OHSAA WRESTLING WEIGHT MANAGEMENT · 2026–27

Individual Profile / Reassessment / Appeal Form

Complete in pen. Keep with the signed Parent Permission form for 1 year.

Parent Permission form signed? ☐ Yes ☐ No — do not assess

Wrestler's name _____ **Sex** ☐ M ☐ F

Grade _____ **School** _____

Assessor's name _____ **Assessor's phone** _____

Type ☐ Original ☐ Re-assessment (failed hydration) ☐ Appeal (by Master Assessor)

STEP 1 · URINE SPECIFIC GRAVITY

Reading _____ **Urine cup #** _____

☐ PASS (1.025 or less) ☐ FAIL (1.026 or higher)

If FAIL: stop. Enter the failed test in USA Bracketing the same day. No reassessment for at least 48 hours.

STEP 2 · ASSESSMENT DATE

_____

STEP 3 · WEIGHT

_____ lb

Digital scale, to 0.1 lb · weigh-in attire, no clothing allowance

STEP 4 · SKINFOLDS (mm, right side)

Site	Reading 1	Reading 2	Reading 3
Triceps (all)			
Subscapular (all)			
Abdominal (males only)			

Keep measuring until 3 readings fall within 1 mm. Females: triceps and subscapular only. Enter results in USA Bracketing **within 72 hours** (same day preferred).

APPEAL ONLY · OHSAA-APPROVED SITE

Method ☐ BOD POD ☐ Hydrostatic **% body fat** _____

Within 14 days (day 1 = the day after the assessment). A skinfold appeal (Master) and a BOD POD or hydrostatic test may both be done in that window; the BOD POD or hydrostatic result is final. Complete Steps 1–3 first. Mark it as an appeal in USA Bracketing within 72 hours.

Assessor signature _____ **Date** _____

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Data entry: usabracketing.com