

# 2025 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREE STYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
<b>8U</b>	Born 2017-2018	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 48 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs
<b>10U</b>	Born 2015-2016	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs
<b>12U</b>	Born 2013-2014	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 128 lbs, 140 lbs
<b>14U</b>	Born 2011-2012	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 150 lbs, 165 lbs, 180 lbs
<b>16U</b>	Born 2009-2010	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 207 lbs, 235 lbs
<b>USA Junior</b>	** Born 9/1/2005 & 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	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 207 lbs, 235 lbs

USA Junior: Athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the Spring semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade. Only wrestlers born September 1, 2004 and later who were enrolled in grades 9-12 during the 2024 spring semester are eligible. No wrestler who was enrolled in 8th grade during the 2024 spring semester will be allowed to enter. Any such wrestler who enters or competes will be penalized by forfeiting his/her eligibility in the next year's event in both styles.

Weights and Divisions Chart: Effective from September 01, 2024 to August 31, 2025. Additional "+" weights classes can be added as required for U12 and below.