

BY-LAW ARTICLE XXXVII

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 (3) 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.

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:

106	138	182
113	145	195
120	152	220
126	160	285
132	170	

Sect. 7: Divisional Alignment

Wrestling schools will be aligned into three (3) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2018-19 Wrestling Divisional Alignment

Division I (1346 +)		Division II (751-1345)		Division III (1-750)	
15 Schools		11 Schools		13 Schools	
Pinkerton	3449	*Spaulding	1391	Con-Val	733
Nashua South	1862	Merrimack	1219	Coe-Brown	714
Nashua North	1744	Goffstown	1114	Plymouth	677
Exeter	1705	Winnacunnet	1078	John Stark	669
Concord	1661	Milford	855	Bow	661
Man. Central	1510	Man. West	816	Pelham	656
Bedford	1498	Hollis/Brookline	806	Kearsarge	541
Londonderry	1496	Oyster River	794	Monadnock	502
Man. Memorial	1455	Bishop Guertin	789	Campbell	466
Keene	1420	Souhegan	789	Winnisquam	448
*Alvirne	1200	Kingswood	783	White Mountains	373
*Timberlane	1173			Newport	356
*Salem	1170			Mascoma	343
Portsmouth	1078				
*Windham	925				

Sect. 8: Awards

- A. Divisional Meets: Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in all divisions. Individual medals will be awarded to the top six (6) competitors in Division I and Division II and the top four (4) competitors in Division III for each weight class.
- B. Meet of Champions: The top six (6) competitors from the Division I Tournament, the top five (5) competitors from the Division II Tournament and the top three (3) competitors from the Division III 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 (3) competitors in each weight class will qualify to represent New Hampshire at the New England Wrestling Championships.