

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

Member of the National Federation of State High School Associations



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The new weight classes as determined by the NFHS (National Federation of State High Schools Associations).

Rule 4.4.1

Competition shall be in the following weight classes:

106 lbs. 113 lbs. 120 lbs. 126 lbs. 132 lbs. 138 lbs.
145 lbs. 152 lbs. 160 lbs. 170 lbs. 182 lbs. 195 lbs.
220 lbs. 285 lbs.

Rationale: Data from the NWCA Optimal Performance Calculator was reviewed over a four-year period. This change will create close to equal distribution of wrestlers in each NFHS weight class as possible. Member state associations were surveyed and the majority favored this change in NFHS weight classes, which will take effect with the 2011-12 season.