

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 5.21)

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 11.23)

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.

2026-27 Wrestling Divisional Alignment					
Division I (1050 +)		Division II (650-1049)		Division III (1-649)	
16 Schools		12 Schools		212 Schools	
Pinkerton	2979	Goffstown	1032	Plymouth	643 Hillsboro-Deering 340
Nashua South	1697	Merrimack	1013	Lebanon	642 Campbell 337
Nashua North	1545	Winnacunnet	988	Bow	639 White Mountains 327
Dover	1423	Portsmouth	983	ConVal	603 Raymond 326
Bedford	1367	Alvirne	955	Kearsarge	485 Mascoma 317
Spaulding	1346	Oyster River	796	Monadnock	475 Conant 307
Man. Memorial	1345	Man. West	756	Pelham	466 Franklin 279
Concord	1329	Kingswood	727	Stevens	432 Mascenic 263
Exeter	1329	Hollis Brookline	713	Prospect Mountain	408 Newport 263
Keene	1263	Souhegan	709	Winnisquam	372 Littleton 161
Londonderry	1219	John Stark	657	Trinity	345
Man. Central	1106	*Milford	613		
Salem	1069				
*Timberlane	934				
*Windham	884				
*Bishop Guertin	767			*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 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 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 Meet of Champions:** 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 5.22) (CM 5.24)
- 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 5.24)