



## NFHS Wrestling Rules Committee – April 2009 Meeting

### Wrestling Weight Class Information

1. Review of current NFHS wrestling weight classes.
  - a. The committee reviewed the surveys from the 2009 NFHS wrestling weight class survey, the Tennessee experiment on 7 or 10 weight classes and the data provided by the National Wrestling Coaches Association (NWCA).
2. The committee has agreed on the following four concepts:
  - a. **Recommend that 14 weight classes be retained.**

**Rationale:** The 2009 NFHS wrestling weight class survey supported this recommendation. 27 states wanted to retain 14 weight classes while only 8 wanted a reduction in weight classes. It was further supported by data provided by the NWCA that for every one weight class dropped we would have a reduction of 20,000 opportunities across the country for students to wrestle.

- b. **Recommend that weight classes need to be reviewed and/or modified according to the data available to service the greater numbers in the sport of high school wrestling.**
  1. Information that the committee felt was important to review and consider are as follows:
    - Participation numbers at current weight classes and any revised weight classes using current data.
    - Divide the participation numbers equally by alpha weight, another one by the 7% weight and another one by the final minimum weight.
    - Divide out with year in school for each weight class when providing the number of wrestlers in a possible weight class.
    - Number of individuals that might be able to wrestle at different weight classes.
    - Number of forfeits at current weight classes.
    - Percent of individuals that will have an opportunity to wrestle at that weight class.
    - See if it is possible to compare this data to the demographics of the general high school age student across the country.

- c. **Recommend that once weight classes have been determined –minimum weight class limits be reviewed for the two lowest weight classes and the top two weight classes.**
1. The committee felt that before anyone could determine if minimum weight restrictions needed to be in place for the bottom two or top two weight classes the weight classification needed to be established. The NFHS Sports Medicine Advisory Committee will need to provide feedback in this area and/or collect data necessary to allow the NFHS Wrestling Rules Committee the opportunity to make an informed decision on this issue.
- d. **Recommend that the option to allow state association to have fewer weight classes than 14 could be reviewed in a year or so, once data has been collected to compare the new weight classes with data from the old weight classes.**
1. We need to have comparable data to insure that the weight class change was a success or prove that it was a failure. One area that needs to be reviewed would be the forfeit data that we currently have and compare it to the forfeit data after a year with the new weight classes.