

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	_____	Grade	8	9	10	11	12
	First MI Last						
Gender	___ Male	___ 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 ½")

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 this form to: Sheri Eubanks, sherieubanks@ghsa.net