

# GIRLS WRESTLING WEIGHT CERTIFICATION

This certification should discourage excessive weight reduction and wide variation in weight which could be harmful to the athlete. 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)**

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

**Guideline for Medical Provider:**

When certifying weight classifications, providers must be aware of the NFHS Rules (Rule 1.5.2) 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 (before physical activity).
3. Controlled weight loss for those athletes with higher than minimum body fat should not exceed 1.5% of body weight in pounds per week. Note: Medical providers may utilize calipers or urine specific gravity (not more than 1.025) to measure body fat or hydration.

**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.

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**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.