

**Maryland Public Secondary Schools Athletic Association
(MPSSAA)**

VERIFICATION OF MINIMUM CERTIFIED WRESTLING WEIGHT

School Name: _____ Student Name: _____ School Year: _____

Note to Licensed Health Care Providers and Parents

The National Federation of State High School Associations (NFHS) requires that each state high school association develop and utilize a weight-control program which discourages excessive weight reduction and wide variations in weight. An important component in this requirement is the establishment of a safe minimum weight class for the wrestler. NFHS regulations require that a wrestler's minimum weight correspond to at least a 7% level of body fat (12% for females). Stated otherwise, the lowest weight class that a wrestler is allowed to compete shall be one where the wrestler retains a minimum of 7% body fat (12% for females).

Wrestlers must have their minimum weight class certified on or after November 1 and prior to their first competition. After their first competition, wrestlers may not certify to a lower weight classification. The MPSSAA Weight Certification Plan involves three steps:

- *Hydration Testing*, with a specific gravity not greater than 1.025. Hydration testing occurs immediately prior to a body fat assessment. A specific gravity of 1.025 or lower will assure that the wrestler is properly hydrated at the time of the body-fat assessment.
- *Body-fat Assessment*, using various factors including height and current weight, to predict what the wrestler would weigh in a hydrated state at a 7% level of body fat (12% for females). Wrestlers must be sufficiently hydrated before their body-fat assessment.
- *Licensed Health Care Provider (LHCP) Signature*, certifying a minimum weight class in which a wrestler may compete. The LHCP must utilize the results of the body-fat assessment to certify a minimum weight classification for the wrestler. If a wrestler's projected minimum weight at a 7% level of body-fat (12% for females) is within 2% of a lower weight classification, the medical doctor, at his or her discretion, may certify the wrestler at the lower weight class; otherwise, the minimum weight class should be the next higher weight class.

Note to LHCP

Using the results of the hydration test and body fat analysis conducted for this wrestler, please circle one of the weight classes below. That weight class will be the minimum weight class in which the wrestler may participate for the season.

Current Weight Classes Used for Coed High School Competition:

106 113 120 126 132 138 145 152 160 170 182 195 220 285

Current Weight Classes Used for Girls Competition:

100 106 112 117 122 127 132 138 144 152 164 180 200 225

The weight class circled above is the minimum weight class in which _____
may participate for the 2019-20 wrestling season.

Name of Wrestler

LHCP Signature: _____ LHCP Stamp/Seal:

Date: _____

A Licensed Health Care Provider (LHCP) is defined as a licensed physician, certified physician assistant under the supervision of a licensed physician, or certified nurse practitioner.