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 Arizona Interscholastic Association (AIA) 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 nineteen (19) 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 at
_____ High School Name

Due to the number of health issues surrounding a safe weight loss in wrestling, the NFHS and AIA have developed guidelines to help ensure the safety of athletes. The NFHS and AIA require a wrestler with body fat percentage below 7% (Male) and 19% (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

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

Provider (print name)

_____ _____

Address Phone

_____

Provider Signature