

APPEAL FORM FOR WRESTLING

All appeals must be submitted within 14 days of the initial assessment.

Please read all information (page 1) before submitting the appropriate appeal (page 2).

The appeal must be approved by the NCHSAA before the deadlines listed.

APPEAL I - Appeal to wrestle with body fat % below the minimum established.

If a wrestler's body fat % is below the minimum established (7% for males and 19% for females), permission can be granted for the wrestler to participate if approved by a physician and parent/guardian.

This must be approved by the NCHSAA before the wrestler's first competition.

APPEAL II - Appeal of minimum weight.

In accordance with NCHSAA weight loss guidelines, a wrestler may appeal his/her initial skinfold measurements. The following offers two methods to do this. This appeal process is not in place to allow the wrestler to lose additional weight or be re-measured to achieve a lower minimum weight. It is available if there are any questions about the accuracy of the initial measurements. Complete APPEAL II on page 2 and indicate which option was used (1 or 2).

Option 1: The process must be completed, and the form approved by the NCHSAA before the wrestler's first competition.

The wrestler may request that initial calculations be recomputed by school personnel. If the 2nd calculation is not accepted, the wrestler can request to be re-measured by the same skin fold measurer. The wrestler then chooses which measurements to accept. NOTE: The weight taken at the initial assessment is the weight that will be used in the recalculation. Only skinfold measurements can be retaken.

Option 2: The process must be completed, and the form approved by the NCHSAA before the wrestler's first competition.

The wrestler does not ask for calculations to be recomputed or for skinfold measurements to be retaken, but opts for one of the following methods to determine body fat measurement during the timeframe of initial assessment: BodPod, hydrostatic weighing, bioimpedance, or DEXA scan. NOTE: The weight taken at the initial assessment is the weight that will be used to determine MWW. Only the body fat measurement from the selected method will be entered into the system to establish the MWW. The facility where this is done must be approved by a skinfold measurer or the NCHSAA office. Documentation from the facility showing body fat measurement must be provided.

APPEAL FORM FOR WRESTLING

Return to the North Carolina High School Athletic Association via email to janna@nchsaa.org

THIS FORM MUST BE COMPLETED AND SUBMITTED TO THE NCHSAA FOR APPROVAL WITHIN 14 DAYS OF THE INITIAL ASSESSMENT AND BEFORE THE WRESTLER COMPETES.

This appeal is for (check one): ____% body fat (Complete Appeal I only) ____ Minimum Weight (Complete Appeal II only)

Name of Wrestler: _____

School: _____

Classification: _____

APPEAL I - requires physician and parent/guardian signatures

Assumption of risk: I understand the established guidelines indicate that the minimum body fat is 7% for males and 19% for females. However, I feel that it is safe and healthy for the individual named above to participate in wrestling with a lower % body fat than the guidelines allow.

Medical Office Name: _____

Address: _____

Phone: _____

Physician: _____

Signature

Print

Parent: _____

Signature

Print

APPEAL II – indicate which method will be used to determine body fat percentage at the time of initial assessment. REMINDER: actual weight from the date of the initial assessment will be used for both options.

Option 1 (remeasure skinfold)

Date 2nd measurements were taken: _____ Actual weight: _____

	Male			Female		
Triceps						
Subscapula						
Abdomen				XXX	XXX	XXX

Option 2 (BodPod, hydrostatic weighing, bioimpedance, DEXA scan)

Please include supporting documentation.

Name of Facility Used: _____

Head Coach: _____

Signature

Print

Skinfold Measurer: _____

Signature

Print