

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

WRESTLING WEIGHT PERMIT

Student \_\_\_\_\_

High School \_\_\_\_\_

Birthdate \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Month Day Year

Note to Parent:

The purpose of this report is to prevent undue weight reduction for competitive purposes — reduction which might jeopardize the physical well-being of the student. Prior to January 15 each wrestler must certify to a minimum weight and be prohibited from certifying at a lower weight during the season. After certification, a wrestler may not weigh in more than one weight class above the weight of certification without re-certifying at a higher weight class.

Each wrestler is required to have at least one-half of his/her weigh-ins, during the season, at the minimum weight he/she will wrestle during the state tournament.

We hereby give our permission for the above named wrestler to certify at the following weight indicated below:

\_\_\_\_\_

(Approved weight classes are: 103-112-119-125-130-135-140-145-152-160-171-189-215-275)

The school and its appointed representatives are released from all liability resulting from injury or damage due to excessive dehydration or lack of balanced diet.

\_\_\_\_\_  
Mother

\_\_\_\_\_  
Father

\_\_\_\_\_  
Date

Note to School Officials:

Prior to the first practice, each wrestler must have on file with the school administration the required physical examination and interim questionnaire. Each wrestler must **also** submit to the school administration the wrestling weight permit properly signed by both the student's parents before competing in any interschool competition.