
MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

TO ALL MEMBER WRESTLING SCHOOLS - Member schools will be required to duplicate the following form (Minimum Weight Control Certificate) for each athlete participating in their wrestling program. ***This form is to be on file in the Athletic Director's Office prior to a wrestler's first interscholastic competition.***

MIAA MINIMUM WEIGHT CONTROL CERTIFICATE

Student _____ School _____

Birth Date _____ Height _____ Weight _____

PHYSICIAN'S RECOMMENDATION

I recommend that the student designated above should not be allowed to wrestle in any weight classification less than the listed classification circled herewith:

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

The Massachusetts Interscholastic Athletic Association strongly recommends that a lean body weight measurement be taken to establish the minimum safe weight classification for the wrestler to participate in. The medically accepted techniques of Bioelectrical Impedance and Skin Fold Calibrations are two reliable and convenient methods of determining a wrestler's safe and minimal weight classification.

METHOD USED π Bioelectrical Impedance RESULT _____

π Skin Fold Calibration

Date Examined _____ Signature of Physician _____

Signature of Parent _____

Signature of Wrestler _____

NOTE TO SCHOOL OFFICIALS

Each student participating in wrestling must successfully pass the school's required physical examination and submit the Minimum Weight Control Certificate form properly signed by both the physician and the student's parents before he engages in any inter-school wrestling.

NO STUDENT MAY WRESTLE IN A WEIGHT CLASSIFICATION LESS THAN THE MINIMUM RECOMMENDED BY THE EXAMINING PHYSICIAN.

This form must be kept on file in the school office and be available on demand.

Signed _____ Signed _____
(Coach) (Athletic Director)

Each school must file a Minimum Weight Control List **(electronically in members only)** by **December 7, 2017** or **NO LATER than** the first scheduled interscholastic match. Once filed, minimum weights may not be altered, regardless of the reason. Any matches wrestled prior to the filing of said form will be forfeited.