Name: Date of Assessment:

Grade:

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**		
Triceps						
Subscap						
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): _____

Updated September 2025