

OGA Weight Loss Policy

OGA weight-loss or weight-cutting policy follows strict rules to protect the safety of Athletes. Coaches are responsible for monitoring Athletes for violations of the OGA weight-loss Policy. Intentional or un-intentional ignorance and practices in violation of OGA weight-loss policy will result in immediate dismissal, suspension, or revocation of Coaching Credentials and Accreditation, and may be subject to discipline or revocation of Athlete or Coaches' Membership.

Miss-use of Substances

Use of substances to reduce weight is dangerous and unhealthy for Athletes and must be avoided prior to or during competitive events. Diuretics and other medical substances may not be consumed to reduce weight for any OGA Athletic activity.

Exhaustive and External Measures

Use of Saunas and Sauna Suits (or any excessive covering materials to prevent natural body perspiration) to reduce weight by dehydration, prior to or during competitive events, is strictly prohibited.

Excessive Cutting

Over cutting to drop for weight divisions is strictly prohibited. In addition to physically monitoring the weight loss practices of Athletes in preparation for Grappling or Pankration events, Coaches are required to ensure that an Athlete does not drop more than one (1) weight division below his or her "walking" or natural weight while active in practices throughout the year. In addition any weight loss must be done gradually and safely with guidance from a certified nutritionist.

Competitive Events

Hosting Clubs, Members, and Promoters are must permit reasonable weight allowance for non-qualifying local events that are not required to follow National or International weight-in regulations. Coaches are required to follow the hosting event's weigh division regulations and to guide their Athletes in an ethical manner so as to ensure a safe weight loss, if needed, in preparation for the event and in accordance to the OGA weight loss policy.

Athlete Guidance

Coaches are required to educate their Athletes in dangers of over, or binge cutting and to inform them in details, of the parameters of the OGA weight-loss policy.