



TIMELINE FOR WRESTLING WEIGHT CLASSES

July 2008:

- ✓ The NFHS holds a wrestling forum at the 2008 NFHS Summer Meeting in Washington, DC to begin the discussion on wrestling weight classes.

2008-09 Wrestling Season:

- ✓ NFHS administers the 2009 Wrestling Weight Class Survey to member state associations and begins collecting data from each state.
- ✓ The NFHS works with the National Wrestling Coaches Association (NWCA) on gathering wrestling weight class data and forfeit data from their Optimal Performance Calculator.

April 2009:

- ✓ NFHS Wrestling Rules Committee reviews wrestling weight class data and surveys and develops four wrestling weight class options to be considered by member state associations.
- ✓ NFHS Sports Medicine Advisory Committee reviews the wrestling weight class options from the NFHS Wrestling Rules Committee.

June 2009:

- ✓ NFHS sends out to all member state associations for their information and review, the four proposed wrestling weight class options that the NFHS Wrestling Rules Committee developed.
- ✓ The NFHS holds a wrestling forum at the 2009 NFHS Summer Meeting in Chicago, Illinois to discuss in detail the four proposed wrestling weight class options that the NFHS Wrestling Rules Committee developed. Also, the next steps in the process were discussed.

2009-10 Wrestling Season:

- ✓ Member state associations get feedback from their member schools and/or wrestling advisory committee on the NFHS Wrestling Weight Class Options.

March 1, 2010:

- ✓ Deadline for Wrestling Rules Proposals for the NFHS Wrestling Rules Committee to consider for the 2010-11 wrestling season.
- ✓ Deadline for member state associations to report to the NFHS what wrestling weight class option they are in favor of. This report will be compiled for the NFHS Wrestling Rules Committee.

April 5-7, 2010:

- ✓ NFHS Wrestling Rules Committee meets in Indianapolis for their annual meeting. They will vote on the four wrestling weight class options at this meeting.

April 2010:

- ✓ NFHS Sports Medicine Advisory Committee will review the selected wrestling weight class option from the NFHS Wrestling Rules Committee.
- ✓ NFHS Board of Directors will review and give final approval to all rules changes from the NFHS Wrestling Rules Committee.

****Implementation Date for New NFHS Wrestling Weight Classes (If Changed):**

- ✓ To Be Determined! The NFHS Wrestling Rules Committee and the NFHS will determine what the best timeframe will be for member state associations to adjust to the new wrestling weight classes – (If they are changed).