

2009 USA Wrestling Freestyle and Greco-Roman Age Groups & Weight Divisions

DIVISION	Flyweight	Bantam	Intermediate	Novice	Schoolboy/Girl	Cadet *	Junior *	Senior
BIRTHDATES	Born 2003 and later 6 & Under (state level programs only)	Born 2001-2002 7 & 8 (state level programs only)	Born 1999-2000 9 & 10	Born 1997-1998 11 & 12	Born 1995-1996 13 & 14	Born 1993-1994 15 & 16	Born 9/1/93 & after (must be enrolled in grades 9-12) (other rules apply)	Born Out of High School
MATCH TIME LIMITS	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods	3 - 2' periods. 30" rest between periods
# / WEIGHTS	7 plus	9 plus	13 plus	15 plus	17 plus	17	15 / 11	7 / 7
WEIGHT CLASSES	35 40 45 50 55 60 65 70+ 15 lb. Max. difference (Flyweight competes within state and not at region level)	40 45 50 55 60 65 70 75 75+ 15 lb. Max. difference (Bantam competes within state and not at region level)	50 55 60 65 70 75 80 87 95 103 112 120 120+ 20 lb. Max. difference	60 65 70 75 80 85 90 95 100 105 112 120 130 140 140+ 25 lb. Max. difference	70 77 84 91 98 105 112 120 128 136 144 152 160 175 190 210 265 30 lb. Max. difference	84 91 98 105 112 119 125 130 135 140 145 145 152 160 171 189 215 215 275	Men Women 98 95 105 102 112 110 119 119 125 128 130 138 135 148 140 160 145 175 152 195 160 220 171 189 215 275	Men 121 132 145.5 163 185 211.5 264.5 Hvy Women 105.5 112 121 130 138.5 147.5 158.5

* FILA weights/ages differ ** medical certificate required to participate *** And the athlete's class must have graduated from high school

Source: USA Wrestling-Utah - 11/2/06