



Minnesota/USA Wrestling



2026 Kids & 16U Folkstyle State Tournament Age Divisions and Weight Classes

Note: There is no 30 second rest between periods for Folkstyle Wrestling

AGE DIVISIONS	BIRTH DATES	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES (lbs)
6U	Born 2020-2021	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	Grouped According to Scratch Weight
8U	Born 2018-2019	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	Grouped According to Scratch Weight
10U	Born 2016-2017	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 140
12U	Born 2014-2015	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160, 190
14U	Born 2012-2013	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	75, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 126, 132, 140, 155, 175, 225
16U	Born 2010-2011	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

2026 Girl's Folkstyle State Tournament Age Divisions and Weight Classes

Note: There is no 30 second rest between periods for Folkstyle Wrestling

AGE DIVISIONS	BIRTH DATES	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES (lbs)
6U	Born 2020-2021	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	Grouped According to Scratch Weight
8U	Born 2018-2019	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	Grouped According to Scratch Weight
10U	Born 2016-2017	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	45, 49, 53, 57, 62, 67, 73, 80, 90, 100, 113, 120, 140
12U	Born 2014-2015	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	55, 59, 64, 69, 75, 81, 87, 94, 102, 112, 126, 140, 160, 180
14U	Born 2012-2013	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 150, 165, 180
16U	Born 2010-2011	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 207, 235