



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Wrestling

Weight Certification Clarification

Updated 1/8/21

WEIGHT PERMIT FORM

Each student-athlete participating in wrestling must have a current, completed physical form on file at the school and must submit the annual Wrestling Weight Permit, properly signed by the skin fold technician, a physician, and the student-athlete's parent.

1. Weight Certifications cannot take place until the first official day of the season (January 4, 2021) and must be registered electronically in the League's Trackwrestling data base.
2. A student-athlete becomes eligible to wrestle in an inter-school wrestling match once the Certified Minimum Wrestling Weight is submitted into the League's Trackwrestling data base.
3. Participation in an inter-school wrestling match prior to the entry of the Certified Minimum Wrestling Weight in the League's Trackwrestling data base will result in a forfeit loss of that match for the use of an ineligible student-athlete.
4. SKIN MEASUREMENTS AND WEIGHT MUST BE DONE AT THE SAME TIME.
5. The permit must be kept on file in the school office and be available on request.
6. The lowest certifiable wrestling weight of each wrestler will be determined by predicting the wrestler's weight at 7% body fat (multiplied by 97% of the body weight.)
7. Once the weight permit form has been completed, it cannot be changed by modification or by a second examination.
8. The falsification of any wrestler's body composition testing results may result in that school's wrestling team being ineligible for postseason competition that year.
9. One of the following body composition testing methods shall be used:
 - a. Skin Caliper (minimum of three skin fold sites mandatory)
 - b. Hydrostatic (underwater) weighing

WEIGHT CERTIFICATION TO LEAGUE OFFICE

All high school wrestlers must have their body composition tested.

1. A student-athlete becomes eligible to wrestle in an inter-school wrestling match once the Certified Minimum Wrestling Weight is submitted into the League's Trackwrestling data base.
2. **NEW DATE FOR 2020-2021:** The Certified Minimum Wrestling Weight for each student-athlete must be entered in the League's Trackwrestling data base prior to the first scheduled competition or **January 22nd**, whichever occurs first.
3. Failure to electronically submit the MSHSL Certified Minimum Wrestling Weight for each student-athlete prior to the first competition or **January 22nd**, If there is no inter-school competition prior

to **January 22nd**, whichever occurs first, will result in forfeitures for all duals and matches, and may disqualify the school from MSHSL postseason competition.

4. All additions to the original Trackwrestling master list must be filed prior to participation in any interschool competition.
5. **WEIGHT CERTIFICATION DELAYED BY SEASON START (Individual School Decision):** If the start of the wrestling season is delayed by a school decision and Weight Certifications cannot be submitted to the League by the January 22nd deadline, a school may appeal to the League requesting a school-specific weight certification date.
 - a. The request for a Weight Certification appeal must come from the school's athletic director.
 - b. The appeal must provide information and documentation to support a school administration decision to delay the start of the wrestling season and the subsequent delay of the Weight Certification Process.
 - c. All appeals shall be emailed to Susi Hollenbeck: shollenbeck@mshsl.org

SECTION/STATE MINIMUM WEIGHT CERTIFICATION PROCESS

The MSHSL has determined the first date of practice for the 20-21 wrestling season is January 4, 2021 with the first date for competition will be January 14, 2021. The date identified as the start of the postseason 50% weigh-in process to determine postseason minimum certified weights is **February 8, 2021**.

TWO-POUND GROWTH ALLOWANCE

The date identified for the two-pound growth allowance is set at January 1. This date will not change for the 20-21 school year. This means that the two-pound growth allowance will be in place for the entire 20-21 MSHSL Wrestling Season.

Note: The student-athlete must establish a certified minimum weight first and then can apply the two-pound growth allowance during weigh-ins.