Low Body Fat Percentage Participation
Written Verification

The Idaho High School Activities Association has established minimum body fat percentages to be 7% for males and 19% for females as the standard for health for participation in high school wrestling. Should an athlete who passes their hydration test *(as determined by pH strip or a refractometer reading of 1.025 or lower)* and still have a below standard body fat percentage *(as determined by a bioimpedance scale)*, the athlete must provide written verification from a physician that they are naturally below the prescribed percentage and that it will not directly compromise their health during participation.

This letter names the athlete who falls into this category and will be provided to the proper officials as verification that said athlete has been seen by a physician named below and cleared to wrestle at or above their certification weight. This athlete is not allowed to lose or participate at a lower weight class.

In accordance with IHSAA the athlete named above is healthy and will be able to safely wrestle at the stated Body Fat percentage.

School:

Athlete Name:

Physician Name: _____

Please Print

SIGNATURE:

Physician: _____ Date: _____