National Federation of State High School Associations

PROPOSED WRESTLING WEIGHT CLASS OPTIONS FROM THE NFHS WRESTLING RULES COMMITTEE

Current	Option A	Option B	Option C
103	110	106	107
112	119	113	115
119	125	120	122
125	131	126	128
130	136	132	134
135	141	138	140
140	146	145	146
145	152	152	152
152	159	160	159
160	167	170	167
171	177	182	177
189	192	195	192
215	216	220	216
285	285	285	285

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RATIONALE FOR WRESTLING WEIGHT CLASS OPTIONS FROM THE NFHS WRESTLING RULES COMMITTEE

CURRENT:

- These current 14 weight classes have been in place since 1995.
- The 215-pound weight class was added in 2002.
- In 2006, the 275-pound weight class was increased to 285 pounds.
- These weight classes were developed from a survey that the NFHS Wrestling Rules Committee administered in 1994-95.

OPTION A:

- The weights were created from looking at the hydrated body weight at the time of assessment of 195,000 wrestlers from the NWCA Optimal performance calculator.
- Each weight class was created to have approximately 7.14% of the wrestlers.
- Equal distribution of wrestlers in each weight class.
- Eliminates one of the first three weight class. Combines 103, 112 and 119 into two weight classes.

OPTION B:

- The weights were created from looking at the minimum wrestling weight (7% weight) at the time of assessment of 195,000 wrestlers from the NWCA Optimal Performance Calculator.
- Each weight class was created to have approximately 7.14% of the wrestlers.
- Equal distribution of wrestlers in each weight class.
- Adds an 'additional' weight class at the top.
- Creates a weight class in the low 180-pound range.

OPTION C:

- The weights were based off using the hydrated body weight at the time of assessment of 195,000 wrestlers from the NWCA Optimal performance calculator.
- Percentages of distribution was between 7-8%. The first three weights were distributed in the mid 6% range. This ensured that you did not eliminate the 'small' wrestler not being represented.
- Data supports moving 103 to 107 would greatly increase the number of eligible wrestlers for the first weight class.
- Will decrease the large jump from 103-112-pounds.
- Changes the middle weight increments from 5-pounds to 6-pounds.
- Eliminates the large jump between 171-189-pounds. Makes that a 15-pound jump from 177-192-pounds.
- The prevalence of HS wrestlers (N=195,000) at each of these weight classes, there is an equal distribution (~7%) of wrestlers for each of the weight classes listed. In addition, when reviewing the national data on children from the National Health and Nutrition Examination Survey (NHANES published 1995), these weight classes are consistent with the 5th - 95th percentile data on weight for adolescent males aged 15-19.