



The Olympic Dream Starts Here.

2020 - USA MEN'S AGE DIVISIONS and WEIGHT CLASSES

| AGE DIVISIONS | BIRTH DATES | FREESTYLE/GRECO MATCH TIME LIMITS | FOLKSTYLE MATCH TIME LIMITS | WEIGHT CLASSES |
|---|--|--|--|---|
| BANTAM 8U | Born 2012-2013 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 43,45,49,53, 56, 62,70, 85 |
| INTERMEDIATE 10U | Born 2010-2011 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120 |
| NOVICE 12U | Born 2008-2009 | Two two-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 |
| SCHOOLBOY 14U | Born 2006-2007 | Two two-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149,165, 187, 250 |
| USA CADET 16U | Born 2004-2005 | Two two-minute periods with 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods | 88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 |
| USA JUNIOR USA JUNIOR | Born 9/1/2000 & after, plus enrolled in grades 9-12 | Two three-minute periods with 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods | 100,106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 |
| USA WRESTLING MASTERS (Men—All Styles) | Div. A: Born during the years of 1986 and 1995 Div. B: Born during the years of 1978 and 1985 Div. C: Born during the years of 1970 and 1977 Div. D: Born during the years of 1962 and 1969 Div. E: Born 1954 and 1961 Div. F: Born 1945 and 1953 | Two three-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | **58 KG/127.6 LBS, 62 KG/136.6 LBS, 70/154.2, 78/172, 88/194, 100/220.4, 130/286.6 |

2020 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

| AGE DIVISIONS | BIRTH DATES | FREESTYLE/GRECO MATCH TIME LIMITS | FOLKSTYLE MATCH TIME LIMITS | WEIGHT CLASSES |
|---------------------------------|---|--|--|--|
| BANTAM 8U | Born 2012-2013 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 45, 50, 55, 60, 70, 85 |
| INTERMEDIATE 10U | Born 2010-2011 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 50, 55, 60, 65, 70, 75, 80, 90, 100, 110 |
| NOVICE 12U | Born 2008-2009 | Two two-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 65, 70, 75, 80, 85, 90, 95, 100, 110, 120,130,145 |
| SCHOOLGIRL 14U | Born 2006-2007 | Two two-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136,145, 185 |
| USA CADET 16U | Born 2004-2005 | Two two-minute periods with 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods | 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200 |
| USA JUNIOR USA JUNIOR | Born 9/1/2000 & after, plus enrolled in grades 9-12 | Two three-minute periods with 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods | 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225 |

Chart is effective from September 1, 2019 to August 31, 2020. Additional "+" weights classes can be added as required for U12 and below.

** Master 58kg is not a World Team Weight



**UNITED WORLD
WRESTLING**

2020 - UWW AGE DIVISIONS and WEIGHT CLASSES

| AGE DIVISIONS | BIRTH DATES | FREESTYLE/GRECO MATCH TIME LIMITS | FOLKSTYLE MATCH TIME LIMITS | WEIGHT CLASSES |
|---------------------------------------|---------------------|--|-----------------------------|--|
| U15 (Women) | Born 2005-2007 | Two two-minute periods with 30 second rest between periods | N/A | 29-33 kg,36,39,42,46,50,54,58,62,66 |
| U15 (Men) | Born 2005-2007 | Two two-minute periods with 30 second rest between periods | N/A | 34-38kg, 41,44,48,52,57,62,68,75,85 |
| UWW CADET (Women) | Born 2003-2005 | Two two-minute periods with 30 second rest between periods | N/A | 36-40 KG/79.4-88 LBS, 43/94.8, 46/101.4, 49/108, 53/116.8, 57/125.6, 61/134.5, 65/143.3, 69/152.2, 73/161 |
| UWW CADET (Men) | Born 2003-2005 | Two two-minute periods with 30 second rest between periods | N/A | 41-45 KG/90.3-99.2 LBS, 48/105.8, 51/112.4, 55/121.2, 60/132.2, 65/143.3, 71/156.5, 80/176.3, 92/202.8, 110/242.5 |
| UWW JUNIOR (Women) | Born 2000-2003 | Two three-minute periods with 30 second rest between periods | N/A | 50 KG/110.2 LBS, 53/116.8, 55/121.25, 57/125.7, 59/130.1 62/136.7, 65/143.3, 68/149.9, 72/158.7, 76/167.6 |
| UWW JUNIOR (Men Freestyle) | Born 2000-2003 | Two three-minute periods with 30 second rest between periods | N/A | 57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 79/174.2, 86/189.6, 92/202.8 97/213.8, 125/275.6 |
| UWW JUNIOR (Greco-Roman) | Born 2000-2003 | Two three-minute periods with 30 second rest between periods | N/A | 55 KG/121.3 LBS, 60/132.3, 63/138.9, 67/147.7, 72/158.7, 77/169.8, 82/180.8, 87/191.8, 97/213.8, 130/286.6 |
| U23 (Men's Freestyle) | Born 1997-2002 | Two three-minute periods with 30 second rest between periods | N/A | 57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 79/174.2, 86/189.6, 92/202.8 97/213.8, 125/275.6 |
| U23 (Greco-Roman) | Born 1997-2002 | Two three-minute periods with 30 second rest between periods | N/A | 55 KG/121.3 LBS, 60/132.3, 63/138.9, 67/147.7, 72/158.7, 77/169.8, 82/180.8, 87/191.8, 97/213.8, 130/286.6 |
| U23 (Women) | Born 1997-2002 | Two three-minute periods with 30 second rest between periods | N/A | 50 KG/110.2 LBS, 53/116.8, 55/121.25, 57/125.7, 59/130.1 62/136.7, 65/143.3, 68/149.9, 72/158.7, 76/167.6 |
| SENIOR (Women) | Born 2002 or before | Two three-minute periods with 30 second rest between periods | N/A | 50 KG/110.2* LBS, 53/116.8*, 55/121.25, 57/125.7*, 59/130.1 62/136.7*, 65/143.3, 68/149.9*, 72/158.7, 76/167.6* |
| SENIOR (Men's Freestyle) | Born 2002 or before | Two three-minute periods with 30 second rest between periods | N/A | 57 KG/125.7*LBS, 61/134.5, 65/143.3*, 70/154.3, 74/163*, 79/174.2, 86/189.6*, 92/202.8, 97/213.8*, 125/275.6* |
| SENIOR (Greco-Roman) | Born 2002 or before | Two three-minute periods with 30 second rest between periods | N/A | 55 KG/121.3 LBS, 60/132.3*, 63/138.9, 67/147.7*, 72/158.7, 77/169.8*, 82/180.8, 87/191.8*, 97/213.8*, 130/286.6* |

Chart is effective from September 1, 2019 to August 31, 2020. Based on UWW regulations for Senior Competitions, Senior Age Groups do not go into effect until January 1, 2020
 **Senior Olympic Weight Classes.