

GIRLS WRESTLING WEIGHT CERTIFICATION

In accordance with ASAA rules, each wrestler is required to establish a certified minimum weight within sixty (60) calendar days prior to the first team competition and is prohibited from certifying at a lower weight during the season. After the first 30 days of the season, a wrestler may not weigh-in more than one weight class above the certification without recertifying at a higher weight. A student weighing in more than one weight class above his/her minimum weight will be automatically recertified at the higher weight. A student beginning wrestling after the start of the season must have his/her weight determined before his/her first competition.

Student

Today's Weight

Date of birth

Grade

School

Weight class (circle one)

100 107 114 120 126 132 138 145 152 165 185 235

Guideline for Medical Provider:

When certifying weight classifications, providers must be aware of the NFHS Rules regarding appropriate minimum weight certification.

1. A minimum of 12% body fat for females.
2. Initial weight should be with the athlete being appropriately hydrated (urine specific gravity of not more than 1.025).
3. Controlled weight loss for those athletes with higher than minimum body fat should not exceed 1.5% per week.

Medical Certification

I certify that I have examined the above named student. I have circled the minimum weight class at which this student may wrestle.

Name of Medical Doctor, Physician's Assistant, Advanced Nurse Practitioner or Doctor of Chiropractic (circle which)

Signature

Date

Address

Phone

Parent/Guardian name (please print)

Parent/Guardian signature

Date

NOTE: DO NOT SEND THIS WEIGHT CERTIFICATION FORM TO THE ASAA OFFICE, BUT KEEP ON FILE AT THE SCHOOL. YOU MUST INDICATE THE WEIGHT CERTIFICATION IN THE STUDENT ACTIVITIES REPORTING SYSTEM (SARS) BEFORE THE STUDENT WILL BE ELIGIBLE TO WRESTLE.

WRESTLING WEIGHT CERTIFICATION

The following site may be helpful for providers to learn more about weight management and easy methods of body fat analysis:

<http://www.muscleandstrength.com/tools/how-to-measure-bodyfat-using-calipers.html>

Excessive and repetitive weight loss can cause decreased strength and decreased athletic and academic performance as well as place the athlete at significant health risk.

Dehydration and starvation do not promote peak performance and should not be tolerated by coaches, wrestlers, and their parents.

A variety of inexpensive calipers such as Accumeasure or Slim Guide, for example are easily available on Amazon or other sites. ASAA does not endorse any specific brand or mechanism of determining body fat.