

Minnesota State High School League
Female Wrestling Weight Permit

NOTE TO SCHOOL OFFICIALS

Each student participating in wrestling must have a current completed physical form and must submit the annual Wrestling Weight Permit properly signed by the skin fold technician, a physician and the student's parent before engaging in any interschool wrestling match. **SKIN MEASUREMENTS AND WEIGHT MUST BE DONE AT THE SAME TIME.** This permit must be kept on file in the school office and be available on request.

NOTE TO PHYSICIAN AND PARENT

The purpose of this report is to prevent undue and unsafe weight reduction for competitive purposes—weight reduction which might jeopardize the physical, scholastic and psychological well-being of the student. During the wrestling season, which can extend to early March, the student-athlete should eat and drink normally while in training and participating in wrestling activities.

This weight permit form cannot be changed by modification or by a second examination. There are no exceptions to this rule.

Student: _____ School: _____
 Date of Birth: _____ Age: _____ Years in Wrestling: _____

The MSHSL requires that the minimum wrestling weight be established based on body fat. Following is the required protocol.

Skin fold measurement sites (Thickness in mm)

Tricep _____
 Subscapular (below medial lower angle of scapula) _____
 Sum Skin Folds (SSF) [_____]

Weight (on date of examination) _____

Equations Triceps SF _____
 Subscapular SF _____
 Sum = _____

$(\text{Sum} \times 1.33) - (\text{Sum})^2 \times .013 - 2.5 = \text{_____} \% \text{BF}$

When the SF Sum >35mm, then substitute the following equation: $.546(\text{Sum}) + 8.3 = \text{_____} \% \text{BF}$

Weight at 12% BF = $\{ [1 - (\% \text{BF} / 100)] \times \text{Weight} \} / .88$

Weight at 12% BF = $\{ [1 - (\text{_____} / 100)] \times \text{Weight} \} / .88 = \text{_____}$

Standard error allowance = 3%

Minimum Wrestling Weight = Weight at 12% BF x .97

Minimum Wrestling Weight = _____ x .97 =

Any wrestler who is determined to be below 12% body fat at the time of certification will be required to verify proper hydration. The wrestler will submit a urine sample to the skin fold technician who is certifying the wrestler's weight. The technician will determine the hydration of the wrestler via refractometer or dip stick analysis. The specific gravity of the urine must be less than 1.025.

Specific Gravity: _____

 Signature of Skin Fold Technician

 Skin Fold Measurement Date

Physician's Recommendation

As the attending physician, I have personally examined this student and certify that the student-athlete designated above should not be allowed to wrestle in any weight classification less than the listed weight class circled below (circle one weight in each row):

The minimum weight for competition in the Open Division:

106 113 120 126 132 138 145 152 160 170 182 195 220 285

The minimum weight for competition in the Girls Only Post Season Individual Tournament:

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

Signature of Physician: _____ Date Examined: _____

Parent's Recommendation

As a parent, I am responsible for the health and welfare of my child. I have read the recommendation of the examining physician and I request that the student-athlete designated above should not be allowed to wrestle in any weight classification less than the listed weight class circled below:

The minimum weight for competition in the Open Division:

106 113 120 126 132 138 145 152 160 170 182 195 220 285

The minimum weight for competition in the Girls Only Post Season Individual Tournament:

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

The higher of the two weight class designations recommended by the Parent or the Physician shall be the minimum weight class for competition.

Signature of Parent: _____ Date: _____

Note to physician and parent: The purpose of this report is to prevent undue and unsafe weight reduction for competitive purposes—weight reduction which might jeopardize the physical, scholastic and psychological well being of the student. During the wrestling season the student-athlete should eat and drink normally while in training and participating in wrestling activities. The physician is encouraged to review the MSHSL's guidelines for the weight certification process found on the MSHSL Website prior to completing the weight certifications.