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Influence of rapid weight gain after the weigh-in on success in collegiate wrestlers.

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We investigated whether acute weight gain between the weigh-in and competition was associated with success in a collegiate wrestling tournament. Wrestlers at the NCAA championships were weighed at the official weigh-in and again just before the first round of the tournament (20 h later). Weight gain and the weight discrepancy between first-round opponents were calculated (N = 607 excluding heavyweights). Indices of success included season record (% wins in total matches), tournament seeding, the sum of the advancement and placement points scored during the tournament (team points), and final placement in the tournament. ANOVA showed no differences in weight variation between placewinners and non-placewinners, or across placewinners only. Correlation coefficients among weight variables and indices of success were also low (P > 0.05). Multiple logistic regression, used to determine whether weight gain or weight discrepancy between opponents contributed to success in the first round of the tournament, revealed that neither variables was predictive of first-round outcome even after attempting to account for differences in ability (e.g., forcing team points into the regression first). Conclusion: neither acute weight gain after the weigh-in or the weight discrepancy between opponents in the first round influenced success in a collegiate wrestling tournament.

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