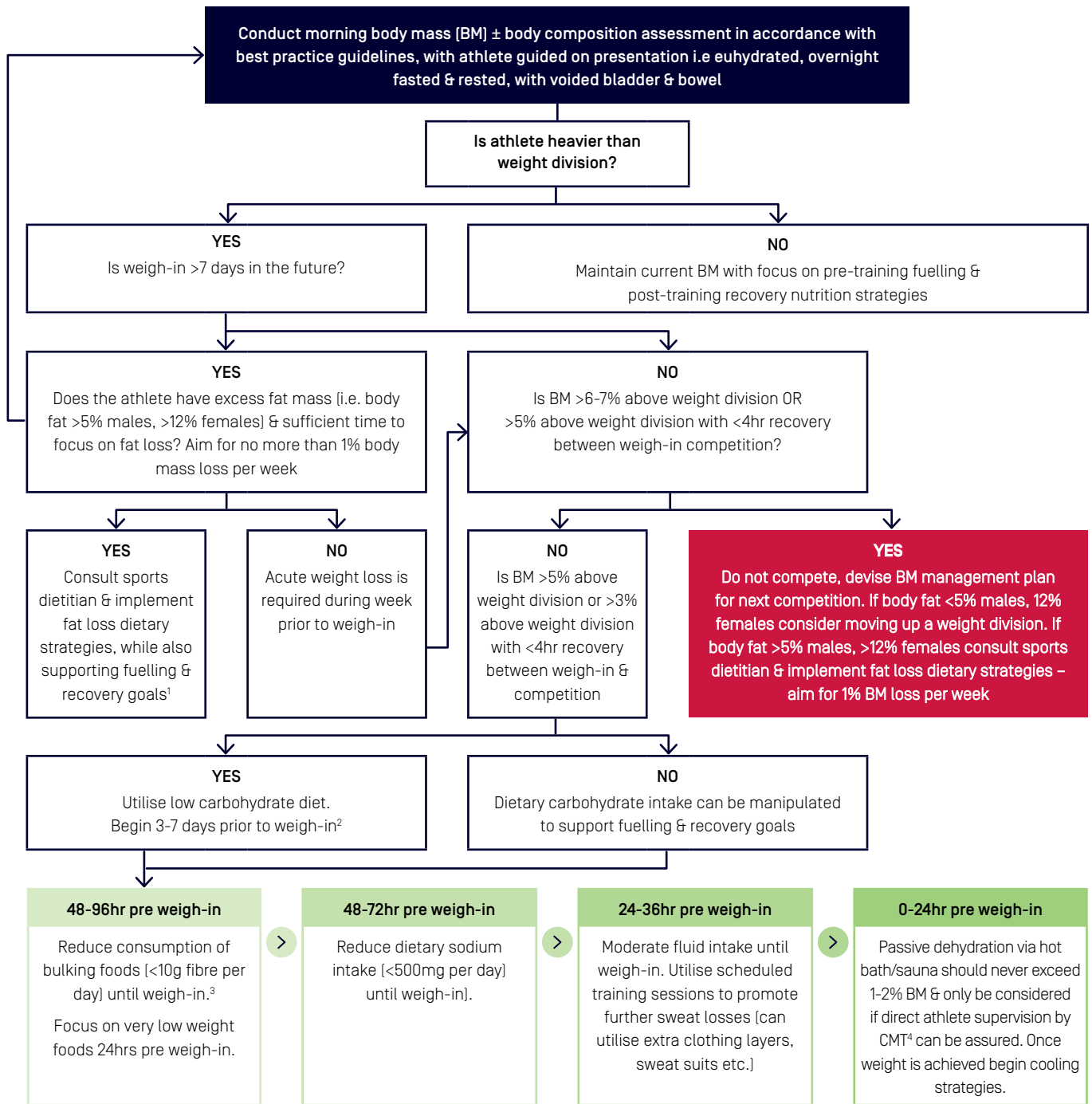


MAKING WEIGHT DECISION TREE



Where time permits, all acute weight loss strategies should initially be trialled in advance of competition in isolation to assess weight loss potential, plus perceived impact on performance & health. Any subsequent combination of strategies should also be trialled in advance of competition, as should targeted strategies post-weigh-in.

- A small amount of acute weight loss may still be required to achieve specified weight division limits, depending on the time available before weigh-in, presenting body fat & other nuances of the athlete & specific sport.
- Duration of carbohydrate restriction required to maximally reduce glycogen mass will vary depending on current glycogen status & training volume/intensity in the 7 days prior to weigh-in. For athletes engaged in greater training loads, fewer days of carbohydrate restriction will be required to deplete glycogen stores.
- Duration of fibre restriction required to maximally reduce gut contents will vary depending on individual whole gut transition time – athletes should note individual responses to low fibre intakes.
- Core Multidisciplinary Team.

Modified from Reale et al. Acute weight loss strategies for combat sports and applications to Olympic success. *Int J Sports Physiol Perf.* 12:142-51, 2017.

