

# OHSAA Wrestling Alpha Weight Individual Profile / Reassessment / Appeal Form

Reassessment / Appeal Assessment to Determine Minimum Wrestling Weight

Master Assessors and approved appeal assessment sites use the Appeal  
Link on [www.trackwrestling.com](http://www.trackwrestling.com)

Parental Permission Form YES \_\_\_\_\_ NO \_\_\_\_\_ (If no, do not assess wrestler)

Wrestler's Name \_\_\_\_\_ GENDER: M F

Grade \_\_\_\_\_ School \_\_\_\_\_

Assessor's Name \_\_\_\_\_

Assessor's Phone Number \_\_\_\_\_

Type of Assessment: Original \_\_\_\_\_ Re-Assessment \_\_\_\_\_ Appeal \_\_\_\_\_

Urine Collection Cup # \_\_\_\_\_

**STEP 1: URINE SPECIFIC GRAVITY** \_\_\_\_\_ (Record athlete's actual specific gravity)

- ❖ **If failed, wrestler must wait 48 hours to be re-assessed!**
- ❖ **MUST record FAILED hydration test the same day**

**PASS      FAIL**

**STEP 2: ASSESSMENT DATE** \_\_\_\_\_ (This is the date of the initial measurement or appeal)

**STEP 3: WEIGHT** \_\_\_\_\_

**STEP 4: SKINFOLD MEASUREMENT**

- Tricep Measurement \_\_\_\_\_
- Subscapula Measurement \_\_\_\_\_
- Abdominal Measurement \_\_\_\_\_

- ❖ **Continue until you get 3 numbers within a mm**
- ❖ **Must input results within 72hrs of alpha date. Same day is preferred**

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**APPEAL ONLY (Site must be approved by OHSAA)**

- Hydrostatic Weighing, Bod Pod, or DEXA: Percent body fat \_\_\_\_\_
- ❖ **Appeal must be completed during the 14-day appeal period**
- ❖ **The appeal period begins the day after the assessment date**
- ❖ **Complete Steps 1-3 prior to body composition testing**
- ❖ **Input results within 72hrs. Same day is preferred**