

# New York State Public High School Athletic Association Inc.

## WRESTLING MINIMUM WEIGHT CERTIFICATION

### INDIVIDUAL PROFILE FORM – FEMALES

**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 \_\_\_\_\_

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

$$\%BF = \left( \frac{\text{_____}}{\text{SUM SF}} \times 1.33 \right) - \left( \frac{\text{_____}^2}{\text{SUM SF}} \times .013 \right) = \text{_____} - 2.50$$

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

#### CALCULATING MINIMUM WEIGHT AT 14% BF

$$14\% \text{ BF weight} = \left[ 1 - \left( \frac{\text{_____}}{\% \text{ BF}} / 100 \right) \times \frac{\text{_____}}{\text{current weight}} \right] / .86$$

or

$$\text{Minimum Weight at } 14\% \text{ BF} = \text{_____} \text{ lbs.} \quad (\text{Round to 2 places})$$

\_\_\_\_\_

**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*