

MIAA MINIMUM WEIGHT CONTROL CERTIFICATE

Wrestling

MIAA Member schools will be required to duplicate the following form (Minimum Weight Control Certificate) for each athlete participating in their wrestling program. **Girls must be certified in BOTH weight classes.** This form is to be entered on the [FloArena website](#) and kept on file in the Athletic Director's office prior to a wrestler's first interscholastic competition.

Student _____ School _____

Gender: _____ Birth Date _____ Height _____ Weight _____

Weight Assessment and Body Fat Percentage

The Massachusetts Interscholastic Athletic Association strongly recommends that a lean body weight measurement be taken to establish the minimum safe weight classification for the wrestler to participate in. The medically accepted techniques of Bioelectrical Impedance and Skin Fold Calibrations are two reliable and convenient methods of determining a wrestler's safe and minimal weight classification.

METHOD USED (check one): Bioelectrical Impedance _____ Skin Fold Calibration _____

Date _____ Current Weight _____ **RESULT: Body Fat Percentage** _____

***Body Fat/Weight Assessor Signature & Title** _____

(if different than medical professional signing below)

Licensed Physician, Physician Assistant, Nurse Practitioner or Licensed Athletic Trainer 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: **Girls must be certified in BOTH weight classes.**

Traditional:

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

Girls:

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

Date Examined _____ Signature of LP/PA/NP or AT _____
(circle one)

Signature of Parent _____ Signature of Wrestler _____

Note to School Officials: Each student participating in wrestling must successfully pass the school's required physical examination and submit the Minimum Weight Control Certificate form properly signed by both the duly registered Licensed Physician, Physician Assistant, Nurse Practitioner or Licensed Athletic Trainer and the student's parents before he engages in any inter-school wrestling.

NO STUDENT MAY WRESTLE IN A WEIGHT CLASSIFICATION LESS THAN THE MINIMUM RECOMMENDED BY THE EXAMINING PHYSICIAN.

This form must be kept on file in the school office and be available on demand.

Signed _____ Signed _____
(Coach) (Athletic Director)

Each school must file a Minimum Weight Control List (**electronically** on the [FloArena website](#)) by **December 7, 2023** or **NO LATER than** the first scheduled interscholastic match. Once filed, minimum weights may not be altered, regardless of the reason. Any matches wrestled prior to the filing of said form will be forfeited.

➤ [Click here](#) for instructions on how to enter this information on FloArena.