

NMAA WRESTLING WEIGHT MANAGEMENT PROGRAM



PHYSICIAN'S CLEARANCE FORM (Sub 7%/12%) – '09-'10

To The Assessor: Athlete info, assessment data and weight classes to be entered by NMAA Assessor from Tanita tape and given to coach/athlete prior to departure from the assessment site.

To The Physician: The NMAA has adopted national standards for minimum wrestling weights which include an assessment of hydration (1.025 criterion, reagent strip or refractometer), body weight, and body composition (Tanita bio-electric impedance). From these calculations a minimum weight class is determined based upon a minimum 7% body fat for males and 12% for females. The standards allow for those athletes who may be "naturally below the criterion" to secure permission from a physician to compete in a weight class which is below the 7%/12% criterion, but not less than the athlete's actual hydrated body weight at the assessment. For additional NMAA WWMP information, go to www.nmact.org or contact Scott Evans at 505.923.3278, or sevans@nmact.org.

Weight Classes: 103 112 119 125 130 135 140 145 152 160 171 189 215 285

Assessment Data:

Athlete _____ Grade _____

School _____ Gender: M F Assessor _____

Assessment Data:

Date _____ Actual Weight _____ %Body Fat _____

7%/12% Minimum Wrestling Weight _____ 7%/12% Minimum Weight Class _____

Physician's Release:

The above named wrestler is cleared for participation at the _____ weight class which is below their estimated 7%/12% minimum wrestling weight, but not below their hydrated actual body weight at the time of assessment as reflected in the Assessment Data (above).

Physician (Print) _____ M.D. D.O. C.N.P. P.A.C.

Physician's Signature _____ Date: _____

Parent (Print) _____

Parent Signature _____ Date: _____

A copy of this completed form must be sent to Scott Evans, NMAA, FAX to 505.923.3114. The NMAA will arrange for adjustment to the school's NWCA OPC database.