

WRESTLING WEIGHT CERTIFICATION

In accordance with ASAA rules, each wrestler is required to establish a certified minimum weight within sixty (60) calendar days prior to the first team competition and is 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 certification without recertifying at a higher weight. A student weighing in more than one weight class above his/her minimum weight will be automatically recertified at the higher weight. A student beginning wrestling after the start of the season must have his/her weight determined before his/her first competition.

Student

Gender

 M F

Date of birth

Grade

School

Weight class (circle one)

103 112 119 125 130 135 140 145 152 160 171 189 215 275

Medical Certification

I certify that I have examined the above named student and have determined that the least allowable wrestling weight is as circled above.

Name of Medical Doctor, Physician's Assistant or Advanced Nurse Practitioner (circle which)

Signature

Date

Address

Phone

Parent/Guardian name (please print)

Parent/Guardian signature

Date

NOTE

*DO NOT SEND THIS WRESTLING WEIGHT CERTIFICATION TO THE ASAA OFFICE
UNLESS IT IS SPECIFICALLY REQUESTED.*

KEEP THIS CERTIFICATION ON FILE THROUGHOUT THE SCHOOL YEAR.

ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.

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