

Consecutive day allowance on a descent plan

1. Make sure that when you are logging into the “OPC” part of Trackwrestling for all of the weight management (rosters, weigh-in sheets, schedules).
2. There will be times that a wrestler is not allowed by his descent plan to get to a scratch weight for a competition. However, if that competition has any weight allowance consecutive days of competition, that wrestler could compete at that weight as long as his weight loss plan allows him to get to the weight that everyone is required to make for the weight class. This information is included on page 17 of the NSAA Wrestling Manual.

B. A wrestler may wrestle at a weight prior to making scratch weight at that particular weight as long as the descent plan allows him/her to make the designated weight with the allowance. EXAMPLE: A wrestler wishes to compete at the 120 pound weight class but the weight loss plan only allows him/her to make 120.8, however there is a one pound (consecutive day of competition) allowance. The wrestler is allowed to compete at the 120 pound weight class because the actual weight (121) is allowed according to the descent plan on that date.

Because of the consecutive day allowance, the descent plans will not reset at the higher weight and thus will not require those on a descent to their scratch weight, lose that additional weight that is given for the allowance.

3. There is also an FAQ page on the NSAA wrestling homepage if you go to “regular season” or it is also at the following link:

<http://www.trackwrestling.com/tw/FAQDisplay.jsp?staticCats=137037009>

4. If you still have issues or do not know what to do in a situation while in the Trackwrestling system, you need to contact their support team through the ticket system. Here is the process for submitting a ticket to them:
 1. When on the Trackwrestling website click on the “SERVICES” button on the top right part of the front page
 2. Click on the “Contact Us” button
 3. Click on the Click “here” button to open a ticket
 4. Select the Topic and click “next”
 5. Select what role you have in the issue and click “next”
 6. The season would be 2015-16 High School Boys
 7. Governing Body is NSAA
 8. Put in your team and click “next”
 9. Put the subject and add your email and any other emails that you want to be included on the ticket
 10. Type in your question
 11. Select the priority of the issue
 12. Put you name and click “”Send Message”

Good luck to all!!

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