



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

MEDICAL RELEASE FOR WRESTLERS BELOW 7% BODY FAT

THIS FORM MAY ONLY BE COMPLETED BY MEDICAL PROFESSIONALS WHO ARE PERMITTED BY IOWA LAW TO PERFORM PRE-PARTICIPATION ATHLETIC PHYSICALS: (physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, occupational therapist, or athletic trainer licensed by a board designated under section 147.13.)

This is the only form accepted as a "MEDICAL RELEASE FOR WRESTLERS BELOW 7% BODY FAT." A copy of this completed form must be e-mailed to the Iowa High School Athletic Association, aumthun@iahsaa.org, by the school for whom the wrestler competes, after the last signature is obtained.

Any wrestler whose body fat percentage at the time of body composition assessment is below 7% for males and 12% for females must obtain, in writing, a medical clearance stating the wrestler is naturally at this sub-7% or 12% body fat level, if he/she wants to wrestle at their natural weight. This release is valid for only one season and expires following the last date of that season. A wrestler always has the option of wrestling at their weight predicted at 7%/12% body fat.
The sub-7% male, or sub-12% female, who receives this clearance may not wrestle at a weight class below his/her weight at the time of body composition assessment. Example: A wrestler weighing 110 pounds at the time of body composition assessment with less than 7% body fat may not wrestle below the 112-pound weight class.

WRESTLER'S NAME: _____ GRADE: _____ SCHOOL: _____

OFFICIAL BODY COMPOSITION ASSESSMENT VERIFICATION - STEP #1

DATE OF OFFICIAL BODY COMPOSITION ASSESSMENT: _____

ACTUAL WEIGHT AT OFFICIAL BODY COMPOSITION ASSESSMENT: _____ pounds.

PERCENT BODY FAT AT OFFICIAL BODY COMPOSITION ASSESSMENT: _____ percent.

Signature of assessor & name of agency conducting the official body composition assessment _____ DATE

EXAMINING MEDICAL PROFESSIONAL'S EVALUATION INFORMATION - STEP #2

DATE OF MEDICAL PROFESSIONAL'S EVALUATION: _____ WEIGHT AT MEDICAL EVALUATION: _____

LICENSED MEDICAL PROFESSIONAL'S APPROVAL (See top of form for approved medical personnel)

It is my medical opinion that the above-named wrestler is naturally below 7% (for males)/12% (for females) body fat and can compete in a safe and healthy manner at a weight class which may be below their weight predicted at 7%/12% body fat, but which is not below their actual body weight at the time their official body composition assessment.

LICENSED MEDICAL PROFESSIONAL'S SIGNATURE _____ DATE

LICENSED MEDICAL PROFESSIONAL'S NAME (typed or printed) _____ DESIGNATION (MD, DO, DC, PA, ARNP)

ATHLETIC DIRECTOR/PRINCIPAL ACKNOWLEDGMENT

I acknowledge that the above-named wrestler is permitted by his/her parent or guardian and the medical professional signing this form to compete at their natural weight that is below their 7%/12% weight as predicted by body composition assessment.

ATHLETIC DIRECTOR'S OR PRINCIPAL'S SIGNATURE _____ DATE

TO THE MEDICAL PROFESSIONAL SIGNING THIS MEDICAL RELEASE:
(physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, occupational therapist, or athletic trainer licensed by a board designated under section 147.13.)

National high school wrestling rules require a medical release for any wrestler whose body composition at the time of body composition assessment is less than 7% for males, or 12% for females, and who wishes to compete at a weight less than their weight predicted at 7%/12% body fat. The wrestler named on this release form is requesting that he/she be allowed to wrestle at a weight that is less than his/her weight at 7%/12% body fat. Most adolescents require a minimum of 7% body fat for males, or 12% body fat for females, to achieve optimal growth and development. However, some adolescents are naturally lean and develop normally at a lower percent body fat. A wrestler with less than 7%/12% body fat CANNOT wrestle at a weight less than their actual weight at the time of the original body composition assessment.

Please evaluate this wrestler for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the wrestler's history and your exam determine if his/her present weight is compatible with normal growth and development.

By signing this release, you are indicating that, in your medical opinion, it is safe and healthy for this wrestler to compete at a weight which is below his/her weight at 7%/12% body fat but is not less than his/her actual weight at the time of the original body composition assessment.

Questions or comments about this release should be directed to Andy Umthun, Wrestling Sport Administrator, Iowa High School Athletic Association. Phone 515-432-2011 (ext. 237) or aumthun@iahsaa.org