

NEW for the 2026-27 season

Weight Certifications

Girls Wrestling: increase the percentage of body fat to the level approved by the NFHS, from 14% to 19% in the sport of Girls Wrestling.

Weight Classes (15)

New weights: 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

Section 9/NYS Team Dual Meet Championship

Section 9 will host a team dual meet championship this season in February 2027 at Port Jervis High School. Future note: In the 2027-2028 season there will be a NYS Girls Team Dual Championship on Jan 29th, 2028 site: TBD

Mixed Competition Participants:

Mixed Competition Wrestlers CAN:
Practice with the boys' team.

(Example: School A does not have a girls' team but has girls who want to wrestle. They can join the boys' team as mixed competitors. If the female wrestler wants to remain eligible to compete in the Girls Sectional or Girls State Championships, they cannot compete in any boys' events. They cannot step on the mat to compete or receive a forfeit in a boys' event. Even if the opponent is also female, if it happens in a boys' event, the wrestler becomes ineligible for the girls' postseason. To remain eligible, they can only PRACTICE with their male teammates.

The following rules, approved by NYSPHSAA, are in effect for the 2025-2026 season of Girls Wrestling.

7th and 8th Graders on Varsity Girls Wrestling:

If you decide to test up a wrestler for Girls Varsity Wrestling who is in 7th or 8th grade, please remember this rule when it comes to competitions:

Those athletes must meet the minimum weight requirements to participate in wrestling.

7th / 8th graders: Minimum weights are as follows: In Excess of 87lbs. for the 95lbs weight class, 91lbs. for the 100lbs weight class, and 180lbs. for the 235 lbs weight class.

7 match rule

In Girls' Wrestling, athletes may wrestle a maximum of 7 matches per day.

Multi-Meets

Adding the following language to the NYSPHSAA Handbook under Girls Wrestling for multi-school meets. Multi-school meet: Minimum of three (3) schools and at least fifteen (15) wrestlers. If the wrestler wrestles only one (1) opponent, they are charged one (1) point; if they wrestle more than one opponent, they are charged two (2) points. Each wrestler may only wrestle a maximum of four (4) matches. No team scoring is allowed, and no individual prizes are awarded. Multi-school meets can be attached to dual meets on the same day at the same site. **A pound allowance applies to matches/tournaments preceding and following a multi-school meet.**

Match Appeals for NYS Tournament

The NYSPHSAA Girls Wrestling Committee recommends expanding the appeal procedure for coaches to include all rounds of the NYSPHSAA Girls Wrestling Championships.