Wisconsin Wrestling Minimum Weight Program

PARENTAL PERMISSION FORM

INSTRUCTIONS - ***Coach***

1. This form must be completed and on file in the **athletic director's** office prior to the wrestler competing at the requested weight class.
2. Using information from the printout you received from the WIAA, fill in the information required on lines a. through f.
   a. This is a parental permission request for _____.
      Print Wrestler's Name
   b. Original skinfold measurements were taken on _____/_____/_____.
      Date
   c. Weight on the date of measurement was _____ lb.
   d. 7% predicted weight (19% for females) weight is _____ lb. and places him/her in the _____ lb. weight class.
   e. 7% predicted weight (19% for females), less 2%, is _____ lb. and places him/her in the _____ lb. weight class.
   f. Wrestler wishes to compete at the requested weight class for the first time on _____/_____/_____.
      Date
3. Give the form to the wrestler so they can take it home for the signature and date which must be filled in by parent/guardian.
4. **The consent flags for all wrestlers will be set to 'Y' in the USA Bracketing Weight Management system to indicate if a wrestler is able to compete at their parental permission weight.**
5. Be certain the signed form is given to your athletic director before the wrestler competes at the requested weight class. **Coaches should carry a copy with them to verify upon request.**

INSTRUCTIONS -- ***Parent/Guardian***

Your son or daughter's predicted minimum weight, less 2%, places him/her in a weight class lower than the one predicted as a result of skinfold measurement. If you wish to allow him/her to reduce weight to the lower of the two weight classes, **you must complete, sign, and return this form to your school's athletic director before your child will be allowed to compete at that weight.**

1. **Read the reverse side of this sheet.**
2. Fill in all blanks.
3. Sign and return to your school's athletic director.

I have read the statement on the back of this form and with my signature give my son/daughter permission to wrestle at the _____ lb. weight class. I understand in reducing to make that weight class, he/she is not to lose more than 1.5% per week.

I have _____ have not _____ had a face-to-face meeting with the coach to discuss this matter.

_____ _____/_____/_____

Signature of Parent/Guardian Date

INSTRUCTIONS - ***Athletic Director***

1. Check to see that all spaces in the ***Coach*** and ***Parent/Guardian*** sections are filled in.
2. ***Sign and keep the original form in your files.***

The form was completed and filed in my office prior to the wrestler competing at the requested weight class.

_____ _____ _____/_____/_____

Signature of Athletic Director School Date

Wisconsin Interscholastic Athletic Association

IMPORTANT INFORMATION REGARDING WEIGHT LOSS

(Make photocopies of both sides for additional copies.)

This form is for use with wrestlers that wish to use the parental permission facet of the WIAA wrestling minimum weight rule.

The health hazards associated with excessive weight reduction through food deprivation and/or dehydration are well documented. These hazards include, but are not limited to, reduced regulation of body temperature, kidney failure, and acute and/or chronic fatigue. We urge you to consider the information provided below and discuss it with your wrestler in deciding at which weight they will compete.

Beginning with the 1991-92 wrestling season, the WIAA Board of Control adopted a mandatory weight control program for Wisconsin high school wrestlers. The program has two basic components: 1) a nutrition-education dimension and 2) the establishment of a healthy minimum weight for each wrestler. Skinfold measurements are used to predict (on a scientific basis) the lowest healthy weight for every wrestler. The program requires each male wrestler to maintain at least 7% body fat and females 19% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 19% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and 2) the amount of weight that can be lost.

It is recognized that the skinfold measurement method of estimating body fat has some inherent error. Every effort has been made to minimize this error by utilizing WIAA certified and registered skinfold measurers. The prediction of body fat and minimum weight is not an exact science, but skinfold measurement is the best available method. With that in mind, you need to consider the following facts: 1) If body weight was manipulated through dehydration prior to skinfold measurements being taken, the predicted minimum weight may be low. This would force the wrestler to repeat the rapid weight loss practices each time they must make weight. This practice would be dangerous to the health of your growing adolescent and is one of the main reasons the WIAA 7% rule was initiated. 2) The skinfolds may have overestimated, or underestimated, the body fat of your athlete. If the original skinfold prediction overestimated percent body fat for a wrestler, the margin of safety built into the program may be slightly reduced. Once again, this is a reason to encourage wrestlers to wrestle at a normal comfortable weight not one they must struggle to maintain.

Two weights have been calculated for each wrestler. One is what his/her weight would be with 7% body fat (19% for females). The other is that weight less 2%. <u>It is the second weight that can be used with parental permission. The 7% weight has a margin of safety built into it. By using the second weight, a wrestler is beginning to reduce the margin of safety. You must make a decision as to whether or not your son/daughter will be allowed to reduce their weight to the lower of these two weights.</u>

We encourage you to monitor your wrestler's diet as well as weight loss efforts. Our publication, "The Wrestler's Diet" will help you in monitoring weight loss. If you do not already have a copy of this publication, contact your school's athletic director.