



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

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Middle School Wrestling Weight Permit

SCHOOL _____ CITY _____, WASHINGTON
PUPIL _____ BIRTHDATE ____/____/____
Month Day Year
HEIGHT _____ WEIGHT _____

PHYSICIAN'S RECOMMENDATIONS

I recommend that the pupil designated above should not be allowed to wrestle any weight less than indicated classification circled. MVMLAAL weight list. (18)

78 85 90 95 100 105 110 115 120 125 130
137 147 157 167 177 187 **Unlimited**

Minimum weight for 78 pounds established at 64 pounds, and 85 pounds at 70 pounds. Unlimited class must weigh over 187 pounds.

Note: By league adoption, contestants are allowed up to 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. *MVMLAAL: No weight allowance during the season.*

DATE EXAMINED

SIGNATURE OF PHYSICIAN

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

PARENT APPROVAL

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

SIGNATURE OF PARENT

DATE

THIS COPY MUST BE KEPT ON FILE IN THE MIDDLE SCHOOL A.D. OFFICE. THE PRINCIPAL SHALL SIGN THE SUMMARY COPY.

DATE

SIGNATURE OF PRINCIPAL