

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 **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:

| | | |
|-----|-----|-----|
| 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.

2021-22 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

- 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.