

TO: Principals and Coaches of Junior High/Middle Schools Sponsoring Wrestling
FROM: Bill Bupp, Assistant Director
RE: Junior High/Middle School Wrestling Weight Certification
DATE: September 2003

The Michigan High School Athletic Association Representative Council passed a Regulation in May, 1987 which requires all junior high/middle school wrestlers to have established a mutually agreed upon lowest minimum weight for each season. Weight certification is in the best interest and health of junior high wrestlers.

This form can be duplicated by your school to be distributed to all junior high/middle school students who wish to wrestle. You may wish to type in the name of your school in the "school" space before duplicating the form.

The form for each middle school/junior high wrestler shall be kept on file with the principal. You may wish to provide a copy for each family as well.

**JUNIOR HIGH/MIDDLE SCHOOL
WRESTLING WEIGHT CERTIFICATION FORM**

1. The parent, coach, and principal shall mutually agree on the lowest minimum weight at which the wrestler may compete.
2. The agreement shall be in writing and kept on file by the principal.
3. The lowest weight at which a wrestler may compete shall be his weight at the first competition following two weeks of team practice, but not lower than agreed upon minimum shown on line two, if mutual pairing is used. When following the junior high/middle school weight classes, the student will qualify for the next weight class above his actual weight.
4. Two weeks of practice shall be interpreted as ten days of on-the-mat practice for the team.

WRESTLER _____ BIRTH DATE ___/___/___

SCHOOL _____ GRADE _____

1. WEIGHT FIRST DAY OF PRACTICE: _____
2. LOWEST MINIMUM WEIGHT ALLOWED FOR THIS WRESTLER, UNLESS THE WEIGHT IN LINE 3 IS: GREATER: _____ (Mutually agreed on by parents, coach and principal)

Parent's Signature	Date
Coach's Signature	Date
Principal's Signature	Date

3. WEIGHT FIRST DAY OF COMPETITION:
4. THE LOWEST MINIMUM WEIGHT ALLOWED FOR THIS WRESTLER IF GREATER THAN THE WEIGHT ON LINE TWO.

THIS FORM IS TO BE COMPLETED AND ON FILE IN THE PRINCIPAL'S OFFICE FOR EACH WRESTLER PRIOR TO INTERSCHOLASTIC WRESTLING COMPETITION.

This form may be duplicated