

PROCEDURES FOR IMPLEMENTATION OF THE 2008-2009 WRESTLING WEIGHT CERTIFICATIONS

1. All certifications must be performed after the official start of the season and prior to December 23rd. After December 23 wrestlers may not participate until a certification form is on file at the school. This process should be treated the same as it has been in the past. The Wrestling Weight Certification Form must be on file at the CHSAA office due December 23rd. There is a late fee of \$20 if the form is not turned in to the CHSAA office by the due date.
2. Weight forms must be signed by a Physician and the parent.
3. Hydration testing and body fat analyses may be performed by a medical doctor, trainer, school nurse, or other appropriate personnel. Hydration tests must be passed immediately prior to the body fat analysis.
4. Look for future information regarding ideas to make sure an athlete is fully hydrated at the time of testing.
5. Hydration testing can be performed via reagent strips or refractometer.

Only after a student has achieved a 1.025 specific gravity reading on the hydration test as proven by reagent strips or refractometer, may the student go on to the body fat analysis portion of the certification. If a student does not pass the hydration test, they can not be tested for the body fat analysis. Body Fat analysis can be achieved using a leg to leg bio-electric impedance as measured by a *Tanita TBF-300 WA* or other appropriate scale. You may also use a caliper test with a minimum of three placements performed three times to figure body fat.

The person administering the test fills out the enclosed form. Make sure the person supervising the process initials the blank that shows the wrestler was fully hydrated.

Only after the hydration test is passed and initialed may the wrestler go on to the body fat analysis portion of the certification.

Please fill out the portion of the form showing the wrestlers body weight, the current body fat percent at the time of the test.

Finally fill out the portion of the form that shows the target weight for the wrestler at the minimum allowable percentage (7% for Men, 12% for women).

The weight certification form must then be taken to a physician and to the athletes' parents for the final decision as to what weight the wrestler will be allowed to compete for the season.

The physician or the parent may choose a weight that is higher than the minimum allowable as defined by this system. If the physician and the parent have differing opinions as to what the safest minimum weight is for the wrestler, the higher of the two weights must be used for the approved weight limit.

When a student has a natural body fat percentage that is lower than the minimum allowable (7% or 12%) the physician and parent must sign off on the bottom part of the weight form.

The only appeal process in place is that a wrestler may go through the process one additional time. An appeal and certification must take place within 14 days of the initial certification. The wrestler must wrestle at the original certification weight until the appeal process has been completed.

A student athlete not certified by December 23rd cannot wrestle until they have completed the certification process. Weight certification must be accomplished at the first possible weigh-in following January 2nd.

All other wrestling weight rules that have been in effect (growth allowance, 50% rule, etc.) will continue to be in place.

Examples: If a students 7% weight is 130.6 or higher, the lowest certifiable weight for that student should be the 135 lb. weight class.

If a students 7% weight is 130.4, then the lowest certifiable weight for that student would be the 130 lb. weight class.



Do not send to
CHSAA
KEEP ON FILE AT
SCHOOL

School: _____

Athlete: _____

**CHSAA WRESTLING
PHYSICIAN'S CLEARANCE FORM**

To the Physician:

CHSAA has adopted the National standards for minimum wrestling weights which include an assessment of hydration (1.025) and body composition. From these calculations a minimum weight class is determined based upon a minimum 7% body fat for males and 12% for females.

NOTE: Physician/parent may choose to certify the wrestler at a higher weight than the minimum allowable stated on this form.

INITIAL ASSESSMENT

Date: _____

Hydration test: Passed _____ Failed _____

Weight at time of certification: _____ % Body Fat at time of certification: _____

Minimum Weight at 7%/12% body fat: _____

Assessor: _____

Based on the above criteria, I certify the following athlete: _____

School _____ Grade _____

Gender: Male _____ Female _____ to wrestle at:

circle one 103 112 119 125 130 135 140 145 152 160 171 189 215 285

OR.....

The above named wrestler has an initial body composition below the 7%/12% allowable. Based upon the wrestlers' natural body type and other factors, I would certify the wrestler to participate at the following weight, which is below the 7% allowable body fat limit.

circle one 103 112 119 125 130 135 140 145 152 160 171 189 215 285

Physician's Signature _____

Physician (Print) _____ Date _____

Parent's Signature _____

Parent (Print) _____ Date _____

Once this weight permit FORM has been completed, it may not be modified by a second examination.