



September 28, 2016

Dear Hawaii High School Wrestling Parents:

For the sixteenth consecutive year, the Hawaii High School Athletic Association (“HHSAA”) is implementing the HAWAII WRESTLING WEIGHT MONITORING PROGRAM (“Program”) to further insure the health, safety, and welfare of our high school wrestlers, as well as to insure compliance with the National Federation of State High School Association’s weight monitoring regulations, which govern high school wrestling across the country.

The Program, which is based upon successfully-implemented wrestling weight monitoring programs on the mainland, has been developed in response to the nationwide concern for high school wrestlers making decisions about their diet, nutrition, and weight control. It has been documented that wrestlers often attempt to lose weight rapidly in order to gain a perceived competitive advantage. Thus, the Program has been designed to assist in avoiding potentially harmful rapid weight reduction practices that may be utilized to achieve participation in a particular weight class.

The Program’s educational component, which will include sessions for both the coaches and the wrestlers, will emphasize safe training methods and discuss dieting, nutrition, and weight control concerns.

To determine a wrestler’s minimum wrestling weight, the following will be administered to each wrestler: (1) A specific gravity test, which involves a urine sample analysis to determine the wrestler’s hydration level<sup>1</sup>; and (2) A skin-fold test to measure the wrestler’s body fat percentage. Pursuant to the Program, male wrestlers are limited to a 7% body fat minimum, while female wrestlers are limited to a 12% body fat minimum.

In sum, the Program is intended to further insure the health and safety of your child, which is of paramount importance to us. Should you have any questions about the Program, I encourage you to speak to your child’s wrestling coach or athletic trainer.

Thank you.

Sincerely,

A handwritten signature in blue ink, appearing to read "Christopher Chun".

Christopher Chun  
HHSAA Executive Director

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<sup>1</sup>The specific gravity test being used can only determine a wrestler’s hydration level, and is not intended (nor is it even possible) to test for anything else.



## Hawaii High School Athletic Association

P.O. BOX 62029 • HONOLULU, HAWAII 96839 •  
PHONE: (808) 800-4092 • FAX: (808) 800-4095  
• www.sportsHigh.com •

### HHSAA WRESTLING WEIGHT MONITORING PROGRAM Parent and Student-Athlete Consent Form to Allow Specific Gravity Testing

About the test:

In order to determine a safe/healthy weight at which a wrestler can wrestle, the wrestler's specific gravity (hydration level) must be tested. To determine a wrestler's specific gravity, a urine sample from the wrestler must be tested. Only the wrestler's specific gravity will be measured from the urine sample and, upon the test's completion, the wrestler's urine sample will be promptly disposed. A certified tester (usually the wrestler's high school athletic trainer) will perform this specific gravity test, which takes less than five minutes to complete.

#### PARENT/GUARDIAN CONSENT

I hereby give my consent for \_\_\_\_\_ (child's name) to participate in the Hawaii High School Athletic Association's (HHSAA) Wrestling Weight Monitoring Program ("Program"), including undergoing a urinalysis test to measure his/her specific gravity. I understand that the measurements will only be used to determine his/her safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agent, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

#### STUDENT-ATHLETE CONSENT

I, \_\_\_\_\_ (student-athlete's name), agree to participate in the Hawaii High School Athletic Association (HHSAA) Wrestling Weight Monitoring Program ("Program"), including undergoing a urinalysis test to measure my specific gravity. I understand that the measurements will only be used to determine my safe wrestling weight. I agree to hold harmless the participating school, its member league, the HHSAA, and their respective officers, directors, employees (including coaches and athletic trainers), volunteers, independent contractors, agents, and assigns for anything arising out of the HHSAA's Wrestling Weight Monitoring Program, including the specific gravity testing procedure.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date