

Physical Referral Form
For Wrestlers Who Test Below Minimum Body Fat Guidelines

In compliance with the National Federation of State High School Associations (NFHS), the Canyon Athletic Association (CAA) has developed a weight-control program which discourages excessive weight reduction (of wide variations in weight), because this may be harmful to the competitor.

The weight control program requires hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. The minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven (7) percent for males and twelve (12) percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows.

Physician's Release Form for Participation

_____ is a member of the wrestling team

_____ High School Name

Due to the number of health issues surrounding a safe weight loss in wrestling, the NFHS and CAA have developed guidelines to help ensure the safety of athletes. The NFHS and CAA require a wrestler with body fat percentage below 7% (Male) and 12% (Female) to be evaluated by a medical professional*. The athlete being referred to you tested at ____%. Indicate below if you feel it is safe for the athlete to participate at his/her tested body fat %.

If you have any questions, please contact the Athletic Trainer/Assessor listed below.

Athletic Trainer /Assessor

Phone

Cleared to participate at current Body Fat %

Not cleared to participate at current Body Fat %

Cleared once body Fat % of _____ is obtained

Provider (print name)

*(acceptable credentials: MD/DO/NP/PA-)

Address

Phone

Provider Signature

