

**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 twelve (12) 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.

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 12% (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