

OHSAA Wrestling Alpha Weight Individual Profile / Reassessment / Appeal Form

Reassessment / Appeal Assessment to Determine Minimum Wrestling Weight

Master Assessors and approved air or water displacement sites use the Appeal Link on www.trackwrestling.com

Parental Permission Form YES _____ NO _____ (If no, do not assess wrestler)

Wrestler's Name _____ GENDER: M F

Grade _____ School _____ School ID # _____

Assessor's Name _____

Assessor's Phone Number _____

Type of Assessment: Original _____ Re-Assessment _____ Appeal _____

Urine Collection Cup # _____

STEP 1: URINE SPECIFIC GRAVITY _____ (Record athlete's actual specific gravity)

- ❖ If failed, wrestler must wait 48 hours to be re-assessed!
- ❖ MUST record FAILED hydration test the same day

PASS FAIL

STEP 2: ALPHA DATE _____ (This is the date of the initial measurement or appeal)

STEP 3: WEIGHT _____

STEP 4: SKINFOLD MEASUREMENT

- Tricep Measurement _____
- Subscapula Measurement _____
- Abdominal Measurement _____

- ❖ *Continue until you get 3 numbers within a mm*
- ❖ *Must input results within 72hrs of alpha date. Same day is preferred*

APPEAL ONLY (Site must be approved by OHSAA)

- Hydrostatic Weighing or Bod Pod: Percent body fat _____
 - ❖ *Must be completed within 14 days of original alpha date*
 - ❖ *Complete Steps 1-3 prior to body composition testing*
 - ❖ *Input results within 72hrs. Same day is preferred*