

New York State Public High School Athletic Association



Executive Committee Meeting – February 1, 2023

Boys Wrestling – NFHS 1.5 % Weight Loss Plan

- Action Item
- Discussion Item
- Informational Item

Presenter:

Marty Sherman, Boys Wrestling Coordinator

Proposal:

The NYSPHSAA Boys Wrestling Committee is recommending following the NFHS 1.5% weight loss plan.

Effective Start Date:

2023-2024 season

Rationale:

Currently wrestlers are certified to a minimum wrestling weight and must weigh in 50% of their matches at the weight in which they want to compete in the post season. The 1.5% weight loss plan sets up a weight loss plan for the wrestler in which they can only lose 1.5% of their body weight each week. The plan can be given to the wrestler at the beginning of the season so they can know exactly what the minimum weight they can weigh in each week. If the student weighs in more than the minimum weight for the week the plan is recalculated. The wrestler and the coach can monitor the plan each week during the season. The 1.5% weight loss plan would replace the 50% rule.

Proposal Originated:

NYSPHSAA Wrestling Committee

Budgetary Impact:

None.

Notes:

The committee voted 9-1-1 to approve the recommendation. Section 4 voted against and Section 1 abstained.

Attachments:

None

New York State Public High School Athletic Association



Executive Committee Meeting – February 1, 2023

Boys Wrestling – Eliminate the NYSPHSAA Honor Weigh-In

- Action Item
- Discussion Item
- Informational Item

Presenter:

Marty Sherman, Boys Wrestling Coordinator

Proposal:

The NYSPHSAA Boys Wrestling Committee is recommending eliminating the NYSPHSAA honor weigh-in.

Effective Start Date:

2023-2024 season

Rationale:

Currently teams are allowed to weigh-in in the morning of a match and if the students make the weight for a particular weight class, they are given a 3lb allowance for the mat side weigh-in during the evening match. The honor weigh-ins are required to be monitored by a school administrator or their designee. There are doubts in most Sections that an administrator is monitoring the honor weigh-ins. If the 1.5% weight loss plan is approved, the practice of honor weigh-ins would allow students to keep fluctuating during the season which is not in the best interest of the student.

Proposal Originated:

NYSPHSAA Wrestling Committee

Budgetary Impact:

None.

Notes:

The committee voted 9-1-1 to approve the recommendation. Section 1 voted against and Section 4 abstained.

Attachments:

None

New York State Public High School Athletic Association



Executive Committee Meeting – February 1, 2023

Boys Wrestling – 2023-2024 Weight Classes

- Action Item
- Discussion Item
- Informational Item

Presenter:

Marty Sherman, Boys Wrestling Coordinator

Proposal:

The NYSPHSAA Boys Wrestling Committee is recommending using the following NFHS weight classes plus a NYSPHSAA lower weight. The weight classes would be 101 (NYSPHSAA), 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, 285.

Effective Start Date:

2023-2024 season

Rationale:

The NFHS has given the State Associations the option to select 12, 13, or 14 weight classes. The committee feels that the NFHS 12 weight classes is best suited for NYS. The committee also feels that NYS has had a lower weight class for many decades and many Sections would like to keep a lower weight class.

Proposal Originated:

NYSPHSAA Wrestling Committee

Budgetary Impact:

None, this is in line with the number of weight classes currently being offered.

Notes:

The committee voted 7-4 to approve this recommendation. Sections 2,3,7 and 8 were opposed.

Attachments:

None

New York State Public High School Athletic Association



Executive Committee Meeting – February 1, 2023

Boys Wrestling – Division Cut-Off Numbers

- Action Item
- Discussion Item
- Informational Item

Presenter:

Marty Sherman, Boys Wrestling Coordinator

Proposal:

The NYSPHSAA Boys Wrestling Committee is recommending that Boys Wrestling become a variation sport and is recommending having the Division cut-off numbers be 600 and above Division 1 and 599 and below being Division 2.

Effective Start Date:

2023-2024 season

Rationale:

The new format to determine the classification cut-off numbers for non-variation sports in two division sports is 40% of the teams in Division 1 and 60% of the teams in Division 2. The Boys Wrestling Committee is concerned with the imbalance of the two Divisions. The Boys Wrestling Committee would like to keep the divisions balanced and the cut-off numbers being 600 and above for Division 1 and 599 and below being Division 2.

Proposal Originated:

NYSPHSAA Wrestling Committee

Budgetary Impact:

None.

Notes:

The committee voted unanimously to approve this recommendation.

Attachments:

None