

Women's Wrestling

Sport's Governing Bodies: [USA Wrestling](#) and [Wrestle Like a Girl](#).

Season of competition: Winter.

SPORT SPONSORSHIP BY DIVISION

	2023-24 SPORT SPONSORSHIP	2024-25 PROJECTED SPORT SPONSORSHIP
DIVISION I	3	4
DIVISION II	27	34
DIVISION III	46	55
TOTAL	76	93

Note: Sport sponsorship numbers as of October 2024 are derived from data submitted by NCAA member schools each year and are only as accurate as the information provided. The data are refreshed each fall and will remain static until the next annual release.

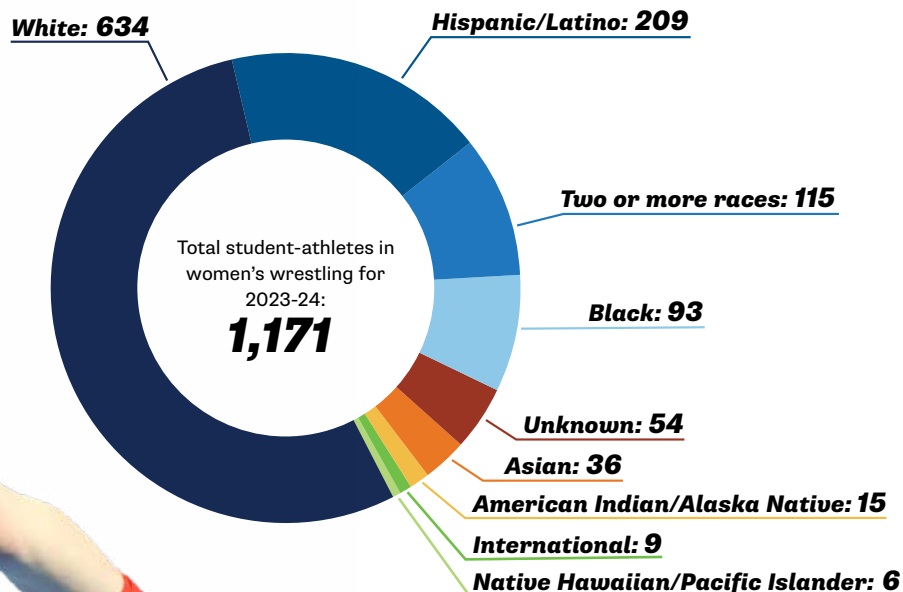


AVERAGE ROSTER REPORTED BY THE NATIONAL GOVERNING BODY

The average roster varies by division.

- Division I: 16.5 student-athletes.
- Division II: 19.9 student-athletes.
- Division III: 11.9 student-athletes.

STUDENT-ATHLETE DEMOGRAPHICS



Student-athlete demographics as of October 2024 are submitted by NCAA member schools to NCAA research.

Photo credit to [Wrestle Like A Girl](#)

COMPETITION FORMAT

- The competition format includes both open tournaments and dual meets.
 - Open tournament format: Wrestlers compete individually across various weight classes.
 - Dual meet format: Two teams compete against each other in a series of individual matches, with each match contributing to the overall team score.

CHAMPIONSHIP STRUCTURE

- The current women's wrestling championships include six regionals, with the top four finishers at each regional advancing to nationals in each weight class.
- All three NCAA divisions will vote on legislation for women's wrestling to become an NCAA National Collegiate Championship sport at the 2025 NCAA Convention. If the legislation is approved, the first NCAA Women's Wrestling Championships would be in 2026. Format and details may change per the direction of the new Women's Wrestling Committee.

FACILITIES NEEDED

- Training and competition spaces require open layouts with wrestling mats.

PROSPECTIVE STUDENT-ATHLETES

- Over 60,000 girls wrestled for high school teams nationwide in 2023-24, according to National Federation of State High School Associations participation data.

Women's wrestling is an NCAA Emerging Sport for Women. For more information about the program, visit ncaa.org/emerging-sports-for-women.

To learn more about women's wrestling, visit themat.com and wrestlelikeagirl.org.

Photo credit to Wrestle Like A Girl

