



# OSAA BIA Data Form

Wrestler Name: \_\_\_\_\_ Grade: 9 10 11 12  
First MI Last

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

School: \_\_\_\_\_ Classification: 1A 2A 3A 4A 5A 6A

Location of Assessment: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Type of Assessment: \_\_\_\_\_ Initial Assessment \_\_\_\_\_ Appealed Assessment (check weight at initial assessment)

Failed Hydration Repeat - ☐ 2<sup>nd</sup> ☐ 3<sup>rd</sup> ☐ 4<sup>th</sup>

OSAA Assessor \_\_\_\_\_

Step 1 – Assess hydration level of athlete  
(Note: Specific gravity must be < 1.025)

Assessor \_\_\_\_\_

☐

PASS

☐

FAIL

Step 2 – Assess height (in feet and inches) of athlete

Assessor \_\_\_\_\_

Step 3 – Bioelectrical Impedance Assessment

Note: Approved equipment: Tanita TBF-300WA/WAplus, Tanita TBF-400WA (Standard Mode) or InBody 120/570

Record scratch weight at initial assessment

 Lbs

## STAPLE ASSESSMENT PRINT-OUT HERE

Calculated Body Fat

 %

**Note: The Oregon Wrestling Weight Monitoring Program requires a Physicians Release Form for any wrestler assessed below 7% body fat for males and 12% body fat for females. The assessor shall provide the wrestler with the form at the time of assessment.**