

Form WR #1



Montana High School Association Wrestling Weight Permit Form

This form is to be filed with the high school principal within 30 days following the wrestler's FIRST practice session. The first day for practice in the 2010-2011 Wrestling Season is November 18, 2010. 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: 2010-2011

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 2010-11 wrestling season.
(enter weight class)

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.	285 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 once the WR#1 form is complete. The lowest weight 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 providing National Federation rules are not violated. After certification, a wrestler shall not weigh-in more than one weight class above the weight of certification without recertifying at a higher weight. 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 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.

(9) 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 minimum weight for the 98 lb. and 105 lb. weight classes and the maximum weight for the 285 lb weight class.

Signatures:

1. Signature of Medical Professional _____
2. Signature of Coach _____
3. Signature of Parent/Guardian _____
4. Signature of Wrestler _____

A 1 lb. growth allowance will be added on January 1 and an additional 1 lb. growth allowance will be added on February 1.