

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.

2022-23 Wrestling Divisional Alignment

Division I (1340 +)		Division II (751-1300)		Division III (1-750)	
13 Schools		11 Schools		17 Schools	
Pinkerton	3117	Spaulding	1331	Kingswood	735
Nashua South	1875	Merrimack	1158	Con-Val	711
Nashua North	1690	Winnacunnet	1139	Souhegan	709
Concord	1515	Alvirne	1069	Bow	630
Exeter	1513	Portsmouth	1040	Plymouth	626
Man. Memorial	1483	Goffstown	1006	Lebanon	614
Bedford	1454	Oyster River	863	John Stark	587
Londonderry	1363	Hollis/Brookline	833	Pelham	580
Keene	1358	Bishop Guertin	803	Stevens	546
Man. Central	1342	Milford	780	Kearsarge	515
*Salem	1158	Man. West	777	Winnisquam	456
*Windham	1062			Campbell	432
*Timberlane	1048			Belmont	384
				Raymond	364
				White Mountains	352
				Mascoma	319
				Newport	300
*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 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.
Girls: All competitors will qualify to compete in the Meet of Champions. Individual medals will be awarded to the top three (3) competitors in each weight class. Please refer to the Wrestling Policy and Procedures Manual for additional information. (CM 5.2022)
- 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.