

**2010-2011  
OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM  
BODY FAT ANALYSIS APPEAL FORM**

**To be completed by the coach and parent prior to the wrestler being retested  
Please print**

Name of student \_\_\_\_\_ Date \_\_\_\_\_

Name of school \_\_\_\_\_ Grade \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Date of original assessment \_\_\_\_\_

Parent or Guardian consent: I hereby give my permission for the above named wrestler to be retested for hydration and body fat analysis. The retest will be done by either the original assessor using the same assessment method or by using the air displacement plethysmography method at the certified Bod Pod Testing Center. Failure to sign this consent form will result in a wrestler not being retested.

Parent or Guardian signature \_\_\_\_\_

Name of Original Assessor \_\_\_\_\_

Assessor's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Email address \_\_\_\_\_

Assessor's Phone number \_\_\_\_\_ Fax number \_\_\_\_\_

Body weight at original assessment (measured to a tenth of a pound) \_\_\_\_\_ pounds

Method used for the original assessment: Skin calipers \_\_\_\_\_ Bio-Impedance \_\_\_\_\_

All wrestlers will have one opportunity to appeal their body fat assessment and minimum weight and must do so within 14 days of the initial assessment. If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the school's alpha master form. A wrestler will have two options. Option A: The appeal must be made with the assessor who did the initial assessment and the same assessment method shall be used. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being retested. There will be a fee for retesting a wrestler. Option B: An appeal must be made through the original assessor and a wrestler can go to the certified testing center (Oklahoma University Health Science Center, Oklahoma City) and use the Bod Pod air displacement plethysmography method to determine body fat. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being tested.

A wrestler whose body fat is measured at sub-seven percent (males) or sub-twelve percent (females) and wishes to appeal their body fat assessment must meet the following requirement: their body weight at the appeal can be no lower than their original weight at the initial assessment and no greater than three pounds of their original weight at the initial assessment. If so, the appeal will not be valid and the original assessment will be used.

(over)

**To be completed by the Assessor – Appeal assessment**

Hydration test: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Body weight (measured to a tenth of a pound) \_\_\_\_\_ pounds

**Complete sections a or b**

a. Skin Fold Measurement

	Test 1	Test 2	Test 3
Triceps	_____	_____	_____
Subscapular	_____	_____	_____
Abdominal (Male Only)	_____	_____	_____

**OR**

Bio-Impedance Assessment

Student's Height \_\_\_\_\_

(measure to the nearest 1/2 inch, round up)

Percentage of Body Fat \_\_\_\_\_

Attach printer tape from the Tanita Bioelectrical Impedance 300WA machine (athletic male mode) to this form.

b. Bod Pod Air Displacement Plethysmography

Student's Height \_\_\_\_\_

Body Fat Percentage \_\_\_\_\_

Attach Bod Pod Body Composition Test results to this form.

Students electing to use the Bod Pod for their appeal method must pay the site a fee of \$25.00 at the time of their assessment.

Name of technician who administered the Bod Pod Air Displacement assessment:

\_\_\_\_\_ Email address \_\_\_\_\_

If this appeal was performed at a Bod Pod Testing Center, this form along with the Body Composition Test results must be immediately faxed or mailed to the original assessor. Also, a copy of the Body Composition Test results will be given to the athlete.