



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

JUNIOR HIGH/MIDDLE SCHOOL WRESTLING WEIGHT PERMIT

SCHOOL CITY

PUPIL BIRTH DATE (MM/DD/YYYY) / /

HEIGHT WEIGHT

PHYSICIAN'S RECOMMENDATIONS

Those licensed to perform physical examinations and weight permit include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physicians Assistant (PA), and Naturopathic Physician.

I recommend that the pupil designated above should not be allowed to wrestle any weight less than the indicated classification checked:

Form with checkboxes for weight classifications: 64-75, 70-82, 87, 92, 97, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, over 215, and three 'Other:' labels.

Note: Contestants are allowed three pounds growth allowance during the season as stated in the WIAA Handbook under Junior High School Wrestling Regulations. This will allow them to stay within their weight classification.

DATE EXAMINED

SIGNATURE OF PHYSICIAN

NOTE TO PHYSICIAN: The purpose of this report is to prevent undue weight reduction for competitive purposes. WIAA middle school rules permit leagues to adopt up to twenty (20) weights divisions. The above weights may vary between leagues.

PARENT'S APPROVAL

I have read and accept the above recommendation made by the examining physician.

DATE EXAMINED

SIGNATURE OF PARENT

THIS COPY MUST BE KEPT ON FILE IN THE JUNIOR HIGH/MIDDLE SCHOOL OFFICE. The principal shall sign the summary copy.

DATE EXAMINED

SIGNATURE OF PRINCIPAL