



The Olympic Dream Starts Here.

2019 - 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 2011-2012	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 2009-2010	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 2007-2008	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 2005-2006	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, 90, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149,165, 187, 250
USA CADET 16U	Born 2003-2004	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 9/1/1999 -12/31/2004 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	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 1985 and 1994 Div. B: Born during the years of 1976 and 1984 Div. C: Born during the years of 1967 and 1975 Div. D: Born during the years of 1958 and 1966 Div. E: Born 1949 and 1957.	Two three-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	62 KG/136.6 LBS, 70/154.2, 78/172, 88/194, 100/220.4, 130/286.6

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AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
INTERMEDIATE 9U	Born 2010-2012	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45, 50, 55, 60, 65, 70, 75, 80, 85, 93,105
NOVICE 12U	Born 2007-2009	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 127,145,160
SCHOOLGIRL 14U	Born 2005-2006	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 2003-2004	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 9/1/1999-12/31/2004, 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, 2018 to August 31, 2019. Additional "+" weights classes can be added as required for U12 and below.