



**Nebraska School Activities Association**  
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*December 2, 2020*

**TO:** *NSAA Wrestling Schools*  
**FROM:** *Ron Higdon, Assistant Director*  
**SUBJECT:** *Girls Wrestling Information*

The NSAA Girls Wrestling Committee has determined the girls wrestling weight classes for the 2020-2021 wrestling season. The weights were determined from the initial alpha test data of all girls that were in the system as of November 30, 2020.

- The girls weight classes for this year will be 103, 109, 117, 124, 132, 142, 154, 170, 190, 240.
- These weights are to be utilized for girls only competitions. However, due to the fact that there is not a girls season within Trackwrestling, you will need to pay attention to the allowable weight for the specific date of the weigh-in to confirm eligibility for a weight class.
- Girls will still be able to participate against and in the boys' events using the boys weight classes.
- All weight management guidelines and descent plans must be followed.
- The 2020-2021 individual contest limitations for both the boys and girls is no more than 18 competition dates prior to the sub-districts which are scheduled for the weekend of February 5<sup>th</sup> & 6<sup>th</sup>. The district final is scheduled for February 13<sup>th</sup>.

The timing of everything was delayed due to the fact that we didn't have enough female assessments in the system to make a qualified determination for weight classes until Monday of this week. At that time, we have a little more than 200 girls' assessments in the system. As the season gets started, we will inevitably have more assessments entered. However, we feel that the distribution of weight classes is consistent with the method that other state associations across the nation used.

With this being the first year, I am sure there are going to be several questions that come up and I will continue to communicate with everyone as needed. If you have any questions, please do not hesitate to contact me and I will get an answer for you as soon as possible.

Sincerely,

Ron Higdon