

New York State Public High School Athletic Association Inc.

WRESTLING MINIMUM WEIGHT CERTIFICATION

INDIVIDUAL PROFILE FORM – MALES

Coach: Please complete (print) to dotted line

Name: _____ Grade: _____
Last First

School: _____ Section: _____

Town/City of School: _____

Race: Caucasian, Hispanic, Black, Asian, Native American, Other _____

Desired weight class: _____ Birth date: _____



DATA COLLECTION

Urinalysis: Specific gravity of urine: _____ (indicate pass or fail)
 Must be **1.025** or lower for testing to continue

Assessor: _____

Weight: _____ lbs.

SKINFOLD (MEASUREMENTS (SF)

(nearest .5 mm)

(Round to 2 places)

Average

Triceps _____

Subscapular _____

Abdominal _____

Take 2 in series

If difference is less than or equal to .5 mm, record average.

If difference is greater than .5 mm, take a 3rd and record average.

_____ **SUM**

MINIMUM WRESTLING WEIGHT CALCULATIONS

BODY DENSITY (BD) from Lohman Equation

$$BD = 1.0973 - \left(\frac{\text{_____}}{\text{SUM SF}} \times .000815 \right) + \left(\frac{\text{_____}}{\text{SUM SF}} \right)^2 \times .00000084$$

$$BD = 1.0973 - \left(\text{_____} \right) + \left(\text{_____} \right)$$

$$BD = \text{_____} \quad (\text{Round to 8 places})$$

% BODY FAT (BF) from Brozek Equation

$$\%BF = \left(4.57 / \frac{\text{_____}}{BD} - 4.142 \right) \times 100$$

Use data sheet from page of Assessors Manual

$$\%BF = \text{_____} \quad (\text{Round to 8 places})$$

CALCULATING MINIMUM WEIGHT AT 7% BF

$$7\% \text{ BF weight} = \left[1 - \left(\frac{\text{_____}}{\% \text{ BF}} / 100 \right) \times \frac{\text{_____}}{\text{current weight}} \right] / .93$$

or

$$\text{Minimum Weight at } 7\% \text{ BF} = \text{_____} \text{ lbs.} \quad (\text{Round to 2 places})$$

Minimum Weight Class

NYSPHSAA Assessor _____ Date _____

Send one copy to the Athletic Director - Send one copy to Sectional Chairman - Keep one copy for your files