

NORTHERN LEHIGH  
SCHOOL DISTRICT

ADMINISTRATIVE  
REGULATIONS

WRESTLING WEIGHT CERTIFICATION PROCEDURE

Pursuant to the Weight Control Program adopted by P.I.A.A., prior to the participation by any student in interscholastic wrestling, the minimum weight classification at which the student may wrestle during the season must be:

1. Certified to by an Authorized Medical Examiner.
2. Established NO EARLIER THAN six (6) weeks prior to the first practice day of the winter sports' season.

This certification shall be provided to and maintained by the student's principal.

In certifying to the minimum weight classification, the Authorized Medical Examiner shall first make a determination of the student's **Urine Specific Gravity**/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program (1-3-1: Each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than seven percent for males/12 percent for females; and a monitored weekly weight loss plan not to exceed 1.5 percent a week.), which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

Where the initial assessment establishes a percentage of body fat below seven percent (7%) for a male or twelve percent (12%) for a female, the Authorized Medical Examiner may require that the student wrestle at a minimum weight classification one (1) or more weight classifications above what would otherwise be appropriate based upon the student's minimum wrestling weight, as established by the initial assessment. Under these circumstances, the Authorized Medical Examiner may NOT allow a wrestler to participate at a minimum weight classification below that determined by the initial assessment.

Junior high/middle school wrestlers shall be certified at one of the following eighteen (18) weight classifications:

75 lbs., 80 lbs., 85 lbs., 90 lbs., 95 lbs., 100 lbs., 105 lbs., 110 lbs., 115 lbs., 122 lbs.,  
130 lbs., 138 lbs., 145 lbs., 155 lbs., 165 lbs., 185 lbs., 210 lbs., or 250 lbs.

Senior high school wrestlers shall be certified at one of the following fourteen (14) weight classifications:

103 lbs., 112 lbs., 119 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 152 lbs., 160 lbs., 171 lbs., 189 lbs., 215 lbs., or 285 lbs.