



PHYSICIAN'S CLEARANCE FOR WRESTLER BELOW BODY FAT ALLOWANCE

*KHSAA Form WR125
Rev. 6/16*

KHSAA 2280 EXECUTIVE DRIVE LEXINGTON, KY 40505

The Kentucky High School Athletic Association (KHSAA) has instituted the Kentucky Wrestling Minimum Weight Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a KHSAA certified skinfold measurer through skinfold measurement or body composition analysis. The standard error for this method is +/- 3% for all weights. A minimum weight is then calculated as 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (or 12% body fat for females). The athlete is requesting that he/she be allowed to wrestle at his or her present weight (alpha weight). Because this weight is less than 7% (for males) or 12% (for females) body fat, KHSAA guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percentage body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your examination, determine if his or her present weight is compatible with normal growth and development and good health and indicate your assessment on the previous page.

The sub-7% male or sub-12% female, who receives clearance, may never wrestle below his/her ALPHA weight class.

THIS FORM SHALL BE COMPLETED AND FILED WITH THE KHSAA BEFORE THE ATHLETE MAY WRESTLE (PRACTICE OR COMPETITION). DEADLINE FOR ASSESSMENT- FIRST VARSITY CONTEST DATE

WRESTLER'S NAME		GRADE		SCHOOL	
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DATA REVIEW FROM ALPHA DATE ASSESSMENT

ALPHA DATE: ____ / ____ / ____ ALPHA WEIGHT % ____ BODY FAT ____

APPROVED NFHS WEIGHT CLASS (NEXT CLASS ABOVE ALPHA WEIGHT)

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	285

The wrestler named has received clearance as provided by the National Wrestling Coaches Association data for the Kentucky High School Athletic Association Minimum Weight Certification Program to participate at a wrestling weight not lower than his/her Alpha Weight (present weight) which is below the 7% (male) or 12% (female) minimum body fat allowance. EXAMPLE: Alpha weight 110 pounds; 7% weight 114 pounds. Wrestler may wrestle no lower than the 112 pound weight class.

PHYSICIAN'S SIGNATURE: _____ DATE _____

ADDRESS: _____ CITY _____ ZIP _____

PARENT'S SIGNATURE: _____ DATE _____

NOTE: This form is the only document accepted as a "Physician's Clearance." Mail a copy of this form immediately to the KHSAA. Any wrestler with sub 7% (male) or 12% (female) body fat cannot practice or compete until cleared by their physician and this office.