

**BY-LAW ARTICLE XXXV**

**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. 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 (effective 2011-12):

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.

**2011-12 Wrestling Divisional Alignment**

<b>DIV. I (1600 +)</b>		<b>DIV. II (850-1599)</b>		<b>DIV. III (1-849)</b>	
<b>12 Schools</b>		<b>11 Schools</b>		<b>15 Schools</b>	
Pinkerton	3325	Spaulding	1550	John Stark	838
Nashua - South	2226	Merrimack	1514	Sanborn	755
Man. Central	2220	Alvirne	1463	Plymouth	748
Man. Memorial	2092	Man. West	1383	Windham	734
Nashua North	2003	Winnacunnet	1265	Oyster River	698
Concord	1878	Goffstown	1235	Pelham	690
Salem	1850	Bedford	1223	St. Thomas	676
Londonderry	1765	Con-Val	1048	Kearsarge	640
Exeter	1701	Milford	959	Bow	613
Keene	1654	Hollis/Brookline	903	Campbell	550
*Timberlane	1477	Souhegan	894	Winnisquam	538
*Bishop Guertin	886			Newfound	464
				Franklin	437
				White Mt.	424
				Newport	409

\*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 the top four (4) competitors in Division II and Division III for each weight class.
- B. Meet of Champions: The top six (6) competitors from the Division I Tournament, the top six (6) 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.