



To: NJSIAA Program Review Committee

From: Colleen Maguire, Executive Director

Date: May 31, 2024

RE: Girls Wrestling Tournament Regulations

Proposal

The girls wrestling committee met on May 22, 2024, and unanimously approved the following two proposals:

1. During the 2024-2025 season, girls will be required to wrestle a minimum of 8-matches against girls to be eligible to enter the girls region tournament. However, there will be a waiver process in place for factors beyond the control of the student-athlete, such as injury or medical illness, that may prevent a girl from obtaining the required 8-matches.
2. During the 2025-2026 season, girls will be separated from the boys and will not be allowed to wrestle against boys during the regular season or post-season. This is consistent with other state associations who have sanctioned girls wrestling and host girls wrestling state tournaments.

The goal of these proposals is to increase girls wrestling participation and progress towards a girls team state tournament. The committee will review participation data after the 2024-2025 season before making a recommendation as to when NJSIAA should sanction a girls team state tournament. These two proposals are important steps to be taken towards sanctioning girls team wrestling.