

Georgia Independent Athletic Association
192 Roberson Mill Road NE
Milledgeville, Georgia 31061
706-938-1400

WRESTLING WEIGHT MANAGEMENT PROGRAM

MEDICAL CLEARANCE

WRESTLER **AT/BELOW 7% OR 19%** BODY FAT

TO THE MEDICAL PROFESSIONAL:

The Georgia Independent Athletic Association (GIAA) has instituted a Wrestling Weight Management Program to encourage healthy weight control practices by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to their competitive season. Each wrestler's body fat and lean body mass is measured by a body composition analysis. The standard error for this method is + / - 2% for lower weights and + / - 4% for higher weights. A minimum weight is then calculated at 7% body fat for males and 19% for females.

The pre-season assessment performed on your patient indicated he/she is currently at or below 7% body fat (males); 19% (females) and the athlete is requesting that he/she be allowed to wrestle. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally with a lower percentage of body fat. Because this athlete has less than the minimum body fat, GIAA guidelines require evaluation by and permission from the athlete's personal physician for this athlete to compete.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his/her growth curve. Based on the patient's history and your examination, determine if his/her present weight is compatible with normal growth, development and good health and indicate your assessment and recommendations on the next page.

Thank you,

Georgia Independent Athletic Association

GIAA COACHES:

Both pages of this attachment are to be presented to the medical professional as a part of the clearance process.