

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION
2875 STAUNTON TURNPIKE - PARKERSBURG, WV 26104
MIDDLE SCHOOL / 9th GRADE ONLY -
WRESTLING CERTIFIED MINIMUM WEIGHT PERMIT FORM

STUDENT _____ SCHOOL _____

BIRTH DATE _____ HEIGHT _____ WEIGHT _____
Month Day Year

Recommendations for skin fold allowances are: 9% Middle/9th Grade Boys 14% Middle/9th Grade Girls

PHYSICIAN'S RECOMMENDATION

I recommend that the student designated above should not be allowed to wrestle in any weight classification less than the listed classification circled herewith:

Jr. High School: 78 84 90 95 102 110 116 123 128 135 145 155 171 190 285

Date Examined _____ Signature of Physician

NOTE TO PHYSICIAN AND PARENTS:

The purpose of this report is to prevent undue weight reduction for competitive purposes, which reduction might jeopardize the physical well-being of the student. During the wrestling season, which extends to approximately March, the student should eat and drink normally and gain weight regularly and consistently even though in training and participating in wrestling activities.

Once this Certified Minimum Weight Permit form has been completed, it cannot be changed by modification nor by a second examination.

PARENT'S RECOMMENDATION

I have read the above recommendation by the physician. I request that the student indicated be limited to: (check one)

- _____ The certified minimum weight classification recommended by the physician*
_____ Not less than _____ pound weight classification*

* The higher of the two weight classification is the certified minimum weight allowed

DATE _____ Signature of Parent

BASE WEIGHT VERIFICATION
(For use by coach after 12/23 only)

If a wrestler has not made base weight at his/her Certified Minimum Weight (recorded above) prior to the December 23 deadline, base weight must be verified the first time the wrestler weighs in at his Certified Minimum Weight or at any weight class lower than previously being weighed in.

Actual Weight _____ Date _____

Referee's Signature _____ Reg. No. _____ OR
Authorized Person's Signature _____ Position _____ School Affiliation _____

NOTE TO SCHOOL OFFICIALS

Each student participating in wrestling must successfully pass the required physical examination prescribed by the Commission and submit the Wrestling Certified Minimum Weight Permit Form properly signed by both the physician and the student's parent before he engages in any interschool wrestling.

This form will be completed, retained by the school, and taken to all regular season meets. The Wrestling Certified Minimum Weight Permit Verification Form must be completed by the school and returned to the WVSSAC office by December 23.