

Form WR #1



Montana High School Association Wrestling Weight Permit Form

Each wrestler must certify his/her weight within thirty-four (34) calendar days of the first allowable wrestling practice date, which this year is **December 24, 2014**. A student who joins the team after the certification date must **immediately** have the WR#1 completed and the WR#2 sent to the MHSA office. There can only be one WR #1 form in a season. Once completed, this form is FINAL. There can be no recertification at a lower weight.

Name of school _____

School Year: 2014-15

Personal Information and Weight Classifications:

The individuals who have signed below certify that _____

(name of student wrestler)

may wrestle no lower than the _____ weight class during the 2014-15 wrestling season.

(enter weight class)

Weight Classifications

competition will be divided into 13 weight classes as follows:

103 lbs. (no min.)	138 lbs.	182 lbs
113 lbs.	145 lbs.	205 lbs
120 lbs.	152 lbs.	285 lbs.
126 lbs.	160 lbs.	
132 lbs.	170 lbs.	

Recommendations:

Body fat % of wrestler _____ (should be no lower than 7% for males and 12% for females).

Actual weight of wrestler at the time of certification _____ Actual height of wrestler at the time of certification _____

Rules to Note (from the Wrestling section of the MHSA Handbook):

(7) There can be no recertification at a lower weight class once the WR#1 form is complete. A wrestler who wrestles in a weight class lower than that dictated by the WR#1 form at any time or at any level during that season is in violation of these rules.

(8) The lowest weight class shown on the original WR#1 form for that season shall apply for the entire season. However, a wrestler may compete at any higher weight at any time during the season. If a wrestler weighs in more than one weight class above the lowest weight class shown on the original certification, the wrestler will no longer be eligible to wrestle at the lowest weight class shown on the WR#1. The wrestler must move to at least one weight class higher than shown on the WR#1.

NOTE: A wrestler certified at the 132 pound weight class, who weighs in at the 145 pound weight class, would no longer be eligible to participate in the 132 pound weight class. The lowest weight class in which the wrestler may now participate would be the 138 pound weight class. The purpose of this rule is to allow growth and to discourage unhealthy or unsafe weight loss.

(9) The MHSA Record of Wrestlers' Qualifying Weigh-Ins form must be completed and presented to the divisional/seeding tournament manager verifying that the wrestler has complied with the 50% rule, which states: For health and safety reasons, Montana's weight control program shall require each wrestler to have at least one-half of weigh-ins during the season at the minimum weight the wrestler will compete in during the divisional and state tournament series. **A wrestler must have weighed in and wrestled at least one time during the regular season in order to be eligible for the post season.**

(10) A one-pound growth allowance will be added to each weight class on January 1st and an additional one-pound growth allowance will be added to each weight class on February 1st. The growth allowance also applies to the maximum weight for the 285 lb weight class.

Signatures:

1. Signature of Medical Provider _____ Date _____

2. Signature of Coach _____ Date _____

3. Signature of Parent/Guardian _____ Date _____

4. Signature of Wrestler _____ Date _____