usually based only on his subjective judgment. Usually, the boy can be certified by any physician, and this may cause wide variations in the amount of weight loss allowed. In most cases, the boy is not actually required to make the weight class at the time the doctor approves him for that class. Suppose that a boy

reduces his weight before going to the physician but gives the physician the impression that he is at his normal weight. This may result in the physician allowing a small additional weight loss that makes the total amount excessive.

Regardless of its few inconsistencies and disadvantages, a physician's weight permit can be justified. It seems unlikely that a doctor would allow too much weight loss. In most cases he will allow at least a small amount, which means that hardly ever will a boy have to wrestle in a weight class above what he actually weighs. Thus, if this method prevents even one boy in a hundred from attempting to wrestle at a weight which is too low for him, the program is worth the time and effort that it takes. It will accomplish one purpose and that is to reduce the criticism of weight loss in wrestling.

Parent's written approval of a boy's wrestling weight class was required in ten of the forty states. Requiring parent's written approval will almost certainly reduce criticism of weight loss. However, there could be cases where parent's written approval could be harmful. Suppose that a boy is slightly overweight and it would be to his advantage to lose a certain amount of weight, both for his improved physical status and for his improved competitive advantage. If the parents did not believe that the boy should reduce and refused to permit him any weight loss, it is very possible that the boy could end up wrestling in a weight class above his actual weight by the end of the season. Probably the main disadvantage of parent's written approval is that it is hard for a parent to make an unbiased judgment of his son. Parents

that become too concerned with wrestling success of their son may allow too much weight loss, while overprotective parents may not allow enough.

Eight of the forty states used the fifty per cent rule as part of their weight control program. This rule, like weight certification, prevents a boy from excessively cutting weight at the end of the season for the state tournament. It serves the purpose of stabilizing a boy's weight somewhat, while still allowing him a certain amount of freedom during the season.

The fifty per cent rule allows a coach to adjust his lineup for an important meet during the year. The rule has the disadvantage of allowing large fluctuations in weight during the season. Possibly one of the main disadvantages of the fifty per cent rule is the bookkeeping involved. Twenty-seven of the forty states required either weight certification or the fifty per cent rule, while only two states required both. Thus, it appears that the fifty per cent rule is possibly used as a substitute for weight certification in several states.

Thirty-five of the forty states with wrestling indicated that they gave a weight allowance during the season. The most common weight allowance was that of giving two pounds in January and one additional pound in February. This weight allowance generally is considered a good idea because it allows for the normal growth of a boy during the season. This enables him to remain in the same weight class even if he grows during the season. It prevents him from having to cut more weight at the end of the season because of his normal growth during the season.

Ideally, giving a weight allowance sounds like a good idea. However, it may also be that this could influence a boy to move down one weight class. A boy may decide to certify his weight at a lower weight class during December because he knows that on January 1 it is going to be that much easier to make the weight. This is very likely the reasoning of the five states that gave no weight allowance during the season. It would be interesting to know which of the plans does the most to prevent weight cutting. A weight allowance without certification would definitely encourage many boys to drop to a lower weight class at the end of the season.

Sixteen of the twenty-one states with weight certification required this certification before any weight allowance was given. This supports the idea that if a boy is going to wrestle in the 138 pound weight class, he should be required to actually weigh in at 138 pounds at least once during the season.

The practice of requiring only weight certification was the most common weight control program in use. The weight control programs of thirty-one of the thirty-five states made use of either weight certification or physician's weight permit or both. Apparently, most states feel that either a boy should be wrestling at a weight in which he can remain throughout the season or his weight loss should be under the supervision and control of a physician.

Although states have different requirements for weight loss, it is apparent that some control is desirable.

CHAPTER V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

This study was conducted to determine the weight control programs used throughout the United States. The questionnaire technique was used to collect the data. Questionnaires were sent to each of the state high school activities associations in the United States. Forty-five of the fifty states associations responded to the questionnaire. Forty of these state associations supported or controlled wrestling and gave information concerning their wrestling programs.

The data showed the following information concerning the wrestling programs in forty of the states:

1. Sixty-five per cent of the forty states with wrestling allowed wrestling practice to begin during the first two weeks of November.
2. In 67.5 per cent of the forty states with wrestling, interscholastic matches were allowed to begin between November 20 and December 7.
3. Thirty-five of the forty states with wrestling gave a weight allowance during the season. Thirty-one of these states gave a two pound allowance in January and one pound in February.
4. Thirty-five of the forty states with wrestling had some type of weight control program.

5. The four characteristics of most weight control programs were weight certification, physician's weight permit, parent's written approval, and the fifty per cent rule. The number of states using each of the four characteristics, either by itself or in combination with one or more of the other characteristics, are as follows:

- a. Weight certification was used by twenty-one of the forty states. In twelve of the states, weight certification was the only characteristic used.
- b. Physician's weight permit was used by seventeen of the forty states. One state required doctor's weight permit as the only weight control program.
- c. Parent's written approval was used by ten of the forty states. In one state, parent's written approval was the only characteristic used.
- d. Fifty per cent rule was used by eight of the forty states. In three states, the fifty per cent rule was the only characteristic used.

6. Fourteen of the twenty-one states requiring weight certification required this certification between December 1 and December 24. Sixteen of the twenty-one states required weight certification before any weight allowance was given.

7. Sixteen of the twenty-one states with weight certification required that a boy weigh in at his certified weight every time he wrestled.

8. The weight control programs used by thirty-five of the forty states with wrestling were as follows:

- a. Twelve states required only weight certification.
- b. Four states required weight certification, physician's weight permit, and parent's written approval.
- c. Three states required weight certification and physician's weight permit.
- d. Three states required physician's weight permit and the fifty per cent rule.
- e. Three states required only the fifty per cent rule.
- f. Two states required physician's weight permit and parent's written approval.
- g. One state required weight certification and the fifty per cent rule.
- h. One state required weight certification, physician's weight permit, parent's written approval and the fifty per cent rule.
- i. One state required only physician's weight permit.
- j. One state required only parent's written approval.
- k. One state required physician's weight permit but allowed the boy to be reapproved to a lower weight class by the same physician between January 1 and January 15.
- l. Two states required physician's weight permit and parent's written approval but allowed the boy to move to a lower weight at any time during the season with the permission of the same physician and of his parents again.
- m. One state required weight certification at the first match of the season but allowed recertification to a lower weight

with the physician's weight permit and parent's written approval required only for the recertification.

Conclusions

The data indicates that in most states with wrestling, weight cutting is enough of a problem to warrant that the state activities association have a weight control program.

The most common characteristic of weight control programs is weight certification. Most of the states with weight certification required the boy to weigh in at his certified weight every time he wrestled. The tendency in most states was to have the weight certification date during December, and usually before any weight allowance was given.

Other characteristics of weight control programs, in order of frequency used, were physician's weight permit, parent's written approval, and the fifty per cent rule.

The weight control programs of thirty-one of the thirty-five states with weight control programs made use of either weight certification or physician's weight permit or both. Indications are that most states feel that either a boy should wrestle at a weight in which he can remain throughout the season or his weight loss should be under the control and supervision of a physician.

The fifty per cent rule appears to be used as a substitute for weight certification in several states. The two characteristics have the same basic purpose, that of stabilizing a boy's weight during the season.

Recommendations

It is recommended that before a state association adopt a new weight control program it should consult one or more of the state associations that already have that particular weight control program. This will enable them to determine whether that particular program is satisfactory and acceptable to others before they decide to use it for themselves.

North Dakota's weight control program is made up of the characteristics most common to other weight control programs throughout the United States. Therefore, it is recommended that the North Dakota High School Activities Association continue using its present weight control program.

It is recommended that a study should be made to determine the average amount of weight loss by wrestlers regulated by each of the different weight control programs.

Since parent's written approval and physician's weight permit will usually reduce criticisms due to weight cutting, it is recommended that one or both of these practices be used locally if a wrestling program or a coach is receiving criticism for excessive weight cutting of participants.

APPENDIX A

Riverside Trailer Court
Valley City, North Dakota
May 6, 1969

Dear Sir:

We are surveying high school wrestling weight control programs used throughout the United States during the 1968-69 school year. The results of this survey will be compiled for a thesis as part of the requirements for a M. S. Degree at the University of North Dakota.

It would be useful for our study if you could send information explaining the weight control program that was used in your state during the past year. Would you please fill out the enclosed questionnaire and return it in the enclosed self-addressed envelope? If your state has weight control regulations that are not referred to in the questionnaire, would you please list these on the back of the questionnaire.

Perhaps you have printed material available that outlines your weight control program and its regulations. If so, this type of information would be appreciated if it is convenient for you to send it. If this material will enable me to extract the information asked for on the questionnaire, just send this printed material and we will find the needed information in it.

If wrestling is not supported or controlled by your High School Activities Association, please indicate this on question No. 1 and return the questionnaire.

Thank you for your time concerning this project.

Sincerely,

Dennis Friestad

WEIGHT CONTROL PROGRAM QUESTIONNAIRE

State _____ Respondent _____

Yes _____ No _____ 1. Is wrestling supported or controlled by your High School Activities Association?

Date _____ 2. At what date was a school allowed to start pre-season practice this past year?

Date _____ 3. At what date was a school allowed to have its first interscholastic match?

Yes _____ No _____ 4. Were wrestlers in your state given a two pound weight allowance in January and an additional pound in February?

(a) If the answer to No. 4 was no, was any weight allowance given and if so, how much?

Yes _____ No _____ 5. Did your High School Activities Association have any type of program that limited or in any other way controlled the amount of weight that a boy was allowed to lose?

(a) If the answer to No. 5 was yes, please explain briefly below unless this is explained in the remaining questions.

Yes _____ No _____ 6. Was a doctor's certificate of approval required in order that a boy be permitted to wrestle in a given weight class?

Yes _____ No _____ (a) If the answer to No. 6 was yes, did the State Activities Association recommend or require any specific criteria for the doctor to use in determining the boy's minimum weight class?

(b) If the answer to 6(a) was yes, briefly explain these criteria below.

Yes _____ No _____ 7. Was written approval required from the parents in order that a boy be allowed to wrestle at a given weight class?

Yes _____ No _____ 8. Was each boy required to weigh in at and certify his weight at a certain weight class below which he was not allowed to wrestle during the remainder of the season?

Date _____ (a) If the answer to No. 8 was yes, what was the date of this certification?

(b) If the answer to No. 8 was yes, check the regulation below that was followed in your state that pertained to this weight certification.

a. _____ a. A boy was required to certify at a given weight and then weigh in and wrestle at that weight during the rest of the season. If he recertified to a higher weight class, he was not allowed to compete in the original weight class again.

b. _____ b. A boy was required to certify at a given weight but was then allowed to compete in the next higher weight class as long as he weighed in at his original certification weight every time he wrestled.

c. _____ c. A boy was required to certify at a given weight but then was allowed to weigh in and wrestle at any weight class during the season and return to his certification weight at the end of the season if he so desired.

If none of the three regulations listed above applied in your state, briefly explain your state regulations that applied to your system of weight certification.

9. If there are any changes being made in your weight control program for next year, please list them below.

Riverside Trailer Court
Valley City, North Dakota
May 29, 1969

Dear Sir:

We are surveying high school wrestling weight control programs used throughout the United States during the 1968-69 school year. You were sent a letter and a questionnaire on May 6, 1969, requesting information for this project. As yet, we have not received a reply from you. I assume that the letter has been accidentally misplaced, as this is a very busy time of the year for all of us.

I am enclosing a copy of the original letter and questionnaire that was sent to you explaining the information that we need. Please return the questionnaire or other material in the enclosed self-addressed envelope at your earliest convenience.

Your time and cooperation concerning this project is greatly appreciated.

Sincerely,

Dennis Friestad

APPENDIX B

TABLE 10

STATES RETURNING QUESTIONNAIRE AND STATES
SUPPORTING OR CONTROLLING WRESTLING

States	Returned Questionnaire		Support Wrestling	
	Yes	No	Yes	No
Alabama		X		
Alaska		X		
Arizona	X		X	
Arkansas	X			X
California		X		
Colorado	X		X	
Connecticut	X		X	
Delaware	X		X	
Florida		X		
Georgia	X		X	
Hawaii	X		X	
Idaho	X		X	
Illinois	X		X	
Indiana	X		X	
Iowa	X		X	
Kansas	X		X	
Kentucky	X		X	
Louisiana	X			X
Maine	X		X	
Maryland	X		X	

TABLE 10--Continued

States	Returned Questionnaire		Support Wrestling	
	Yes	No	Yes	No
Massachusetts	X		X	
Michigan	X		X	
Minnesota	X		X	
Mississippi	X			X
Missouri	X		X	
Montana	X		X	
Nebraska	X		X	
Nevada	X		X	
New Hampshire	X		X ^a	
New Jersey	X		X	
New Mexico	X		X	
New York	X		X	
North Carolina	X		X	
North Dakota	X		X	
Ohio	X		X	
Oklahoma	X		X	
Oregon	X		X	
Pennsylvania	X		X	
Rhode Island	X		X	
South Carolina	X		X	
South Dakota	X		X	
Tennessee	X		X	

TABLE 10--Continued

States	<u>Returned Questionnaire</u>		<u>Support Wrestling</u>	
	Yes	No	Yes	No
Texas	X			X
Utah	X		X	
Vermont	X		X	
Virginia	X		X	
Washington	X		X	
West Virginia	X		X	
Wisconsin	X		X	
Wyoming		X		

^aNew Hampshire had only two wrestling teams and did not fill out the remainder of the questionnaire.

Per cent return on questionnaire--90 per cent.

TABLE 11

DATES FOR STARTING PRESEASON PRACTICE AND DATES
FOR EARLIEST INTERSCHOLASTIC MEET

State	Preseason Practice	Interscholastic Meet
Arizona	September 1 (Start of school)	December 3
Colorado	No date set	December 1
Connecticut	November 11	December 1
Delaware	November 15	December 6
Georgia	November 4	November 15
Hawaii	November 25	December 6
Idaho	November 15	December 1
Illinois	Start of school (About Sept. 1)	No date set
Indiana	November 1	November 20
Iowa	October 28	November 15
Kansas	November 1	No date set
Kentucky	No date set	No date set
Maine	No date set	No date set
Maryland	November 15	December 6
Massachusetts	December 1	December 17
Michigan	No date set	No date set
Minnesota	November 11	November 22
Missouri	November 4	November 22
Montana	November 1	After 10 days practice
Nebraska	November 1	December 5

TABLE 11--Continued

State	Preseason Practice	Interscholastic Meet
Nevada	November 1	November 22
New Jersey	November 15	December 13
New Mexico	November 1	December 1
New York	November 1	November 22
North Carolina	No date set	December 1
North Dakota	October 28	No date set
Ohio	November 1	December 1
Oklahoma	October 15	December 1
Oregon	August 25 (Start of school)	December 1
Pennsylvania	November 15	December 6
Rhode Island	November 1	December 10
South Carolina	November 1	December 1
South Dakota	November 1	November 25
Tennessee	October 1	December 1
Utah	November 1	December 1
Vermont	November 15	No date set
Virginia	November 1	December 1
Washington	November 15	December 1
West Virginia	November 1	December 1
Wisconsin	November 4	November

TABLE 12

STATES GIVING TWO POUND WEIGHT ALLOWANCE IN JANUARY
AND ONE ADDITIONAL POUND IN FEBRUARY

State	Yes	No	No Weight Allowance Given	Other Weight Allowance Given
Arizona	X			
Colorado	X			
Connecticut		X	X	
Delaware	X			
Georgia		X	X	
Hawaii	X			
Idaho		X	X	
Illinois		X		x ^a
Indiana	X			
Iowa		X		x ^b
Kansas		X		x ^c
Kentucky	X			
Maine	X			
Maryland	X			
Massachusetts	X			
Michigan	X			
Minnesota	X			
Missouri	X			
Montana	X			
Nebraska	X			

TABLE 12--Continued

State	Yes	No	No Weight Allowance Given	Other Weight Allowance Given
Nevada	X			
New Jersey		X	X	
New Mexico	X			
New York	X			
North Carolina	X			
North Dakota	X			
Ohio	X			
Oklahoma		X	X	
Oregon	X			
Pennsylvania	X			
Rhode Island	X			
South Carolina	X			
South Dakota	X			
Tennessee	X			
Utah	X			
Vermont	X			
Virginia		X		x ^d
Washington	X			

TABLE 12--Continued

State	Yes	No	No Weight Allowance Given	Other Weight Allowance Given
West Virginia	X			
Wisconsin	X			
Total	31	9	5	4

^aTwo pounds in January, two additional pounds in February.

^bTwo pounds December 9, two pounds January 1, two pounds February 1.

^cFive pounds after Christmas.

^dOne pound December 16, one pound January 1, one pound January 15, one pound February 1, one pound February 15, one pound March 1.

TABLE 13

CERTIFICATION DATES FOR THOSE STATES HAVING WEIGHT CERTIFICATION

State	Certification Date
Arizona	January 15
Delaware	December 6 (First match)
Hawaii	First week of February
Idaho	December 1 (First match)
Illinois	Between December 1 and December 20
Indiana	December 17
Iowa	Any meet on or before December 7
Kansas	On or before December 24
Kentucky	Any time in December
Massachusetts	First varsity meet after January 1
Michigan	One meet anytime during the year
New Jersey	December 13 (First match)
New Mexico	January 15
North Dakota	December 15
Ohio	Third week in December (Dec. 16 - Dec. 20)
South Carolina	December 1 (First match)
Utah	First meet wrestled in on or after December 15
Virginia	On or before December 15
West Virginia	December 15
Wisconsin	First match on or after December 15
Pennsylvania	November 15 (Start of preseason practice)

APPENDIX C

STATE BY STATE WEIGHT CONTROL PROGRAMSArizona

Begin Practice: September 1.
First Match: December 3.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Weight certification January 15. Was allowed to wrestle above certified weight if weighed in at certified weight.
Anticipated Changes: None.

Colorado

Begin Practice: No date set.
First Match: December 1.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Fifty per cent rule, effective on all matches wrestled after January 1.
Anticipated Changes: Will require physician's weight permit and parent's written approval.

Connecticut

Begin Practice: November 11.
First Match: December 1.
Weight Allowance: None.
Weight Control Program: Physician's weight permit, fifty per cent rule, effective on all matches wrestled up to January 31.
Anticipated Changes: None

Delaware

Begin Practice: November 15.
First Match: After minimum of three weeks practice. (December 6).
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician's weight permit, parent's written approval, weight certification three weeks from first day of practice, which could be on or before the first match. Must weigh in at and wrestle at certified weight for all matches during season or be recertified to higher class.
Anticipated Changes: None.

Georgia

Begin Practice: November 4.
First Match: November 15.
Weight Allowance: None
Weight Control Program: Fifty per cent rule effective for all dual meets wrestled in during the season.
Anticipated Changes: None.

Hawaii

Begin Practice: November 25.
First Match: December 6.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Weight certification during first week of February. May wrestle one weight above certified weight without weighing in at certified weight and not be recertified.
Anticipated Changes: None.

Idaho

Begin Practice: November 15.
First Match: December 1.
Weight Allowance: None.
Weight Control Program: Physician's weight permit, parent's written approval, weight certification December 1. May wrestle above certified weight anytime during the season without being required to weigh in at certified weight.
Anticipated Changes: None.

Illinois

Begin Practice: Beginning of school, about September 1.
First Match: No date set.
Weight Allowance: Two pounds in January, two pounds in February.
Weight Control Program: Weight certification between December 1 and December 20. May wrestle one weight above certified weight if weighed in at certified weight.
Anticipated Changes: None.

Indiana

Begin Practice: November 1.
First Match: November 20
Weight Allowance: Two pounds in January, one pound February.
Weight Control Program: Weight certification December 17. Was allowed to weigh in at and wrestle at one weight above certified weight without being recertified.
Anticipated Changes: None.

Iowa

Begin Practice: October 28.

First Match: November 15.

Weight Allowance: Two pounds December 9, two pounds January 1, two pounds February 1.

Weight Control Program: Weight certification at any match on or before December 7. Was allowed to weigh in at and wrestle at one weight above certified weight without being recertified. Fifty per cent rule was used. Was required to wrestle one-half of his matches or six matches, whichever is smaller, at certified weight.

Anticipated Changes: Weight certification to take place at first meet on or after December 8.

Kansas

Begin Practice: November 1.

First Match: No date set.

Weight Allowance: Five pounds after Christmas.

Weight Control Program: Weight certification on or before December 24. Was allowed to wrestle one weight higher if he weighed in at certified weight.

Anticipated Changes: None.

Kentucky

Begin Practice: No date set.

First Match: No date set.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Weight certification anytime during December. Was required to weigh in at and wrestle at certified weight for all matches or be recertified to a higher class.

Anticipated Changes: None.

Maine

Begin Practice: No date set.

First Match: No date set.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: None.

Anticipated Changes: None.

Maryland

Begin Practice: November 15.
First Match: December 6.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician gave minimum weight class before November 15. Could be recertified to a lower weight by the same physician between January 1 and January 15.
Anticipated Changes: Parent's written approval will be required.

Massachusetts

Begin Practice: December 1.
First Match: December 17.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician's weight permit and parent's written approval required. Weight certification at first meet on or after January 1. Was allowed to wrestle one weight above certified weight if weighed in at certified weight. Fifty per cent rule effective for all dual meets. Could wrestle up one weight and get credit for match at certified weight if weighed in at certified weight.
Anticipated Changes: None.

Michigan

Begin Practice: No date set.
First Match: No date set.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Required to wrestle in one varsity meet during the season to establish a minimum weight for state tournament.
Anticipated Changes: None.

Minnesota

Begin Practice: November 11.
First Match: November 22.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician's weight permit and parent's written approval.
Anticipated Changes: None.

Missouri

Begin Practice: November 4.
First Match: November 22.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Fifty per cent rule effective for all matches wrestled after January 1.
Anticipated Changes: None.

Montana

Begin Practice: November 1.
First Match: After ten days of practice.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician's weight permit and parent's written approval. Physician gave minimum weight class during or before first two weeks of practice. Was allowed to be recertified to a lower weight class at any time during the season by getting approval from same physician and getting parent's written approval again.
Anticipated Changes: None.

Nebraska

Begin Practice: November 1.
First Match: December 5.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: None.
Anticipated Changes: None.

New Jersey

Begin Practice: November 15.
First Match: December 13.
Weight Allowance: None.
Weight Control Program: Physician's weight permit, parent's written approval, weight certification at first meet. Was allowed to wrestle one weight class above certified weight if weighed in at certified weight.
Anticipated Changes: None.

New Mexico

Begin Practice: November 1.
 First Match: December 1.
 Weight Allowance: Two pounds January, one pound February.
 Weight Control Program: Weight certification January 15. Was allowed to wrestle one weight above certified weight if weighed in at certified weight.
 Anticipated Changes: None.

New York

Begin Practice: November 1.
 First Match: November 22 (after 15 days practice).
 Weight Allowance: Two pounds January, one pound February.
 Weight Control Program: Physician's weight permit given at pre-season physical examination. Fifty per cent rule effective for all matches wrestled during the year.
 Anticipated Changes: Will be allowed to have physician recertify minimum wrestling weight at end of fifteen days of practice.

Nevada

Begin Practice: November 1.
 First Match: November 22.
 Weight Allowance: Two pounds January, one pound February.
 Weight Control Program: None.
 Anticipated Changes: None.

North Carolina

Begin Practice: No set date.
 First Match: December 1.
 Weight Allowance: Two pounds January, one pound February.
 Weight Control Program: Physician's weight permit before first match.
 Anticipated Changes: None.

North Dakota

Begin Practice: October 28.
 First Match: No date set.
 Weight Allowance: Two pounds January, one pound February.
 Weight Control Program: Physician's weight permit, and weight certification December 15. Was allowed to wrestle one weight class above certified weight if weighed in at certified weight.
 Anticipated Changes: None.

Ohio

Begin Practice: November 1.
First Match: December 1.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Physician's weight permit, and weight certification during third week in December. Was allowed to wrestle one weight above certified weight if weighed in at certified weight.
Anticipated Changes: None.

Oklahoma

Begin Practice: October 15.
First Match: December 1.
Weight Allowance: None.
Weight Control Program: None.
Anticipated Changes: None.

Oregon

Begin Practice: August 25.
First Match: December 1.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Four Signature Approval Cards had to be signed by the coach, the wrestler, the parent, and the physician, and each gave a minimum weight at which the boy could wrestle. The boy was placed in a weight satisfying each of the four. If any one of the four wanted the boys minimum wrestling weight changed at any time during the season, he needed only to notify the coach and the change was effective immediately. Wrestler could get his minimum weight lowered at any time by getting the approval and signature of the four people involved.
Anticipated changes: None.

Pennsylvania

Begin Practice: November 15.
First Match: December 6.
Weight Allowance: Two pounds January, one pound February.
Weight Control Program: Doctor's weight permit. Weight Certification November 15. Was allowed to wrestle one weight class above certified weight if weighed in at certified weight.
Anticipated Changes: None.

Rhode Island

Begin Practice: November 1.

First Match: December 10.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Weight certification at first meet in December. Boy could recertify to a lower weight before first Friday in January by getting approval and signatures of doctor, parent, wrestler, and coach. Could wrestle one weight class above certified weight if weighed in at certified weight.

Anticipated Changes: None.

South Carolina

Begin Practice: November 1.

First Match: December 1.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Physician's weight permit and parent's written approval required. Weight certification on December 1. Was required to weigh in at and wrestle at certified weight for all matches during the season or be recertified to a higher weight class.

Anticipated Changes: None.

South Dakota

Begin Practice: November 1.

First Match: November 25.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Physician's weight permit and parent's written approval required. Boy was allowed to wrestle at any weight above his certified weight at any time in the season.

However, he could move down only one weight per match.

Anticipated Changes: None.

Tennessee

Begin Practice: October 1.

First Match: December 1.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Parent's written approval required.

Anticipated Changes: None.

Utah

Begin Practice: November 1.

First Match: December 1.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Weight certification at first meet on or after December 15. Was allowed to wrestle one weight above certified weight if weighed in at certified weight.

Anticipated Changes: None.

Virginia

Begin practice: November 1.

First Match: December 1.

Weight Allowance: One pound December 16, one pound January 1, one pound January 15, one pound February 1, one pound February 15, one pound March 1.

Weight Control Program: Weight certification on or before December 15. Was allowed to wrestle one weight above certified weight if weighed in at certified weight.

Anticipated Changes: None.

Vermont

Begin Practice: November 15.

First Match: No date set.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: None.

Anticipated Changes: None.

Washington

Begin Practice: November 15.

First Match: December 1.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Physician's weight permit is given on last Friday before December 25. Fifty per cent rule in effect for all dual meets wrestled in during the year.

Anticipated Changes: None.

West Virginia

Begin Practice: November 1.

First Match: December 1.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Weight certification on December 15. Was required to weigh in at and wrestle at certified weight for all matches during the season or be recertified to a higher weight class.

Anticipated Changes: None.

Wisconsin

Begin Practice: November 4.

First Match: November 20.

Weight Allowance: Two pounds January, one pound February.

Weight Control Program: Weight certification at first meet on or after December 15, and before December 15 if no meets are scheduled between December 15 and January 1. Was allowed to wrestle one weight class above certified weight if weighed in at certified weight.

Anticipated Changes: None.

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