

BY-LAW ARTICLE XXXVIII

Wrestling Coed

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 an **enrolled** 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), 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.

2025-26 Wrestling Divisional Alignment								
Division I (1150 +)		Division II (675-1149)			Division III (1-674)			
14 Schools		12 Schools			21 Schools			
Pinkerton	3079	Merrimack	1102		Con-Val	658	Conant	373
Nashua South	1704	Winnacunnet	1073		Plymouth	651	St. Thomas	354
Nashua North	1626	Goffstown	1043		John Stark	648	Campbell	356
Concord	1464	Alvirne	1025		Lebanon	618	Raymond	343
Bedford	1404	Portsmouth	1024		Bow	611	Mascoma	342
Spaulding	1390	Oyster River	844		Pelham	556	Trinity	327
Exeter	1384	Man. West	781		Monadnock	499	Newport	292
Man. Memorial	1365	Bishop Guertin	771		Stevens	499	Franklin	272
Keene	1341	Hollis/Brookline	750		Kearsarge	485	Mascenic	260
Londonderry	1291	Kingswood	746		Prospect Mountain	410	Littleton	214
Man. Central	1161	Milford	698		Winnisquam	403		
*Salem	1096	Souhegan	693					
*Windham	995							
*Timberlane	986							
		*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)