



To: NJSIAA Program Review Committee  
From: Colleen Maguire, Executive Director  
Date: September 14, 2021  
RE: Boys Wrestling Weight Classes Proposal

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**Background:**

The NFHS Wrestling Rules Committee has announced three different weight class options for state associations to adopt no later than the 2022 – 2023 season. The options provide a framework for either 12, 13 or 14 weight classes with the flexibility to early adopt if the state association so chooses. NJSIAA currently has 14 weight classes but the weight classes differ from the NFHS approved weight classes.

**Proposal:**

The Boys Wrestling Committee proposes that NJSIAA early adopt the NFHS 14 weight class framework for the 2021 – 2022 season.

**106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285**

**Rational:**

The NFHS 14 weight class framework shifts the existing weight classes to areas that have more participation. Therefore, more opportunities are provided for the middleweight and upper middleweight classes, which tend to have the highest amount of participation.

The committee was not in favor of reducing the number of weight classes. Primarily because the majority of forfeits occur at the lowest and highest weight classes, these weight classes are the same in all of the NFHS approved frameworks.

Lastly, based on the data maintained by Trackwrestling, the director of the National Wrestling Coaches Association recommended that NJ move to the NFHS 14 weight class framework – it is their recommendation that the NFHS framework is best suited to serve NJSIAA’s student-athletes.