

BY-LAW ARTICLE XXXVIII

Wrestling

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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 at their postseason weight or lower. The matches cannot have all occurred at the same event. (CM 5.2021)

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: (CM 11.2023)

Boys Weight Classes		Girls Weight Classes	
106	150	100	138
113	157	107	145
120	165	114	152
126	175	120	165
132	190	126	185
138	215	132	235
144	285		

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.

2024-25 Wrestling Divisional Alignment

Division I (1150 +)		Division II (675-1149)		Division III (1-674)	
14 Schools		12 Schools		17 Schools	
Pinkerton	3079	Merrimack	1102	Con-Val	658
Nashua South	1704	Winnacunnet	1073	Plymouth	651
Nashua North	1626	Goffstown	1043	John Stark	648
Concord	1464	Alvirne	1025	Lebanon	618
Bedford	1404	Portsmouth	1024	Bow	611
Spaulding	1390	Oyster River	844	Pelham	556
Exeter	1384	Man. West	781	Monadnock	499
Man. Memorial	1365	Bishop Guertin	771	Stevens	499
Keene	1341	Hollis/Brookline	750	Kearsarge	485
Londonderry	1291	Kingswood	746	Prospect Mountain	410
Man. Central	1161	Milford	698	Winnisquam	403
*Salem	1096	Souhegan	693	White Mountains	375
*Windham	995			Campbell	356
*Timberlane	986			Raymond	343
				Mascoma	342
				Newport	292
				Mascenic	260
		*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. **Boys:** the top six (6) competitors from the Division I Tournament, the top five (5) competitors from the Division II Tournament and the top four (4) 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. **Girls:** All competitors will qualify to compete in the Meet of Champions. Individual medals will be awarded to the top four (4) competitors in each weight class. Please refer to the Wrestling Policy and Procedures Manual for additional information. (CM 5.2022) (CM 5.2024)
- C. New England Meets: The top three (3) competitors for boys in each weight class at the Meet of Champions will qualify to represent New Hampshire at the New England Wrestling Championships. The top two (2) competitors for girls in each weight class at the Meet of Champions will qualify to represent New Hampshire at the New England Wrestling Championships. (CM 5.2024)