2010 USA Wrestling Freestyle and Greco-Roman Age Groups & Weight Divisions

DIVISION	Flyweight	Bantam	Intermediate	Novice	Schoolboy/Girl	Cadet *	Junior *		Senior
BIRTHDATES	Born 2004 and later 6 & Under (state level programs only)	Born 2002–2003 7 & 8 (state level programs only)	Born 2000–2001 9 & 10	Born 1998–1999 11 & 12	Born 1996–1997 13 & 14	Born 1994–1995 15 & 16	Born 9/1/92 & 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	50	60	70	84	**Men**	**Women**	**Men**
	40	45	55	65	77	91	98	95	121
	45	50	60	70	84	98	105	102	132
	50	55	65	75	91	105	112	110	145.5
	55	60	70	80	98	112	119	119	163
	60	65	75	85	105	119	125	128	185
	65	70	80	90	112	125	130	138	211.5
	70+	75	87	95	120	130	135	148	264.5
		75+	95	100	128	135	140	160	Hvy
			103	105	136	140	145	175	
			112	112	144	145	152	195	**Women**
			120	120	152	152	160	220	105.5
			120+	130	160	160	171		112
				140	175	171	189		121
				140+	190	189	215		130
					210	215	275		138.5
					265	275			147.5
									158.5
	15 lb. Max. difference (Flyweight competes within state and not at region level)	15 lb. Max. difference (Bantam competes within state and not at region level)	20 lb. Max. difference	25 lb.Max. difference	30 lb.Max. difference				

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

Source: UtahWrestling.org - 1/5/10