



To: NJSIAA Program Review Committee

From: Colleen Maguire, Executive Director

Date: September 14, 2021

RE: Girls Wrestling Weight Classes Proposal

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 hosts 11 weight classes for the girls.

Proposal:

The Girls Wrestling Committee proposes that NJSIAA early adopt the NFHS 12 weight class framework for the 2021 – 2022 season.

100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

Rational:

By adding one additional weight class there will be an increase in participation in the state tournament with minimal impact on the level of competition. Also, the NFHS 12 weight class framework is very close to the current 11 weight classes so there will be minimal impact on the girls that have competed in prior seasons.