

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 | 175 |
| 113 | 144 | 190 |
| 120 | 150 | 215 |
| 126 | 157 | 285 |
| 132 | 165 | |

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.

2023-24 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 | | Monadnock 444 |
| *Timberlane 1048 | | Raymond 364 |
| | | White Mountains 352 |
| | | Mascoma 319 |
| | | Newport 300 |
| | | Mascenic 270 |

*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.