



USA WRESTLING RAPID WEIGHT REDUCTION RULE

USA Wrestling discourages rapid weight reduction methods under any circumstances! Whereas rapid weight reduction ('cutting weight') through caloric restriction, dehydration, and excessive exercise in heated environments exposes wrestlers to decreased performance, heat related trauma, and hazard to health and life, USA Wrestling and Team Georgia Wrestling have adopted the following rules:

-The practice of dehydration, the use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food and fluid restriction and self-induced vomiting is **PROHIBITED**.

-The use of vapor-impermeable suits (e.g., rubber or rubberized nylon) is **PROHIBITED**.

-Violation of these rules at USA Wrestling/Team Georgia Wrestling sanctioned events shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended.

-A second event violation will result in the suspension of the individual(s) from any USA Wrestling/Team Georgia Wrestling sanctioned event(s) for one calendar year from time of suspension. The appropriate age group executive committee shall hear all second violation cases.

-Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes.