



2019 National Girls Wrestling Summary

USAW Girls High School Development Committee
Co-Chairs Joan Fulp and Andrea Yamamoto

The USA Wrestling Girls High School Development Committee is committed to supporting the athletes, coaches and state athletic associations in the process of growing girls wrestling.

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¹ National Federation of State High School Associations. Governance is divided by 8 sections nationwide.

1990-2019 NFHS Girls Wrestling Participation Totals

Year	NFHS	# Increase	%Growth
1990	112		
1991	132	20	17.9%
1992	313	181	137.1%
1993	404	91	29.1%
1994	783	379	93.8%
1995	804	21	2.7%
1996	1,164	360	44.8%
1997	1,629	465	39.9%
1998	1,907	278	17.1%
1999	2,361	454	23.8%
2000	2,474	113	4.8%
2001	3,032	558	22.6%
2002	3,405	373	12.3%
2003	3,769	364	10.7%
2004	4,008	239	6.3%
2005	4,334	326	8.1%
2006	4,975	641	14.8%
2007	5,048	73	1.5%
2008	5,527	479	9.5%
2009	6,025	498	9.0%
2010	6,134	109	1.8%
2011	7,351	1217	19.8%
2012	8,235	884	12.0%
2013	8,727	492	6.0%
2014	9,904	1177	13.5%
2015	11,496	1592	16.1%
2016	13,496	2000	17.4%
2017	14,587	1091	8.1%
2018	16,562	1,975	13.5%
2019	21,124	4,562	27.5%

2015-2019 NFHS Girls Wrestling Participation Numbers States With An Official Championship

	Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1	1998	Hawaii	620	592	562	538	498
2	1999	Texas	4,421	3,869	4,140	4,013	3,977
3	2007	Washington	1864	1222	1514	1,184	1,210
4	2011	California	6,014	5,286	4,505	4,104	2,747
5	2014	Alaska	347	337	271	200	194
6	2015	Tennessee	414	313	294	173	170
7	2019	Arizona ²	481	295	243	255	193
8	2019	Colorado ³	140	386	164	180	85
9	2019	Georgia	427	239	173	151	178
10	2019	Maine	78	74	61	89	74
11	2019	Massachusetts	126	103	103	154	86
12	2019	Missouri	956	169 ⁴	123	94	74
13	2019	New Jersey	477	129	116	173	95
14	2019	Oregon	597	498	348	222	128
15	2020	Arkansas	54	51	54	27	28
16	2020	Connecticut ⁵	131	98	80	75	87
17	2020	Kansas	276	215	112	111	77
18	2020	Maryland	199	146	152	128	87
19	2020	New Mexico	154	136	91	68	75
20	2021	Utah	124	101	55	26	14

² Arizona Interscholastic Association (AIA) is holding a girls state championship under emerging sport status.

³ Colorado High School Activities Association (CHSAA) is holding a girls state championship within a 2 year pilot program.

⁴ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

⁵ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

2015-2019 NFHS Girls Wrestling Participation Numbers By State

	1st Year Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1	2011	California	6,014	5,286	4,505	4,104	2,747
2	1999	Texas	4,421	3,869	4,140	4,013	3,977
3	2007	Washington	1864	1222	1514	1,184	1,210
4	2019	Missouri	956	169 ⁶	123	94	74
5		Illinois	676				
6	1998	Hawaii	620	592	562	538	498
7	2019	Oregon	597	498	348	222	128
8	2019	Arizona	481	295	243	255	193
9	2019	New Jersey	477	129	116	173	95
10		Florida	475	447	358	295	239
11	2019	Georgia	427	239	173	151	178
12	2015	Tennessee	414	313	294	173	170
13	2014	Alaska	347	337	271	200	194
14		Michigan	327	376	243	205	593
15		Wisconsin	288	225	203	149	151
16	2020	Kansas	276	215	112	111	77
17		Indiana	259	217			
18		North Carolina	232	189	175	156	144
19		Virginia	232	246	159	137	79
20		Ohio	224	292	195	195	195
21		Iowa	204	210	99	67	55
22		Pennsylvania	202	160	152	115	101
23	2020	Maryland	199	146	152	128	87
24		Nebraska	168	125	131	144	130
25		New York	168	87		260	25
26	2020	New Mexico	154	136	91	68	75

⁶ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

	1st Year Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
27	2019	Colorado	140	386	164	180	85
28	2020	Connecticut ⁷	131	98	80	75	87
29	2019	Massachusetts	126	103	103	154	86
30		Nevada	124	123 ⁸	116	80	80
31	2021	Utah	124	101	55	26	14
32		Kentucky	123	62	52	33	29
33		Idaho	112	93	40	41	26
34		Oklahoma	98	92	72	48	4
35	2019	Maine	78	74	61	89	74
36		South Carolina	69	90	63	57	50
37	2020	Arkansas	54	51	54	27	28
38		West Virginia	47	43	36	3	3
39		Montana	40	32	24	22	17
40		New Hampshire	38	34	19	14	13
41		South Dakota	36	35	39	73	31
42		Alabama	35	37	46	33	18
43		Rhode Island	32	20	22	18	18
44		North Dakota	27	20	24	14	6
45		Wyoming	22	20	12	13	7
46		Minnesota	20	20	19	19	
47		Louisiana	16	16	20	26	25
48		Delaware	11	25	12	13	12
49		Vermont	9	3	9	11	11
50		District of Columbia	7				
51		Mississippi ⁹					

⁷ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

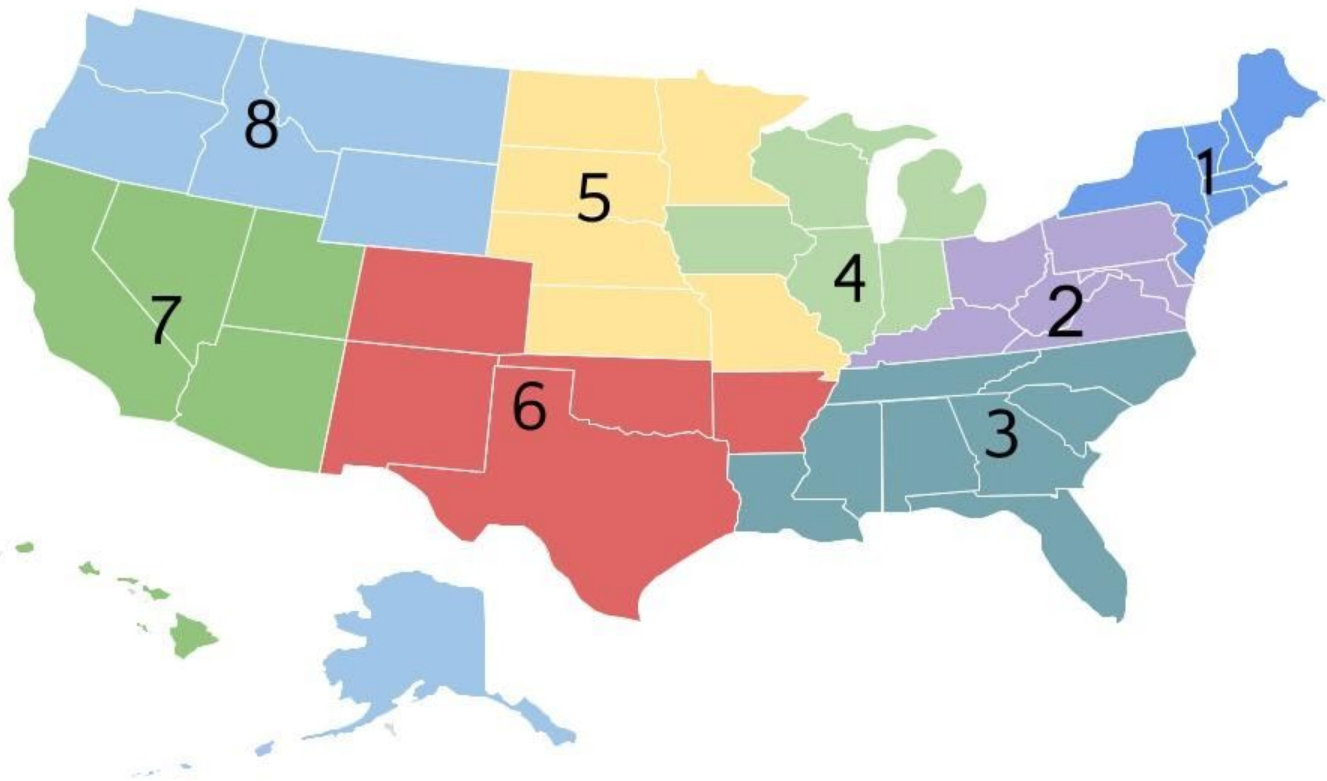
⁸ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

⁹ Wrestling is not a scholastic sport in Mississippi.

NFHS SECTION MAP

The National Federation of State High School Associations serves its members through the writing of playing rules for high school sports including wrestling. The NFHS divides its governance by eight sections nationwide. Pages 7-14 list girls wrestling participation numbers over the past five years by state and grouped by section.

The map below is a reference for pages 7-14



NFHS Girls Participation Numbers and Women's Collegiate Programs by NFHS Sections

NFHS Section 1 Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Connecticut ¹⁰	131	98	80	75	87
2019	Maine	78	74	61	89	74
2019	Massachusetts	126	103	103	154	86
2019	New Jersey	477	129	116	173	95
	New Hampshire	38	34	19	14	13
	New York	168	87		260	25
	Rhode Island	32	20	22	18	18
	Vermont	9	3	9	11	11

	State	College/University	Division
1	New Jersey	New Jersey City University	NCAA Div III
2	New York	Elmira College	NCAA Div III
3	New York	Nassau Community College	NJCAA

¹⁰ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational for 2019-2020.

NFHS Section 2 Mideast: Delaware, District of Columbia, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, West Virginia

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Maryland	199	146	152	128	87
	Delaware	11	25	12	13	12
	District of Columbia	7				
	Kentucky	123	62	52	33	29
	Ohio	224 ¹¹	292	195	195	195
	Pennsylvania	202	160	152	115	101
	Virginia	232	246	159	137	79
	West Virginia	47	43	36	3	29

	State	College/University	Division
1	Kentucky	Campbellsville University	NAIA
2	Kentucky	University of The Cumberlands	NAIA
3	Ohio	Lourdes University	NAIA
4	Ohio	Tiffin University	NCAA Div. II
5	Pennsylvania	Delaware Valley University	NCAA Div. III
6	Pennsylvania	East Stroudsburg University	NCAA Div. II
7	Pennsylvania	Gannon University	NCAA Div. II
8	Pennsylvania	Lackawanna College	NJCAA
9	Pennsylvania	Lock Haven University	NCAA Div. II
10	Virginia	Ferrum College	NCAA Div. III
11	West Virginia	Alderson Broaddus University	NCAA Div. II

¹¹ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 3 South: Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2019	Georgia	427	239	173	151	178
2015	Tennessee	414	313	294	173	170
	Alabama	35 ¹²	37	46	33	18
	Florida	475	447	358	295	239
	Louisiana	16	16	20	26	25
	Mississippi					
	North Carolina	232	189	175	156	144
	South Carolina	69	90	63	57	50

	State	College/University	Division
1	Georgia	Brewton Parker College	NAIA
2	Georgia	Emmanuel College	NCAA Div. II
3	Georgia	Life University	NAIA
4	Tennessee	King University	NCAA Div II
5	South Carolina	Limestone College	NCAA Div. II
6	South Carolina	Presbyterian College	NCAA Div. I

¹² NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 4 Central: Illinois, Indiana, Iowa, Michigan, Wisconsin

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
	Illinois	676				
	Indiana	259	217			
	Iowa	204	210	99	67	55
	Michigan	327	376	243	205	593
	Wisconsin	288 ¹³	225	203	149	151

	State	College/University	Division
1	Illinois	Lincoln College (Fall 2020)	NAIA
2	Illinois	MacMurray College	NCAA Div. III
3	Illinois	McKendree University	NCAA Div. II
4	Illinois	North Central College	NCAA Div. III
5	Indiana	Indiana Institute of Technology	NAIA
6	Iowa	Grand View University	NAIA
7	Iowa	Indian Hills Community College (Fall 2020)	NJCAA
8	Iowa	Iowa Wesleyan University (Fall 2020)	NCAA Div. III
9	Iowa	Waldorf University	NAIA
10	Iowa	William Penn (Fall 2020)	NAIA
11	Michigan	Adrian College	NCAA Div. III
12	Michigan	Siena Heights University (Fall 2021)	NAIA
13	Wisconsin	Carthage College	NCAA Div. III
14	Wisconsin	Concordia University Wisconsin	NCAA Div. III
15	Wisconsin	University of Wisconsin-Stevens Point	NCAA Div. III
16	Wisconsin	Lakeland University	NCAA Div. III

¹³ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 5 Midwest: Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Kansas	276	215	112	111	77
2019	Missouri	956	169 ¹⁴	123	94	74
	Minnesota	20	20	19	19	
	Nebraska	168	125	131	144	130
	North Dakota	27	20	24	14	6
	South Dakota	36	35	39	73	31

	State	College/University	Division
1	Kansas	Baker University	NAIA
2	Kansas	Central Christian College	NAIA
3	Kansas	Ottawa University	NAIA
4	Kansas	Southwestern College	NAIA
5	Kansas	University of Saint Mary	NAIA
6	Missouri	Central Methodist	NAIA
7	Missouri	Fontbonne University	NCAA Div. III
8	Missouri	Lindenwood University	NCAA Div. II
9	Missouri	Missouri Baptist University	NAIA
10	Missouri	Missouri Valley College	NAIA
11	Missouri	Westminster College	NCAA Div. III
12	Minnesota	Augsburg University	NCAA Div III
13	Nebraska	Hastings College (Fall 2020 or 2021)	NAIA
14	Nebraska	Midland University	NAIA
15	Nebraska	York College	NAIA
16	North Dakota	University of Jamestown	NAIA

¹⁴ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Section 6 Southwest: Arkansas, Colorado, New Mexico, Oklahoma, Texas

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2020	Arkansas	54	51	54	27	28
2020	New Mexico	154	136	91	68	75
2019	Colorado	140	386	164	180	85
1999	Texas	4421	3869	4140	4,013	3,977
	Oklahoma	98	92	72	48	4

	State	College/University	Division
1	Arkansas	Lyon College	NAIA
2	Colorado	Colorado Mesa University	NCAA Div. II
3	Texas	Schreiner University	NCAA Div.III
4	Texas	Texas Wesleyan University	NAIA
5	Texas	Wayland Baptist University	NAIA
6	Oklahoma	Oklahoma City University	NAIA

NFHS Section 7 West: Arizona, California, Hawaii, Nevada, Utah

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
1998	Hawaii	620	592	562	538	498
2011	California	6014	5286	4505	4104	2,747
2019	Arizona	481	295	243	255	193
2021	Utah	124	101	55	26	14
	Nevada	124	123 ¹⁵	116	80	80

	State	College/University	Division
1	California	Life Pacific College	NAIA
2	California	Menlo College	NAIA
3	California	Simpson University	NAIA

¹⁵ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

NFHS Region 8 Northwest: Alaska, Idaho, Montana, Oregon, Washington, Wyoming

Year of 1st Championship	State	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016	NFHS 2014-2015
2019	Oregon	597	498	348	222	128
2014	Alaska	347	337	271	200	194
2007	Washington	1864	1222	1514	1,184	1,210
	Idaho	112	93	40	41	26
	Montana	40	32	24	22	17
	Wyoming	22	20	12	13	7

	State	College/University	Division
1	Oregon	Eastern Oregon University	NAIA
2	Oregon	Pacific University	NCAA Div. II
3	Oregon	Southern Oregon University	NAIA
4	Oregon	Southwestern Oregon Community College	NJCAA
5	Oregon	Umpqua Community College	NJCAA
6	Oregon	Warner Pacific College	NAIA
7	Washington	Big Bend Community College	NJCAA
8	Washington	Grays Harbor College	NJCAA
9	Montana	University of Providence	NAIA

2015-2019 USA Wrestling Female Membership By State

USAW Data Represents All Female Age Groups

	State	% increase decrease 2018-2019	2019	2018	2017	2016	2015
1	Alabama	-17.50%	33	40	22	19	22
2	Alaska	20.77%	407	337	302	242	192
3	Arizona	44.76%	304	210	125	125	104
4	Arkansas	27.12%	75	59	36	38	21
5	California	2.56%	3679	3587	3025	2612	2265
6	Colorado	18.06%	595	504	460	306	237
7	Connecticut	30.72%	200	153	151	116	84
8	Delaware	-14.29%	6	7	7	7	4
9	DC	15.38%	15	13	11	10	4
10	Florida	38.01%	236	171	194	231	167
11	Georgia	19.40%	320	268	199	172	138
12	Hawaii	2.71%	568	553	595	494	496
13	Idaho	11.73%	219	196	171	131	102
14	Illinois	16.42%	709	609	532	468	376
15	Indiana	28.74%	448	348	283	220	214
16	Iowa	34.59%	214	159	157	95	95
17	Kansas	38.48%	691	499	426	358	304
18	Kentucky	10.06%	186	169	171	124	95
19	Louisiana	60.53%	61	38	43	30	30
20	Maine	43.18%	63	44	55	39	25
21	Maryland	20.25%	190	158	142	122	73
22	Massachusetts	512.50%	98	16	17	24	29
23	Michigan	11.34%	373	335	299	288	295
24	Minnesota	23.81%	234	189	141	121	99
25	Mississippi		0	0	0	1	0
26	Missouri	60.15%	639	399	340	285	204
27	Montana	21.14%	149	123	72	71	69
28	Nebraska	9.41%	186	170	161	90	72

	State	% increase decrease 2018-2019	2019	2018	2017	2016	2015
29	Nevada	2.56%	240	234	198	138	135
30	New Hampshire	110.00%	21	10	7	6	9
31	New Jersey	166.67%	264	99	71	73	82
32	New Mexico	15.76%	213	184	108	98	72
33	New York	23.43%	611	495	359	670	491
34	North Carolina	61.79%	199	123	93	81	76
35	North Dakota	28.13%	123	96	80	58	41
36	Ohio	18.67%	286	241	150	142	130
37	Oklahoma	17.28%	319	272	218	172	52
38	Oregon	26.50%	969	766	660	517	375
39	Pennsylvania	1.98%	309	303	244	141	180
40	Rhode Island	62.96%	88	54	27	27	23
41	South Carolina	17.54%	67	57	41	17	25
42	South Dakota	-5.88%	16	17	14	14	7
43	Tennessee	70.31%	109	64	35	26	18
44	Texas	13.21%	1277	1128	945	964	854
45	Utah	12.81%	317	281	222	136	86
46	Vermont	0.00%	9	9	14	14	26
47	Virginia	10.49%	337	305	257	237	180
48	Washington	2.79%	1364	1327	893	701	625
49	West Virginia	36.36%	15	11	15	6	8
50	Wisconsin	15.16%	638	554	473	420	373
51	Wyoming	18.75%	152	128	78	85	81
	Canada		60				
	Total	17.31%	18901	16112	13339	11582	9765

Thank You!
**Your leadership has and will make
the difference.**



**We celebrate your willingness to
create new possibilities for girls high
school wrestling.**

Joan & Andrea

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