

**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION  
2875 STAUNTON TURNPIKE - PARKERSBURG, WV 26104**

**MIDDLE SCHOOL**

**WRESTLING CERTIFIED MINIMUM WEIGHT PERMIT FORM**

STUDENT \_\_\_\_\_ SCHOOL \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_  
Month Day Year

Recommendations for skin fold allowances are: 9% Middle-Boys 14% Middle-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.

\_\_\_\_\_  
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**.