

Please make copies as needed.

To: Wrestlers and Parents

From: North Dakota High School Activities Association

Use this form only in conjunction with regulation #9. Thank you.

Please review the NDHSAA wrestling minimum weight procedure.

The lowest weight class at which a wrestler may compete shall be determined as follows:

- (1) If the predicted weight, at 7% (boys) fat, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
- (2) If the predicted weight, at 7% (boys) body fat, falls between two weight classes, he must wrestle at the higher weight class.
- (3) **With documented parental permission, a wrestler may wrestle at the weight class in which his 7%/her 12% predicted weight, less 2% of that weight (not 2% body fat) places him/her.**
- (4) If a wrestler's body fat is lower than 7% (boys) or 12% (girls) that weight shall be his/her minimum. **No other options.**

Name _____ School _____

Wt. _____ % Body Fat _____ Wt. @ 7% BF _____ (-) 2% = _____

The aforementioned wrestler has my permission to lower his 7% body fat weight by a maximum of 2%.

Date _____ (Date of **ALPHA WEIGHT** - this is the date of the **ORIGINAL assessment**)

Parent's signature _____