## 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 skinfold 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 available on request.

Thisweight permit form cannot be changed by modification or bya second examination. Thereare noexceptionstothis rule.

Student: $\qquad$ School: $\qquad$

DateofBirth: $\qquad$ Age: $\qquad$ Years in Wrestling: $\qquad$

The MSHSL requires that the minimum wrestling weight be established based on body fat. Following is the required protocol.
Skinfold 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 = $\qquad$

Any wrestler who is determined to be below $\mathbf{1 2 \%}$ 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: $\qquad$
$($ Sum $\times 1.33)-(\text { Sum })^{2} \times .013-2.5=$
\%BF
When the SF Sum >35mm, then substitute the following equation: . $546($ Sum $)+8.3=$ $\qquad$ \%BF

Weight at $12 \% \mathrm{BF}=\{[1-(\% \mathrm{BF} / 100)] \times$ Weight $\} / .88$
Weight at $12 \% \mathrm{BF}=\{[1-($ $\qquad$ / 100)] $\times$ Weight $\} / .88=$ $\qquad$ Standard error allowance $=3 \%$

Minimum Wrestling Weight $=$ Weight at $12 \%$ BF $\times .97$
Minimum Wrestling Weight $=$
X
$.97=$ $\square$

Signature of Skinfold Technician
Skinfold Measurement Date

## Note to Physicians and Parents

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

## Physician's Recommendation for Competition

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 MSHSL Boys Events:

| 107 | 114 | 121 | 127 | 133 | 139 | 145 | 152 | 160 | 172 | 189 | 215 | 285 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

The minimum weight for competition in MSHSL Girls Only Events:

| 100 | 106 | 112 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 170 | 190 | 235 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## Physician's Recommendation for Interstate Competition with 12 weight classes

The minimum weight for competition in Girls Only Events:

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

Physician's Recommendation for Interstate Competition with 14 weight classes
The minimum weight for competition in Boys Events:

| 106 | 113 | 120 | 126 | 132 | 138 | 144 | 150 | 157 | 165 | 175 | 190 | 215 | 285 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

The minimum weight for competition in Girls Only Events:

| 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 155 | 170 | 190 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Signature of Physician: $\qquad$ Date Examined: $\qquad$

## Parent's Recommendations for Competition

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 MSHSL Boys Events:

| 107 | 114 | 121 | 127 | 133 | 139 | 145 | 152 | 160 | 172 | 189 | 215 | 285 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

The minimum weight for competition in MSHSL Girls Only Events:

| 100 | 106 | 112 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 170 | 190 | 235 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## For Interstate Competition with 12 weight classes

The minimum weight for competition in Girls Only Events:

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

For Interstate Competition with 14 weight classes
The minimum weight for competition in Boys Events:

| 106 | 113 | 120 | 126 | 132 | 138 | 144 | 150 | 157 | 165 | 175 | 190 | 215 | 285 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| The minimum weight for competition in | Girls Only Events: |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 155 | 170 | 190 |  |

Signature of Parent: $\qquad$ Date: $\qquad$

