

MONTANA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT PERMIT CARD

Name of School \_\_\_\_\_ School Year \_\_\_\_\_

The individuals who have signed below certify that \_\_\_\_\_  
Name of Student

may wrestle no lower than \_\_\_\_\_ lbs. during the current wrestling season.

WEIGHT CLASSIFICATIONS		
Competition will be divided into 15 weight classes as follows:		
98 lbs. (83 lbs. min.)	130 lbs.	160 lbs.
105 lbs. (90 lbs. min.)	135 lbs.	171 lbs.
112 lbs.	140 lbs.	189 lbs.
119 lbs.	145 lbs.	215 lbs.
125 lbs.	152 lbs.	275 lbs.

BODY FAT INFORMATION	
Body fat %	_____
Weight if body fat = 5%	_____
Weight if body fat = 7%	_____

- 1. Signature of Doctor: \_\_\_\_\_ Date: \_\_\_\_\_
- 2. Signature of Coach: \_\_\_\_\_ Date: \_\_\_\_\_
- 3. Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_
- 4. Signature of Wrestler: \_\_\_\_\_ Date: \_\_\_\_\_

This card is to be filed with the high school principal within thirty (30) days following the wrestler's FIRST practice session. There can only be one WR #1 form in a season. **Once it is completed it is final.** There can be no recertification.

**A 1 lb. growth allowance will be added on January 1<sup>st</sup> and an additional 1 lb. growth allowance will be added on February 1<sup>st</sup>.**