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A SURVEY OF NEW YORK HIGH SCHOOL WRESTLING COACHES  
CONCERNING WEIGHT REDUCTION IN WRESTLING

BY 6791

James E. Lehman

B.A., Saint Mary of the Plains College, 1968

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A MASTER'S REPORT

submitted in partial fulfillment of the  
requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY  
Manhattan, Kansas

1971

Approved by:

A handwritten signature in cursive script, likely of the Major Professor, written over a horizontal line.

Major Professor

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## INTRODUCTION

The sport of wrestling is rapidly becoming one of the leading interscholastic sports in the state of New York. In the years 1948-1949, only ten percent of the high schools in New York state offered wrestling as an interscholastic sport. In the years 1968-1969, sixty-seven percent of the high schools had wrestling as a part of their athletic programs. At the beginning of the 1969 school year there were approximately four hundred and ninety-four teams. In a twenty year period the growth and popularity of wrestling has attributed to the addition of wrestling to athletic programs in high schools by fifty-seven percent.(8)

## STATEMENT OF THE PROBLEM

The main purpose of this survey was to examine the practices of wrestling coaches in the state of New York, concerning policies and procedures relating to weight reduction and its effect on the health and performance, and well being of the wrestler under their supervision. The evaluation of the results of this survey may produce some questions as to whether the current practice of weight reduction and the method and procedure for weighing-in the wrestlers before a match are adequate or inadequate.

Sub-Problems.

1. A survey of the literature was conducted to determine what has been done in the area of:
  - a, Regulations concerning weight loss.
  - b, "Certified" weights in wrestling.
  - c, Effect of weight loss on the wrestler's performance.
  - d, Coaches conducting public relations programs for the public.
2. A questionnaire was designed to survey each High School coach in the New York state.
3. The data received from the questionnaire was tabulated and comparisons were made to determine what practices exist in the state concerning weigh-ins, public relations programs, and the weight reduction of wrestlers.
4. Make possible recommendations, based on the data received from the questionnaire. (9)

Importance of the study.

There are questionable procedures connected with the validity and reliability of the weighing-in and the selecting of the proper weight-class for the wrestlers. The coach or the wrestler often selects a lower weight class and the dieting for the season begins.

At the beginning of the wrestling season each individual who is going to participate, is weighed in by the school doctor or nurse. At this time each individual has his weight recorded on a card that is kept as a reference as to how much weight he can lose during the season. This is done also as a health factor so that wrestlers do not lose an excess amount of weight that would be harmful to their health. At times an individual may try to qualify for a lower weight class by losing weight through vigorous workouts, a limited



diet, and reduction of fluid intake into the body. Many wrestlers feel that they have a better chance if they compete in a weight class lower than the weight class they are registered in at the beginning of the season.

At times the loss of excess weight may be a handicap to some individuals. The objective of losing excess weight is to achieve maximum physical efficiency.(3)

Ideally, the problem should be a simple one. Wrestlers should lose the excess weight they carry until they achieve their ideal weight for maximum performance. They would wrestle in whatever weight class in which they happen to be.(3)

Freese has stated that:

Believing in the necessity to qualify at the lowest possible weight class, many high school boys have subjected themselves to continuous pre-season and season long dieting. The diet problem becomes especially pronounced for the wrestler who loses a considerable amount of weight before the first weigh-in and continues on a stringent dietary program for the balance of the season in an effort to maintain his selected weight class.(2)

There are two main sources of weight which can be removed from the human body, body fat and body fluid. Depot fat is stored fat, therefore it must be considered excess weight for the athlete. It is utilized by the body too slowly to be useful during an athletic contest. It can be eliminated almost entirely from the body if done slowly and properly. Unfortunately, this is the most difficult weight to lose and requires will power and determination.(3)

Body fluid is not excess weight. The diffusion of gases in tissues and the transfer of food to energy depends upon a delicate balance between fluid and the electrolytes of the body. This balance must not be distorted. Loss of just a few pounds of body fluid may be dangerous. To the athlete it

can be disastrous so far as his physical and mental efficiency is concerned. It is unfortunate that this is the easiest weight to lose, and because it can be done rapidly and easily, it accounts for most of the mistakes that are made by wrestlers, coaches, and trainers.(3)

The weigh-in time sometimes produces a problem for the wrestler. He may have consumed a certain amount of food prior to the match; this may have an adverse effect on his performance. At times parents have complained about the amount of weight that their sons were losing. Better public relations on the part of the coaches with the parents may be the answer in making parents more aware of what is being done and why it is being done. Finally, educating the wrestlers themselves as to proper dieting techniques and the need to maintain realistic weight levels will surely eliminate some of the problem.(9)

#### DEFINITIONS OF TERMS USED

Weight reduction: temporary loss of weight by means of dehydration, withholding food and by participating in strenuous exercise.(7)

Dehydration: loss of body liquid through perspiration and decreased intake of additional liquid.

Weigh-in: the time at which a contestant is weighed on a certified scale before a match.

Certified weight: the weighing and recording of each wrestlers weight at a time specified in agreement of the officials of the participating schools.(9)

Weight classes: the weight classes for wrestlers set down by the New York State Public High School Athletic Association are: 98 lbs., 107 lbs., 115 lbs., 123 lbs., 130 lbs., 137 lbs., 145 lbs., 155 lbs., 165 lbs.,

175 lbs., 185 lbs., Heavy weight (Under 219 lbs.) - Unlimited (in tournaments. 235 lbs. maximum)

Making weight: weighing-in at the weight class designated for the wrestler.

#### REVIEW OF RELATED LITERATURE

Charles A. Bauer completed "A Survey of New Jersey High School Wrestling Coaches Concerning Weight Reduction in Wrestling" in 1968, at Montclair State College in New Jersey. The format of this report is based upon Mr. Bauer's paper. The questionnaire used to gather material for this report was almost identical to that of Mr. Bauer's questionnaire.

A study concerning weight reduction in wrestling was conducted by Tuttle <sup>(6)</sup> in 1943. He experimented with a group of thirteen college wrestlers who had to lose five percent of their normal body weight. At the conclusions of the experiment, only five of the starting thirteen had completed the experiment. These individuals were tested in various ways to measure blood pressure, strength, steadiness, reaction time, and respiration and oxygen needs of the body. The results of the experiment indicated that the five percent weight reduction had no detrimental effect on the subjects involved except for a slight increase in heart rate and a slight decrease in vital lung capacity.

James Byron <sup>(7)</sup> at the State University of Iowa, conducted a study with twenty high school boys, ten in the experimental group and ten in the control group. The experimental group had to lose weight to qualify for a weight class while the control group did not. During the entire wrestling season the Carlson Fatigue Curve Test was administered to the boys twice a week. In addition to this test, the boys in both groups had their pulse rate

and blood pressure recorded by a registered nurse. This was done at two, four, and six minute intervals, immediately following the match.

Although the experimental group lost an average of seven pounds, there was no significant difference in either the Carlson Fatigue Test or the pulse rate-blood pressure readings. The investigator concluded that the average weight reduction of seven pounds for the length of the season was not harmful.<sup>(9)</sup>

William D. Paul<sup>(5)</sup> maintained that it is important for a physician to be included in any weight control program that is established. Paul's article included research done by others in the area of dieting, that showed the ill effects of starvation diet coupled with the practice of dehydration. In one case story an athlete dieted for twelve days restricting his food and fluid intake. Although he lost ten pounds he suffered chronic nephritis. Other ill effects presented in the article were acute pancreatitis in boys having a past history of scarlet fever, streptococci infections, and cases of diabetes where there was a family background of it.

There have been many people who have contradicted themselves on their position of weight reduction. Some feel that certain ways of weight reduction are good for all wrestlers to use. Others feel that while one way might be good for one individual, it may not be good for someone else.

M. Briggs Hunt,<sup>(1)</sup> states:

A wrestler should eat nothing that he feels may, or knows from experience will, produce ill effects. A high protein, green vegetable, and fruit diet is excellent for reducing because there is practically no fat included. A short period of time with normal training procedures and a proper diet should result in the wrestler's making weight.

Even though Hunt's position sounds encouraging on this matter, he goes on to discuss the diet which a wrestler should follow on the day of a match, which is completely opposite to his stand on dieting. "On the day of the meet how-

ever, if there is a weight problem, the wrestler must abstain from foods until weigh-in time."

This presents some of the problems that are prevalent in weight-reduction in wrestling today. These problems have been the reasons why there has been research done in the areas of weight-reduction and weigh-in times. More research is needed to determine what is the best method for both of these items.

#### METHODS AND PROCEDURES

Sample. The sample used for this survey was limited to 300 public and parochial high school wrestling coaches whose teams were under the jurisdiction of the New York State Public High School Athletic Association. A questionnaire consisting of fourteen questions was sent to each of the wrestling coaches.

Instrument. The questionnaire was designed to collect information about the coach's experience, his thoughts and feelings about the present rules governing weight and weight reduction; his opinion on the amount of weight a wrestler may safely lose; and finally his feelings on certified weights and public relations programs, if any, that he might conduct.<sup>(9)</sup>

Procedures. In order to establish why the study should be done and how it could best be presented the following steps were taken:

1. Discussion of the topic: In order to find out if the topic as relevant or not, discussions were held with different wrestling coaches and wrestling officials.

2. Review of related literature: It was necessary to find out what was being done in this particular area, and what possibilities exist concerning the problem. Sources of information came from the Education Index, card cat-

alog, and Dissertation Abstracts. Other sources in the form of periodical literature included the Research Quarterly, Athletic Journal, School Activities, Scholastic Wrestling News, the New York State Public High School Athletic Association Sports Report for 1968-1969, and the N.Y.S.P.H.S.A.A. Directory of Wrestling Coaches.

3. Copying the questionnaire and having it duplicated.<sup>(9)</sup>
4. Securing a copy of the N.Y.S.P.H.S.A.A. Wrestling Coaches Directory for names of coaches and their respective schools.
5. Distribution of the questionnaire to the coaches throughout the state.
6. Return of the questionnaire and compiling the data.

The data was then transposed to other charts and a comparison was made by cross tabulating the information. Similarities in the responses were revealed in this manner. A review of these results showed the need for a change in the present rules for weight controls and weigh-ins.

#### RESULTS FROM THE QUESTIONNAIRE

The questionnaire was sent to 300 public and parochial high school wrestling coaches in New York whose teams were under the jurisdiction of the New York State Public High School Athletic Association. One hundred and sixty questionnaires were answered and returned.

The purpose of the questionnaire was to determine the position of the wrestling coaches concerning the present rules governing weight reduction and weigh-ins. Also if a five percent weight loss would have any effect on a wrestler's performance.

Analysis of the data indicated the possibility of comparing one area of the state with another to see what trends, if any, exist. The ques-

tionnaire divided the state into four areas, North, East, South, and West to establish what part of the state the coaches were from. After receiving the questionnaire returns it seemed to be more feasible to divide the state into three sections, Northern, Central, and Southern.

The state of New York is divided into eleven sections. These sections can be grouped in the following manner to achieve a relatively uniform level of performance: Northern, Sections 4,6,7, and 10, Central, Sections 2 and 3 Southern, Sections 1, 8, and 9.

Coaching experience. Wrestling coaches in New York have on the average 6.6 years of coaching experience. There was, however, a slight difference in one area of the state. In the North, which comprised seventeen and one half percent of the returns, the average coaching experience was 6.3 years with a range of 1-35 years. In the Central section, which comprised thirty five percent of the returns, the coaching experience was also 6.3 years with a range of 1-22 years. In the South, which comprised forty seven and one half percent of the returns, the average coaching experience was 7.3 years with a range of 1-23 years.

Five percent weight rule. The next area investigated was the five percent weight reduction rule. Eight percent of the responding coaches felt that the rule was adequate. Sixteen point eight percent of the responding coaches felt that the weight reduction rule of five percent was too little, while three point one percent felt it was too much. Those that felt the rule was too little felt that the range of eight to fifteen percent would be a more realistic rule. Those who felt the rule was too much stated that two to three percent would be a better ruling.

The geographic breakdown of the question appears to have little, if

State section	Number of coaches	Percentages of coaches	Average experience	Range of experience
North	28	46.6	6.3 yrs.	1-35 yrs.
Central	56	46.6	6.3 yrs.	1-22 yrs.
South	76	63.3	7.3 yrs.	1-23 yrs.
State total	160	53.3	6.6 yrs.	1-35 yrs.

Table 1. Number and percentages of coaches responding to the questionnaire on a state wide basis and coaching experience.



NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Adequate	21	75
Too little	5	17.9
Too much	2	7.1
CENTRAL SECTION		
Answer	Number of Coaches	Percentages of coaches
Adequate	47	83.9
Too little	7	13.6
Too much	2	3.5
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Adequate	60	78.9
Too little	15	19.7
Too much	1	1.4

Table 2. Numbers and percentages of coaches who responded to the five percent weight loss rule.

any, variation. In the Northern section of the state twenty one of the twenty eight coaches who answered the question feel that the present rule is adequate. Five of the twenty eight felt the rule percentage was too little and two of the twenty eight felt it was too much. The coaches in the Central section responded forty seven to nine in favor of the rule being adequate. Two of the nine felt the rule was too much, while seven felt it was too little. In the Southern section of the state, sixty of the seventy six coaches who answered felt the rule was adequate. Fifteen of the coaches believed that the rule was too little and one believed the rule was too much. Other comments were made that are that there is an individual problem with each wrestler and that it is hard to say how much weight one individual could safely lose.

Adverse effect on performance. The coaches were then asked to respond as to whether or not they felt the five percent weight loss had an adverse effect on the performances of their wrestlers. By taking the whole state into consideration, one hundred forty three out of the one hundred sixty responding coaches, or better than eighty nine percent felt that the five percent weight loss had no adverse effect on their wrestlers' performance. Twelve coaches felt that the loss of five percent of total body weight did have an adverse effect on the wrestlers. Some coaches stated that this rule is abused and the boy actually loses more than five percent of his total body weight. In the Southern section, five of the coaches believed that it depended on the individual and in some cases the loss could hinder the individual.

Certified weight. In an effort to find a possible solution to the problem of dieting, especially prior to the match weigh-in, the coaches were asked to respond to their preference of a certified weigh-in. This would enable a wrestler to eat a nourishing meal prior to wrestling. (This is done

NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Adequate	27	96.4
Adverse effect	1	3.6
Individual problem	0	0.0
CENTRAL SECTION		
Answer	Number of coaches	Percentages of coaches
Adequate	51	91.1
Adverse effect	5	8.9
Individual problem	0	0.0
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Adequate	65	85.5
Adverse effect	6	7.9
Individual problem	5	6.6

Table 3. Number and percentages of coaches who responded to the effect on performance of a five percent weight loss.

NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	23	82.1
No	5	17.9
CENTRAL SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	39	69.6
No	17	30.4
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	44	57.9
No	32	42.1

Table 4. Numbers and percentages of coaches responding to certified weigh-ins.

in most colleges and universities engaged in wrestling in the United States.) If a coach felt that a weigh-in should be certified, he was asked to name a person he would prefer to represent the school at the weigh-in. If he did not believe that the weigh-in should be certified he was asked to state the reason why.

Statewide, the division on the question of certification was sixty six point three percent of the coaches in favor of certification and thirty three point seven percent were against it. In the Northern section the coaches were overwhelmingly in favor of certification by a count of twenty three to five. In the Central section there were thirty nine in favor of certification and seventeen against it. In the Southern section it was a little closer, with forty four coaches in favor and thirty two coaches against certification.

In analyzing the negative answers to the question of certified weights, thirty four of the fifty four coaches cited dishonesty as the reason for not approving a certified weigh-in. Most of the coaches felt that the other coaches or the athletic directors could not be trusted. Most of the feeling of dishonesty came from the Southern section.

Certifying agent. The next part of the certified weight question deals with the positive responses on who should certify the weigh-in. Of one hundred and six responses to this question, fifty nine favored the athletic director as the person who should certify the weigh-in. Thirteen replies indicated that the coach should have something to do with the weigh-in certification. Seventeen of the returns favored the official as the certifying agent. Nine favored the school nurse or doctor. Eight responses indicated that one of the schools administrators should be the certifying agent.

NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Before class	4	14.3
Mid-morning	2	7.1
Before lunch	14	50.0
Other time	4	14.3
No response	4	14.3
CENTRAL SECTION		
Answer	Number of coaches	Percentages of coaches
Before class	8	14.3
Mid-morning	1	1.8
Before lunch	19	33.8
Other time	12	21.4
No response	16	28.7
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Before class	4	5.2
Mid-morning	4	5.2
Before lunch	27	35.5
Other time	17	22.4
No response	24	31.7

Table 5. Number and percentages of coaches preference for weigh-in time.

NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	18	64.1
No	6	21.5
Individual problem	4	14.1
CENTRAL SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	40	71.4
No	9	16.1
Individual problem	7	12.5
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	53	69.7
No	11	14.5
Individual problem	12	15.8

Table 6. Numbers and percentages of coaches responding to placing wrestlers in their minimum weight classification for competition.

Weigh-in time. Another question related to certification was concerned with what time the coaches would prefer to have the weigh-in take place. A total of one hundred and six coaches responded with sixty of them representing fifty six point six percent preferring to have the weigh-in take place before lunch. Sixteen coaches desired to have it take place before classes started in the morning. Seven felt that a mid-morning weigh-in would be best. The remaining twenty three coaches specified just before match time for certification. There was no trend connected with this question.

Minimum weight class for competition. The next area of the survey was to determine how the coaches felt about placing a boy in his minimum weight class for competition purposes. Over sixty five percent of the coaches were in favor of having their wrestlers compete in the lowest weight class. They felt this was best for the boy and increased his possibility for winning. Twenty six coaches felt that by placing a boy in his lowest weight class it would be a disadvantage to him as far as strength and endurance were concerned. Other reasons given were that the coach was placing the boy in the weight class which was best for him and the team. Twenty three coaches stated that it was an individual problem and depended solely on the boy. It may effect some boys with relation to strength and endurance while to others it would have no effect.

Public relations. The last question concerned the coach's public relations program. This question was included because in surveying the literature it was felt that more public relations programs should be conducted by the coaches in order for the people directly involved to have a better understanding of what is being done in this area.(9) Statewide, fifty point six percent of the one hundred and sixty coaches conducted a public relations program. Of the seventy nine coaches who did not have a public relations program, thirteen stated that they were going to begin one this coming year.



NORTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	11	39.0
No	17	61.0
CENTRAL SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	31	55.4
No	25	44.6
SOUTHERN SECTION		
Answer	Number of coaches	Percentages of coaches
Yes	39	51.3
No	37	48.7

Table 7. Numbers and percentages of coaches conducting public relations programs.

### SUMMARY OF REPORT

In compiling the data received from the questionnaires concerning the position of New York wrestling coaches on the controversial areas of weight reduction and weigh-in procedures it was found that:

1, More than three quarters of the coaches believe that the present weight loss ruling is adequate. (80%)

2, The majority of coaches feel that a five percent weight loss has no effect on the performance of a wrestler. (89.5%)

3, Most of the coaches in the state felt that there should be certification of weigh-ins. (66.3% yes, 33.7% no)

4, The main reason for not having certification was the honesty of the coaches and athletic directors themselves.

5, The coaches in favor of certification believed that the athletic director should be involved as the certifying agent at the weigh-in ceremony.

6, The preferred weigh-in time for certified weights was prior to lunch.

7, The majority of coaches felt that placing a boy in his minimum weight class was best for him. (69.7%)

8, There was an almost equal number of coaches conducting a public relations program as compared with those not conducting one. (50.6 yes, 49.4% no)

### RECOMMENDATION

In concluding this report the following recommendations are made:

1, Stricter enforcement of the current weight reduction ruling by wrestling officials.

2, A committee to be set up to look into the matter of certifying weights before match time.

3, Have the coaches set up more public relations programs with the people of their community.

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## APPENDIX

May 20, 1970

Dear Coach,

In an effort to determine if there is any problem with existing rules that allows a wrestler to lose up to five percent of his total body weight, I am conducting a survey of high school coaches in the state of New York. I would greatly appreciate your cooperation in completing the enclosed questionnaire and returning it to me by June 30, 1970. A stamped self addressed envelope is enclosed for your convenience.

The results of this survey will be compiled and used as a part of a paper used for partial fulfillment of a Master of Science degree in Physical Education at Kansas State University. If you wish a copy of the results of this survey, indicate by checking the appropriate area at the bottom of the questionnaire.

Sincerely,

James E. Lehman

54 Briar Road  
Nanuet, New York 10954

## A SURVEY OF NEW YORK HIGH SCHOOL WRESTLING COACHES

## CONCERNING WEIGHT REDUCTION IN WRESTLING

1. How long have you been coaching wrestling? \_\_\_\_\_ years
2. In what part of the state do you coach? \_\_\_\_\_ North \_\_\_\_\_ South  
\_\_\_\_\_ East \_\_\_\_\_ West
3. How do you feel about the current weight reduction rule? \_\_\_\_\_ too much  
\_\_\_\_\_ too little \_\_\_\_\_ adequate
4. If your answer to question 3 was too little, please indicate what percentage of weight loss would be adequate. \_\_\_\_\_ percent
5. If your answer to question 3 was too much, please indicate what percentage of weight loss would be adequate. \_\_\_\_\_ %
6. Do you feel that the maximum loss of weight permitted at the present time has an adverse effect on the performance of the wrestler? \_\_\_\_\_ yes  
\_\_\_\_\_ no
7. If your answer to question six is yes, please state the reason for your reply.
8. Do you feel that weigh-ins should be certified? \_\_\_\_\_ yes \_\_\_\_\_ no
9. If your answer to question 8 was no please state the reason.
10. If you are in favor of certification, indicate the best time for it.  
\_\_\_\_\_ Before classes start \_\_\_\_\_ Before lunch  
\_\_\_\_\_ Mid morning \_\_\_\_\_ Other time

11. Who should certify the weigh-in? \_\_\_\_\_
12. Do you believe that placing an individual in his minimum weight class is best for him? \_\_\_\_\_yes \_\_\_\_\_no
13. Do you have a public relations program with the people in your community? \_\_\_\_\_yes \_\_\_\_\_no
14. If you do conduct a public relations program, what areas do you cover?
 

_____Eligibility	_____Understanding a match
_____Nutrition	_____Rules understanding
_____Personal health	_____Demonstration
_____Other	

Signature \_\_\_\_\_

Title \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

Would you like a copy of the results of this questionnaire?

\_\_\_\_\_yes \_\_\_\_\_no



A SURVEY OF NEW YORK HIGH SCHOOL WRESTLING COACHES  
CONCERNING WEIGHT REDUCTION IN WRESTLING

by

James E. Lehman

A. A. Saint Mary of the Plains College, 1968

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AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the  
requirements for the degree

MASTER OF SCIENCE

DEPARTMENT OF PHYSICAL EDUCATION

KANSAS STATE UNIVERSITY  
Manhattan, Kansas

1971

The purpose of this study was to determine the position of high school wrestling coaches in the state of New York, concerning the controversial areas of weight reduction and weigh-in procedures prior to a wrestling match. This was done by (1) reviewing the literature written on the topics, (2) sending out a questionnaire to 300 high school wrestling coaches in the State of New York and (3) compiling and analyzing the data on the returned questionnaires.

Information for this report was found in literature written by many noted authorities from various fields.

A questionnaire sent out included questions concerning the coach's experience, the area of the state in which he coaches, his feelings about the rules governing weight reduction and how weight reduction effects the performance of wrestlers. Also included was the idea of certifying weights as a possible solutions to pre-match dieting problems and lastly, what the coaches are doing in the area of public relations between their school and community.

Even though eighty percent of the returned questionnaires indicated that the five percent weight reduction was adequate, there were still some coaches who believed it was inadequate. They advocate an eight to fifteen percent weight loss rule. Only five coaches out of one hundred sixty thought that the weight loss rule was too much. They advocated a two to three percent weight loss ruling.

The effect of a five percent weight loss on the performance of a wrestler as the coaches stated in their replies corroborates what had been discovered in earlier studies by Tuttle. It would seem that further studies in this area would have the same results because of the positive reply to the question.

It would appear that the idea of certification is very prevalent in the minds of a majority of the coaches. The fact that a wrestler may be able to eat a wholesome meal before a match points in favor of certification. However, since there seems to be a question of honor and integrity among coaches themselves, this is a point against certification.

As for the certifying agent, the coaches are in favor of the athletic director. This was formulated by those favoring certification.

In analyzing the question by placing a boy in his minimum weight class for competition, the majority of the coaches believed this is the best practice. It has been mentioned by some coaches that this is an individual matter and should be dealt with as such. This may be so, but many coaches have found that placing a boy in his lowest weight class as beneficial to the boy from a success standpoint, but it also helps the team.

It is hoped that the concluded survey may be useful in bringing attention to some of the areas in wrestling which need more attention and research for the betterment of the sport and its participants.