

BY-LAW ARTICLE XXXIV

Wrestling

Boys

Sect. 1: Wrestling shall be administered by the NHIAA Wrestling Committee and the rules of the National Federation will govern the sport when applicable.

Sect. 2: School requirements for the NHIAA wrestling tournament are:

- A. Must have a coach appointed by the school.
- B. A contestant must have participated in two-documented weigh-ins AND three individual matches which cannot have all occurred at the same event.

Sect. 3: All wrestlers will certify their scratch weights no later than the second Saturday in January. The Divisional tournaments seeding will be on the Wednesday prior to the tournaments.

Sect. 4: The following weight control program is mandated. Prior to the beginning of the first meet, each wrestler must consult their coach, parents, and school athletic trainer or physician. It is mandated that all wrestlers have their body fat measured by a medical professional prior to the first meet. Appropriate wrestling weight is that weight, which can be maintained, by eating a healthy, balanced diet. 7 % for males and 12% for females is designated as the medically safe, minimum percent body fat for high school wrestlers. Wrestlers shall not certify for a weight class that is below these minimum guidelines. Most high school wrestlers will perform very well at a body fat above 7%. No wrestler is permitted to wrestle at a weight class lower than his certified weight. Appeals to the minimum weight certification requirement requires a statement filed by a physician to the NHIAA office.

Sect. 5: Each school is allowed a maximum of **14 wrestlers (one per weight class entry)**, and two coaches and two managers passes to participate in the state tournament.

Sect. 6: The NHIAA will recognize official competition in the following pound weight classes:

103	130	160
112	135	171
119	140	189
125	145	215
152	285	

Sect. 7: Classification of Wrestling Schools

Wrestling schools will be divided into two divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2009-10 Wrestling Classification			
Division I (1300 +)		Division II (1-1299)	
17 Schools		19 Schools	
Pinkerton	3331	Goffstown	1289
Nashua South	2287	Bedford	1172
Salem	2263	Con-Val	1087
Man. Memorial	2165	Souhegan	970
Man. Central	2159	Hollis/Brookline	952
Nashua North	2054	John Stark	890
Concord	1877	Milford	872
Londonderry	1827	Plymouth	817
Man. West	1809	St. Thomas	721
Spaulding	1768	Oyster River	710
Keene	1762	Pelham	700
Exeter	1654	Windham	692
Merrimack	1593	Bow	669
Timberlane	1590	Campbell	575
Alvirne	1518	Winnisquam	567
Winnacunnet	1324	White Mountain	482
*Bishop Guertin	885	Franklin	477
		Newfound	465
* By Petition		Newport	461

Sect. 8: Awards

- A. Class Meets: Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in both divisions. Individual medals will be awarded to the top six (6) competitors in Division I and the top four (4) competitors in Division II for each weight class.
- B. Meet of Champions: The top six (6) competitors from the Division I Tournament and the top four (4) competitors from the Division II Tournament will advance to the Meet of Champions. Individual medals will be awarded to the top six (6) competitors in each weight class.
- C. New England Meets: The top three competitors in each weight class will qualify to represent New Hampshire at the New England Wrestling Championships.