



2020 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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1995 USAW World Team Member
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2020 Disclosure on Data

Due to the Covid-19 Pandemic, the National Federation of State High School Associations (NFHS) did not release 2019-2020 sports participation statistics.

We would like to thank the National Wrestling Coaches Association (NWCA) for providing the 2019-2020 data included in this document. This data includes Optimal Performance Calculator (OPC) participation statistics (weight hydration numbers). For states that do not use the OPC, participation statistics were obtained directly from state association offices.

Like most youth sports organizations, USA Wrestling memberships were impacted by the national response to the Covid-19 Pandemic. As a result, we have elected to omit 2019-2020 membership data for each state.

Thank you for your commitment to girls wrestling and for your continued support of wrestling in our high schools.

We wish you the best in navigating this challenging time and hope that you and your loved ones remain safe and healthy.

Joan and Andrea



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

High School Girls Wrestling Participation Totals

All data is from the National Federation of State High School Associations except year 2020. The totals in blue were calculated using the National Wrestling Coaches Association's weight hydration numbers and/or directly from a state's interscholastic office.

Year	NFHS	# Increase	%Growth
2020	28,447	7,323	34.67%
2019	21,124	4,562	27.54%
2018	16,562	1,975	13.54%
2017	14,587	1,091	8.08%
2016	13,496	2,000	17.40%
2015	11,496	1,592	16.07%
2014	9,904	1,177	13.49%
2013	8,727	492	5.97%
2012	8,235	884	12.03%
2011	7,351	1,217	19.84%
2010	6,134	109	1.81%
2009	6,025	498	9.01%
2008	5,527	479	9.49%
2007	5,048	73	1.47%
2006	4,975	641	14.79%
2005	4,334	326	8.13%
2004	4,008	239	6.34%
2003	3,769	364	10.69%
2002	3,405	373	12.30%
2001	3,032	558	22.55%
2000	2,474	113	4.79%
1999	2,361	454	23.81%
1998	1,907	278	17.07%
1997	1,629	465	39.95%
1996	1,164	360	44.78%
1995	804	21	2.68%
1994	783	379	93.81%
1993	404	91	29.07%
1992	313	181	137.12%
1991	132	20	17.86%
1990	112		

2016-2020 NFHS Girls Wrestling Participation Numbers States With An Official Championship

	Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
1	1998	Hawaii	587	620	592	562	538
2	1999	Texas	3554	4,421	3,869	4,140	4,013
3	2007	Washington	2240	1864	1222	1514	1,184
4	2011	California	6817	6,014	5,286	4,505	4,104
5	2014	Alaska	341	347	337	271	200
6	2015	Tennessee	515	414	313	294	173
7	2019	Arizona	891	481	295	243	255
8	2019	Colorado	357	140	386	164	180
9	2019	Georgia	650	427	239	173	151
10	2019	Maine	56	78	74	61	89
11	2019	Massachusetts	140	126	103	103	154
12	2019	Missouri	1425	956	169 ²	123	94
13	2019	New Jersey	695	477	129	116	173
14	2019	Oregon	850	597	498	348	222
15	2020	Arkansas	165	54	51	54	27
16	2020	Connecticut ³	146	131	98	80	75
17	2020	Kansas	972	276	215	112	111
18	2020	Maryland	416	199	146	152	128
19	2020	New Mexico	296	154	136	91	68
20	2021	Utah	212	124	101	55	26
21	2021	Oklahoma	309	98	92	72	48
22	2021	Montana	77	40	32	24	22
23	2021	South Dakota	35	36	35	39	73
24	2021	Nevada	191	124	123	116	80
25	2022	Illinois	835	676			
26	2022	Florida	708	475	447	358	295
27	2022	Wisconsin	365	288	225	203	149
28	2022	Idaho	223	112	93	40	41
29	TBD ⁴	Nebraska	186	168	125	131	144

² 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.

³ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational.

⁴ Nebraska School Activities Association (NSAA) Board voted for emerging sport status on 5/2020

2016-2020 NFHS Girls Wrestling Participation Numbers By State

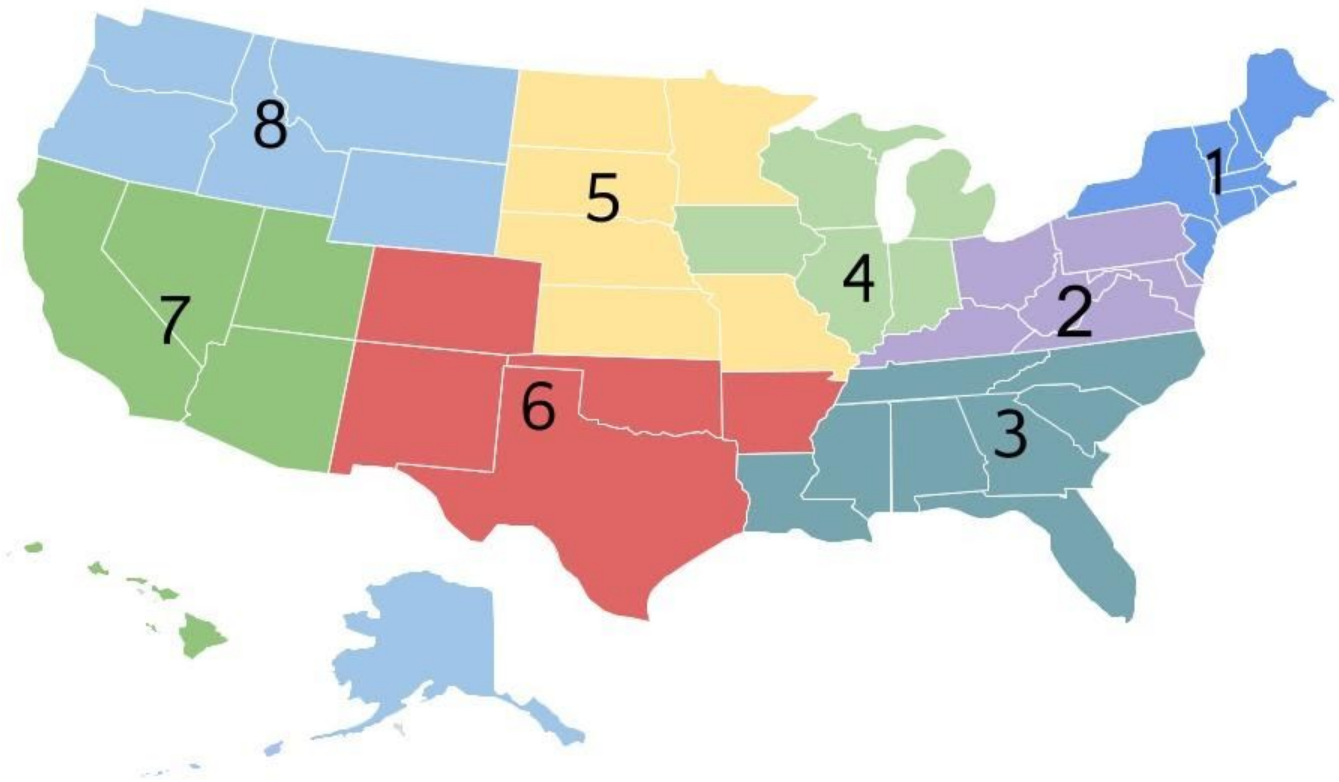
	Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
1	2011	California	6817	6,014	5,286	4,505	4,104
2	1999	Texas	3554	4,421	3,869	4,140	4,013
3	2007	Washington	2240	1864	1222	1514	1,184
4	2019	Missouri	1425	956	169	123	94
5	2020	Kansas	972	276	215	112	111
6	2019	Arizona	891	481	295	243	255
7	2019	Oregon	850	597	498	348	222
8	2022	Illinois	835	676			
9		New York	733	168	87		260
10	2022	Florida	708	475	447	358	295
11	2019	New Jersey	695	477	129	116	173
12	2019	Georgia	650	427	239	173	151
13	1998	Hawaii	587	620	592	562	538
14		Iowa	571	204	210	99	67
15	2015	Tennessee	515	414	313	294	173
16		Michigan	495	327	376	243	205
17		Ohio	449	224	292	195	195
18	2020	Maryland	416	199	146	152	128
19		North Carolina	379	232	189	175	156
20	2022	Wisconsin	365	288	225	203	149
21	2019	Colorado	357	140	386	164	180
22		Virginia	348	232	246	159	137
23	2014	Alaska	341	347	337	271	200
24	2021	Oklahoma	309	98	92	72	48
25	2020	New Mexico	296	154	136	91	68
26		Pennsylvania	229	202	160	152	115
27	2022	Idaho	223	112	93	40	41
28		Kentucky	221	123	62	52	33
29	2021	Utah	212	124	101	55	26
30	2021	Nevada	191	124	123	116	80
31	TBD	Nebraska	186	168	125	131	144

	Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
32	2020	Arkansas	165	54	51	54	27
33		Indiana	149	259	217		
34	2020	Connecticut	146	131	98	80	75
35		Minnesota	142	20	20	19	19
36	2019	Massachusetts	140	126	103	103	154
37		South Carolina	108	69	90	63	57
38	2021	Montana	77	40	32	24	22
39		West Virginia	63	47	43	36	3
40		Louisiana	60	16	16	20	26
41		Rhode Island	57	32	20	22	18
42	2019	Maine	56	78	74	61	89
43		North Dakota	46	27	20	24	14
44		Alabama	45	35	37	46	33
45		Wyoming	36	22	20	12	13
46	2021	South Dakota	35	36	35	39	73
47		New Hampshire	29	38	34	19	14
48		Delaware	29	11	25	12	13
49		Vermont	4	9	3	9	11
50		Mississippi					
51		District of Columbia		7			

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 8 -15 list girls wrestling participation numbers over the past five years by state and grouped by section.

The map below is a reference for pages 8 -15



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	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2020	Connecticut ⁵	146	131	98	80	75
2019	Maine	56	78	74	61	89
2019	Massachusetts	140	126	103	103	154
2019	New Jersey	695	477	129	116	173
	New Hampshire	29	38	34	19	14
	New York	733	168	87		260
	Rhode Island	57	32	20	22	18
	Vermont	4	9	3	9	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
4	Connecticut	Sacred Heart	NCAA Div I
5	Massachusetts	Springfield Technical Community College	NJCAA

⁵ Connecticut Interscholastic Athletic Conference (CIAC) will host a Girls Wrestling Invitational.

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

Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2020	Maryland	416	199	146	152	128
	Delaware	29	11	25	12	13
	District of Columbia		7			
	Kentucky	221	123	62	52	33
	Ohio	449	224 ⁶	292	195	195
	Pennsylvania	229	202	160	152	115
	Virginia	348	232	246	159	137
	West Virginia	63	47	43	36	3

	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	Ohio	Hiram College	NCAA Div III
6	Pennsylvania	Delaware Valley University	NCAA Div. III
7	Pennsylvania	East Stroudsburg University	NCAA Div. II
8	Pennsylvania	Gannon University	NCAA Div. II
9	Pennsylvania	Lackawanna College	NJCAA
10	Pennsylvania	Lock Haven University	NCAA Div. II
11	Pennsylvania	Alvernia University	NCAA Div III
12	Virginia	Ferrum College	NCAA Div. III
13	Virginia	Emory & Henry College	NCAA Div III
14	West Virginia	Alderson Broaddus University	NCAA Div. II

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.

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

Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2019	Georgia	650	427	239	173	151
2015	Tennessee	515	414	313	294	173
2022	Florida	708	475	447	358	295
	Alabama	45	35 ⁷	37	46	33
	Louisiana	60	16	16	20	26
	Mississippi					
	North Carolina	379	232	189	175	156
	South Carolina	108	69	90	63	57

	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	Tennessee	Lincoln Memorial	NCAA Div II
6	South Carolina	Limestone College	NCAA Div. II
7	South Carolina	Presbyterian College	NCAA Div. I
8	North Carolina	St Andrews	NAIA
9	North Carolina	Greensboro College	NCAA Div III

⁷ 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	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2022	Illinois	835	676			
2022	Wisconsin	365	288 ⁸	225	203	149
	Indiana	149	259	217		
	Iowa	571	204	210	99	67
	Michigan	495	327	376	243	205

	State	College/University	Division
1	Illinois	Lincoln College (Fall 2020)	NAIA
2	Illinois	Aurora University	NCAA Div. III
3	Illinois	McKendree University	NCAA Div. II
4	Illinois	North Central College	NCAA Div. III
5	Illinois	Augustana	NCAA Div III
6	Indiana	Indiana Institute of Technology	NAIA
7	Indiana	Trine University	NCAA Div III
8	Iowa	Grand View University	NAIA
9	Iowa	Indian Hills Community College (Fall 2020)	NJCAA
10	Iowa	Iowa Wesleyan University (Fall 2020)	NCAA Div. III
11	Iowa	Waldorf University	NAIA
12	Iowa	William Penn (Fall 2020)	NAIA
13	Michigan	Adrian College	NCAA Div. III
14	Michigan	Siena Heights University (Fall 2021)	NAIA
15	Michigan	Davenport University	NCAA Div II
16	Michigan	Northern Michigan University	NCAA Div II
17	Michigan	Albion University	NCAA Div III

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.

18	Wisconsin	Carthage College	NCAA Div. III
19	Wisconsin	Concordia University Wisconsin	NCAA Div. III
20	Wisconsin	University of Wisconsin-Stevens Point	NCAA Div. III
21	Wisconsin	Lakeland University	NCAA Div. III

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

Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2020	Kansas	972	276	215	112	111
2019	Missouri	1425	956	169 ⁹	123	94
2021	South Dakota	35	36	35	39	73
TBD	Nebraska	186	168	125	131	144
	Minnesota	142	20	20	19	19
	North Dakota	46	27	20	24	14

	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	Kansas	Friends University	NAIA
7	Missouri	Central Methodist	NAIA
8	Missouri	Fontbonne University	NCAA Div. III
9	Missouri	Lindenwood University	NCAA Div. II
10	Missouri	Missouri Baptist University	NAIA
11	Missouri	Missouri Valley College	NAIA

⁹ 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.

12	Missouri	Westminster College	NCAA Div. III
13	Missouri	William Jewell	NCAA Div. II
14	Minnesota	Augsburg University	NCAA Div III
15	Nebraska	Hastings College (Fall 2020 or 2021)	NAIA
16	Nebraska	Midland University	NAIA
17	Nebraska	York College	NAIA
18	North Dakota	University of Jamestown	NAIA

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

Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
2020	Arkansas	165	54	51	54	27
2020	New Mexico	296	154	136	91	68
2019	Colorado	357	140	386	164	180
1999	Texas	3554	4421	3869	4140	4013
2021	Oklahoma	309	98	92	72	48

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

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

Year of 1st Championship	State	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017	NFHS 2015-2016
1998	Hawaii	587	620	592	562	538
2011	California	6817	6014	5286	4505	4104
2019	Arizona	891	481	295	243	255
2021	Utah	212	124	101	55	26
2021	Nevada	191	124	123 ¹⁰	116	80

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

¹⁰ 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
2022	Idaho	112	93	40	41	26
2021	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	Oregon	Corban University	NAIA
8	Washington	Big Bend Community College	NJCAA
9	Washington	Grays Harbor College	NJCAA
10	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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