

## 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.

#### **2019-20 Wrestling Divisional Alignment**

<b>Division I (1346 +)</b>		<b>Division II (751-1345)</b>		<b>Division III (1-750)</b>	
<b>14 Schools</b>		<b>12 Schools</b>		<b>16 Schools</b>	
Pinkerton	3449	*Spaulding	1391	ConVal	733
Nashua South	1862	Dover	1336	Plymouth	677
Nashua North	1744	Merrimack	1219	John Stark	669
Exeter	1705	Goffstown	1114	Bow	661
Concord	1661	Portsmouth	1078	Pelham	656
Man. Central	1510	Winnacunnet	1078	Lebanon	575
Bedford	1498	Milford	855	Stevens	548
Londonderry	1496	Man. West	816	Kearsarge	541
Man. Memorial	1455	Hollis/Brookline	806	Monadnock	502
Keene	1420	Oyster River	794	Campbell	466
*Alvirne	1200	Bishop Guertin	789	Winnisquam	448
*Timberlane	1173	Souhegan	789	Belmont	396
*Salem	1170			White Mountains	373
*Windham	925			Newport	356
				Mascoma	343
				Hopkinton	288
*Petition					

**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.