

**South Dakota High School Activities Association
Wrestling Weight Permit
COMPLETE IN DETAIL**

Pupil: _____ **Weight When Reported for Practice:** _____
High School: _____ **Grade:** _____
Birth Date: ____ / ____ / ____ **Height:** _____ **Weight:** _____

Physician Recommendation

I recommend that the pupil designated above should not be allowed to wrestle at any weight less than the indicated classification circled herewith:

| | | | | | | | | | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Boys | 106 | 113 | 120 | 126 | 132 | 138 | 145 | 152 | 160 | 170 | 182 | 195 | 220 | 285 |
| Girls | 106 | 113 | 120 | 126 | 132 | 142 | 154 | 170 | 190 | 235 | | | | |

Date Examined: ____ / ____ / ____ **Physician Signature:** _____

Note to Physician and Parent: The purpose of this report is to prevent undue weight reduction for competitive purpose; reductions which jeopardize the physical well-being of the pupil. The physician shall consider three factors in determining the minimum weight class for a pupil: 1) actual weight when first reporting for practice; 2) actual weight at time of examination; and 3) pupil's age, height, and bone structure. The pupil should eat and drink normally and gain weight regularly.

NO RECLASSIFICATION PERMITTED

Parent Recommendation

I have read the above recommendation made by the physician. I request that the pupil indicated be limited to:

Check one: _____ the minimum weight recommended by the physician
_____ not less than _____ pounds

Date: ____ / ____ / ____ **Parent Signature:** _____

DO NOT SIGN IF TOP OF FORM IS NOT COMPLETE AND CORRECT

Note to School Officials: Each pupil participating in wrestling must successfully pass the required physical examination prescribed by the Association and submit this Wrestling Weight Permit form properly signed by both the physician and the pupil's parent. No pupil may wrestle at a weight less than the minimum recommended by the examining physician. **This forms must be kept on file at the school and be available on demand.** Additionally, a report on weight classification must be filed with the SDHSAA Office.