

Name: _____

Date of Assessment: _____

Hydration Testing

Trial 1: _____

USG of ≤ 1.025 ; skinfold measurement may be done.

If USG > 1.025 ; re-test no earlier than 24 hours, but no later than 72 hours

Trial 2 (if indicated): _____

Date / time: _____

USG of ≤ 1.025 ; skinfold measurement may be done.

If USG > 1.025 ; re-test no earlier than 24 hours, but no later than 72 hours

Trial 3 (if indicated): _____

Date / time: _____

USG of ≤ 1.025 ; skinfold measurement may be done.

USG between 1.025-1.030; skinfold measurement may be done, and student-athlete must move up one weight class from minimum weight.

USG > 1.030 , student-athlete is ineligible for the season.

WEIGHT: _____

Skin Fold Measurements

	Male			Female		
Subscapula						
Triceps						
Abdomen				XXX	XXX	XXX

If a method other than skin fold calipers is used, please check below and provide supporting documentation:

- ☐ BodPod
- ☐ Hydrostatic weighing
- ☐ Bioimpedance
- ☐ DEXA scan

Assessor Initials or Signature: _____

- ☐ I confirm this data is accurate and is accurately entered into TrackWrestling

Optional (this information is saved in TrackWrestling once an assessment is committed):

% Body Fat: _____ (Physician Approval required if body fat $< 7\%$ if male, $< 12\%$ if female)

Minimum Wrestling Weight (MWW): _____

Minimum Weight Class (MWC): _____