

# Form WR #1 - Girls



## Montana High School Association Wrestling Weight Permit Form

Each wrestler must certify his/her weight within thirty-four (34) calendar days of the first allowable wrestling practice date, which we have adjusted this year is **December 23, 2025**. A student who joins the team after the certification date must **immediately** have the WR#1 completed in Track Wrestling. There can only be one WR #1 form in a season. Once completed, this form is FINAL. There can be no recertification at a lower weight.

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

School Year: 2025-26

### Personal Information and Weight Classifications:

The individuals who have signed below certify that \_\_\_\_\_  
(name of student wrestler)  
may wrestle no lower than the \_\_\_\_\_ weight class during the 2025-26 wrestling season.  
(enter weight class)

#### Weight Classifications - Girls

competition will be divided into 14 weight classes as follows:

100 lbs. (no min.)	125 lbs.	155 lbs.
105 lbs.	130 lbs.	170 lbs.
110 lbs.	135 lbs.	190 lbs.
115 lbs.	140 lbs.	235 lbs.
120 lbs.	145 lbs.	

### Recommendations:

Body fat % of wrestler \_\_\_\_\_ (should be no lower than 7% for males and 12% for females).

Actual weight of wrestler at the time of certification \_\_\_\_\_ Actual height of wrestler at the time of certification \_\_\_\_\_

### Rules to Note (from the Wrestling section of the MHSAA Handbook):

(7) There can be no recertification at a lower weight class once the WR#1 form is complete. A wrestler who wrestles in a weight class lower than that dictated by the WR#1 form at any time or at any level during that season is in violation of these rules.

(8) The lowest weight class shown on the original WR#1 form for that season shall apply for the entire season. However, a wrestler may compete at any higher weight at any time during the season. If a wrestler weighs in more than one weight class above the lowest weight class shown on the original certification, the wrestler will no longer be eligible to wrestle at the lowest weight class shown on the WR#1. The wrestler must move to at least one weight class higher than shown on the WR#1.

NOTE: A wrestler certified at the 130-pound weight class, who weighs in at the 140-pound weight class, would no longer be eligible to participate in the 130-pound weight class. The lowest weight class in which the wrestler may now participate would be the 135-pound weight class. The purpose of this rule is to allow growth and to discourage unhealthy or unsafe weight loss.

(9) The MHSAA Record of Wrestlers' Qualifying Weigh-Ins form must be completed in Track Wrestling and presented to the divisional/seeding tournament manager verifying that the wrestler has complied with the 50% rule, which states: For health and safety reasons, Montana's weight control program shall require each wrestler to have at least one-half of weigh-ins during the season at the minimum weight the wrestler will compete in during the divisional and state tournament series. **A wrestler must have weighed in and wrestled at least one time during the regular season in order to be eligible for the postseason.**

(10) A two-pound growth allowance will be added to each weight class on **January 1<sup>st</sup>**. The growth allowance also applies to the maximum weight for the 235 lb weight class.

### Signatures:

- Signature of Medical Provider \_\_\_\_\_ Date \_\_\_\_\_
- Signature of Coach \_\_\_\_\_ Date \_\_\_\_\_
- Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_
- Signature of Wrestler \_\_\_\_\_ Date \_\_\_\_\_