

GEORGIA HIGH SCHOOL ASSOCIATION
151 South Bethel Street
Thomaston, GA 30286
706-647-7473

WRESTLING WEIGHT MANAGEMENT PROGRAM
SKIN FOLD ASSESSMENT DATA

This form is to be used only if the BIA assessment on the Tanita scale is unsuccessful.

Wrestler Name	<div style="display: flex; justify-content: space-between; font-size: small;"> First MI Last </div>	Grade	8	9	10	11	12
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	Date of Birth				Age	
School							
Assessment Site							
Assessment Date							

Assessor
Initials

Step 1 – Assess hydration level of athlete
 (Note: Specific gravity: less than or equal to 1.025)

PASS
 FAIL

Step 2 – Assess height (in feet and inches) of athlete
 (Note: round down to nearest 1/2")

Step 3 – Alpha Body Weight (to nearest 1/10 pound)

Step 4 – Skin Fold Assessment

(Note: Measurement to the nearest half millimeter)

	Test 1	Test 2	Test 3	Average	Assessor Initials
Triceps (T)					
Subscapular (S)					
Abdominal (A)					

GHSA Assessor Signature: _____ **Date** ____/____/____

Trackwrestling staff will enter this data into the OPC for determination of minimum Wrestling Weight and minimum weight class allowed

Email or Fax this form to: Don Corr, Don.Corr@ghsa.net / 706-647-2638