

NEBRASKA – Growth Allowance Instructions:

- 1) Wrestlers who have made scratch weight at the lowest weight class they intend to wrestle for the remainder of the season will receive the growth allowance starting December 25. In order for the on-line system to recognize who receives the growth allowance the coach **MUST** go to the Team Roster Grid section of the NWCA OPC, under the "Coaches" tab, and identify which wrestlers have made scratch weight and at what weight class.
- 2) If coaches want to raise a wrestler's minimum weight class (MWC) they do so by going to the Team Roster Grid and making the change. For example, if a wrestler's MWC is 119#, but he is never going to compete below the 125# weight class the coach should change his MWC to 125#. If the MWC is not changed the wrestler's descent plan will be effected as the system is still programmed for the wrestler to go to 119#.

How to raise a wrestler's MWC to a higher weight class:

1. From the NWCA OPC homepage, click on *Team Roster Grid* under the *Coaches* tab on the menu bar.
2. Click the *Edit* button to the left of the wrestler's name. You can now change a wrestler's original MWC.
3. Be sure "**No**" is selected under the Using Original MWC column.
4. Under the column "**New (Higher) MWC**" select the **new** minimum weight class at which the wrestler will be competing. (If the wrestler has made the new higher scratch weight, continue to step 6.)
5. Then click the *Update* button to save the "**New (Higher) MWC**"
6. Indicate the wrestler has made the New (Higher) MWC by clicking '**Yes**' under the column "**Made Scratch Weight**". The printed weigh in forms will now show that the wrestler has certified their MWC.
7. Then click the *Update* button to save the "**New Higher MWC**" and that the wrestler **Made Scratch Weight**" at their new higher MWC.

How to indicate that a wrestler has certified their MWC by making scratch weight at least one time:

1. From the NWCA OPC homepage, click on *Team Roster Grid* under the *Coaches* tab on the menu bar.
2. Click the *Edit* button to the left of the wrestler's name.
3. Under the column "**Using MWC**" change the '**No**' to '**Yes**' only if the wrestler is using his/her original MWC listed from their original assessment.
4. Under the column "**Made Scratch Weight**" change the '**No**' to '**Yes**'. The printed weigh-in forms will now show that a wrestler has certified their MWC.
5. Then click the *Update* button to save
Be sure to do this ONLY after a wrestler has made scratch weight at the LOWEST weight class at which he intends to compete.