

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.~~ For 2020-21 Season: A contestant must have participated in one documented weigh in. For teams that do not compete in the regular season, their documented weigh in must be under the supervision of the Athletic Director.

Sect. 3: All wrestlers will certify their scratch weights no later than the fifth Saturday in January. (For 2020-21 Season)

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.

2020-21 Wrestling Divisional Alignment					
Division I (1301 +)		Division II (751-1300)		Division III (1-750)	
13 Schools		12 Schools		16 Schools	
Pinkerton	3283	*Spaulding	1308	Con-Val	718
Nashua South	1901	Merrimack	1226	Coe-Brown	691
Nashua North	1735	Portsmouth	1119	Plymouth	644
Exeter	1649	Alvirne	1115	Bow	638
Concord	1530	Winnacunnet	1087	John Stark	618
Bedford	1505	Goffstown	1071	Lebanon	606
Londonderry	1458	Hollis/Brookline	857	Pelham	605
Man. Memorial	1430	Oyster River	839	Stevens	555
Keene	1382	Milford	833	Kearsarge	508
Man. Central	1331	Man. West	804	Monadnock	479
*Salem	1175	Bishop Guertin	793	Winnisquam	448
*Timberlane	1100	Souhegan	751	Campbell	439
*Windham	997			Belmont	358
				White Mountains	348
				Mascoma	345
				Hopkinton	320
				Newport	316
*Petition					

Sect. 8: Awards

Sect. 8: Awards (Changes for 2020-21 Season)

- A. **Divisional Meets:** Official NHIAA championship and runner-up plaques will be awarded to the respective champion and runner-up teams in all divisions. In addition, 18 team medals will be awarded to the respective championship and runner-up teams in each division. 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.