

Assistant Commissioner Joe Angolia

Topic

Sports Report

Sports Report

Sport

Winter Wrestling

**Issues of Concern
(legal, playing Rules,
fiscal management,
etc.)**

A few situations popped up this season that will be emphasized in next year's online rules clinic (appeal process for weight certification, regions not confirming eligibility in seeding meetings, etc.).

The management of two databases for the online weight management continues to be a challenge for coaches and athletic trainers.

**Championship
Update/Review**

The contributions of the Kentucky Wrestling Officials Association (KWOA) and the Coaches Association are invaluable to the success of the state wrestling championships, both in coordinating the equipment needed for the event and the execution of the tournament itself.

**Fiscal and Budget
Issues and Review
(attendance, etc.)**

Ticket sales were up for the 2026 state championships (4,898 tickets) compared to 2025 (4,466).

**Noteworthy Changes /
Anticipates Changes**

In an effort to establish a more healthy process for girls involved in high school wrestling, the minimum body fat percentage for females has been raised from 12 to 19 percent, effective with the 2026-27 season.

Revisions to weight-control rules (1-5-1, 1-5-2) were two of 18 rules changes recommended by the NFHS Wrestling Rules Committee at its March 29-31 meeting in Indianapolis. All rules changes were reviewed by the NFHS Rules Review Committee and approved by the NFHS Board of Directors.

In making this significant change, the committee reviewed information from the National Wrestling Coaches Association, the proud supporter of the NFHS, and had the backing of the NFHS Sports Medicine Advisory Committee.

The committee determined that based on peer-reviewed research data, increasing the body fat percentage for high school girls establishes a safer margin for minimal wrestling weight for those girls intent on achieving a lower weight class.