

WRESTLING WEIGHT CONTROL PROGRAM (WCP)



<http://www.vhsl.org/sportsmed.wrestling-wcp>

Since 1989, the Medical Advisory Committee to the VHSL has been studying the incidence and harmful effects of excessive and rapid weight loss among wrestlers. Close collaboration with states that have instituted programs and policy groups such as the National Federation of State High School Associations, American College of Sports Medicine, and the National Wrestling Coaches Association has been ongoing. Prior to 2001, three task forces composed of individuals very involved in wrestling at all levels met to establish preliminary protocols. In April of each year since 2002, a Wrestling Task Force Committee meeting is held to consider coaches' concerns and to fine-tune the Weight Control Program. Below are listed the Goals and Objectives that have existed from the beginning of this project.

GOALS AND OBJECTIVES

1. Improve the safety of wrestling by attempting to control the amount of weight loss over time, to limit weight cycling, and eliminate potentially dangerous methods of weight loss.
2. Improve the enjoyment of wrestling by minimizing the time, effort, and discomfort associated with making weight, including excessive weight loss.
3. Educate coaches, wrestlers, and parents on healthier methods of weight loss and the potential for enhanced performance, endurance, and strength if the athlete wrestles at a more "ideal body weight".
4. Educate coaches, wrestlers, and parents on basics of good nutrition for active sports participation in growing youngsters.
5. Maximize the chance for fair and equal participation of all wrestlers by standardizing methods for weight determination and by minimizing the opportunity for perceived or real inequality among participants. Keeping the mats level for all wrestlers is critical as competitive equity based on weight has long been one of the foundations of the sport of wrestling.
6. Create a more positive public image for the sport of wrestling by attempting to eliminate one of the major criticisms leveled against the sport, (i. e. unhealthy weight loss).
7. Accomplish these goals without detracting from the discipline, mental and physical toughness, and conditioning that are very positive aspects of the sport.

For additional information on the VHSL Weight Control Program, [click here](#).

**** Information current from website as of 9/26/13. For up to date information, use the links above.**