

# MUAYTHAI ONTARIO

Muaythai Ontario

## Safe Weight Management

Revised: July 15, 2019



# SAFE WEIGHT MANAGEMENT

## REVISION HISTORY

| Version | Purpose/Change                                     | Approval Authority | Action Date (DD/MM/YYYY) |
|---------|--|--------------------|--------------------------|
| 1.00    | Initial document                                   | Board of Directors | 01/11/2016               |
| 1.01    | Clarification an expansion, failure to make weight | Executive Director | 28/07/2017               |

## INTRODUCTION

Due to the weigh classifications of muaythai competition, athletes often attempt to lose weight by not eating, restricting fluids, rapid fluid loss, among other methods. Unsafe weight management practices can compromise athletic performance and negatively affect health, and athletes often respond to pressures of the sport or activity, coaches, peers, or parents. This policy aims to reduce the risks associated with weight management, and provide recommendations for safe weight loss and weight maintenance in sport and exercise.

## POLICY

All Muaythai Ontario members are required to submit an Annual Medical Declaration form with their membership registration, on which a physician indicates their endorsement of the athlete's fitness to compete. As part of the examination required to complete the Annual Medical Declaration the athlete's weight will be recorded by the signing physician. This weight provides a baseline for which Muaythai Ontario can make informed decisions regarding an athlete's competitive weight.

Muaythai Ontario conducts weigh-ins in close proximity to competition in order to discourage short term weight manipulation. Amateur athletes should compete as close to their natural weight as possible and as a guiding principle should not lose more than 3% of their body weight in 24 hours preceding competition.

### FAILURE TO MAKE WEIGHT

Should an athlete fail to make the prescribed competition weight, they will be permitted to make further attempts within the allotted weigh-in period. An athlete that has presented themselves on the scale may not attempt to lose more than 2% of their mass through rapid dehydration.

Athletes that have failed to make weight by more than 2% of the contest maximum may opt for one of the following outcomes:

1. The athlete moves to the weight class of competition for which they qualified, should one be available within the schedule of competition;
2. In single contest competition, the athlete's opponent agrees to a catch-weight contest provided that the difference in athlete weights falls within the allowable spread per the Rules & Regulations;
3. The athlete withdraws from competition.