

SKINFOLD MEASUREMENT INSTRUCTIONS

*****PLEASE READ PRIOR TO COMPLETING ANY PORTION OF THE RECORDING DOCUMENT*****

All parties must use Blue or Black Ink ONLY!

EVERYONE

1. Place form on a hard surface when recording information to ensure all copies are readable.
2. Print information clearly and legibly in the boxes provided.
3. Handle carefully. Do not fold.

COACH

1. Print your wrestler names clearly prior to each skinfold measurement session – only wrestlers who will be measured.
2. If you are submitting an appeal, mark the appropriate box on the form – there is no hydration testing on appeals.
3. **Wrestlers may not be re-measured by skinfold more than once (as an appeal of original skinfold assessment).**
4. Give prepared form to measurer on day of measurement after wrestlers have passed the test for acceptable level of hydration.

WRESTLER

1. Wear no more than shorts (and sports bras for girls) while being weighed.
2. You will not be skinfold measured until you pass the test for level of hydration.
3. **Wrestlers may not be re-measured by skinfold more than once (as an appeal of original skinfold assessment).**

HYDRATION TESTER

1. **Be certain to review organization, supervision and process in order to assure collection of a secure sample.**
2. Hydration testing must be done immediately before skinfold measuring.
3. Write your name legibly in the space provided.
4. **If an athlete fails the hydration test, mark the appropriate box and line out measurement boxes.**
5. Remember: if an athlete fails the hydration test they must wait at least 48 hours before re-testing.

MEASURER

*** Do not take measurements on any wrestler that has not passed the test for level of hydration.**

**** Wrestlers may not be re-measured by skinfold more than once (as an appeal of original skinfold assessment).**

1. Verify the wrestler's name when they step on the scale. Be sure to record data for the appropriate athlete.
2. You must verify the wrestler's weight, i.e., they are to weigh-in in your presence so there is no doubt the weight recorded is accurate.
3. Wrestlers may wear shorts while being weighed.
4. Measure and record triceps, subscapula, and abdominal (males only) skinfold sites in millimeters (whole or half numbers only, i.e. X.0 or X.5).
5. Take all measurements on the subject's right side.
6. Repeat a second series of measurements.
7. **Complete a third measurement for any site with a difference between first and second measurement greater than 0.5 mm.**
8. **If measuring for appeal, wrestlers must be weighed, and weight on the date of appeal must be recorded on the form.**
9. Verify data entered in USA Bracketing by the school within 3 days of measurement date. You will be notified via e-mail when data has been submitted. Sign and date the bottom of the form upon completion of this step.
10. Scan the original signed document, send a PDF to etikalsky@wiaawi.org, then return the signed document to the school for their records.