



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

2019 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

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.



**UNITED WORLD
WRESTLING**

2019 - UWW AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
U15 (Women)	Born 2004-2005 2006 with medical certificate	Two two-minute periods with 30 second rest between periods	N/A	29-33 kg,36,39,42,46,50,54,58,62,66
U15 (Men)	Born 2004-2005 2006 with medical certificate	Two two-minute periods with 30 second rest between periods	N/A	34-38kg, 41,44,48,52,57,62,68,75,85
UWW CADET (Women)	Born 2002-2003 2004 with medical certificate	Two two-minute periods with 30 second rest between periods	N/A	36-40 KG/79.4-88 LBS, 43/94.8, 46/101.4, 49/108, 53/116.8, 57/125.6, 61/134.5, 65/143.3, 69/152.2, 73/161
UWW CADET (Men)	Born 2002-2003 2004 with medical certificate	Two two-minute periods with 30 second rest between periods	N/A	41-45 KG/90.3-99.2 LBS, 48/105.8, 51/112.4, 55/121.2, 60/132.2, 65/143.3, 71/156.5, 80/176.3, 92/202.8, 110/242.5
UWW JUNIOR (Women)	Born 1999-2001 2002 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	50 KG/110.2 LBS, 53/116.8, 55/121.25, 57/125.7, 59/130.1 62/136.7, 65/143.3, 68/149.9, 72/158.7, 76/167.6
UWW JUNIOR (Men Freestyle)	Born 1999-2001 2002 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 79/174.2, 86/189.6, 92/202.8 97/213.8, 125/275.6
UWW JUNIOR (Greco-Roman)	Born 1999-2001 2002 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	55 KG/121.3 LBS, 60/132.3, 63/138.9, 67/147.7, 72/158.7, 77/169.8, 82/180.8, 87/191.8, 97/213.8, 130/286.6
U23 (Men's Freestyle)	Born 1996-2000 (19-23 years old) 2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 79/174.2, 86/189.6, 92/202.8 97/213.8, 125/275.6
U23 (Greco-Roman)	Born 1996-2000 (19-23 years old) 2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	55 KG/121.3 LBS, 60/132.3, 63/138.9, 67/147.7, 72/158.7, 77/169.8, 82/180.8, 87/191.8, 97/213.8, 130/286.6
U23 (Women)	Born 1996-2000 (19-23 years old) 2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	50 KG/110.2 LBS, 53/116.8, 55/121.25, 57/125.7, 59/130.1 62/136.7, 65/143.3, 68/149.9, 72/158.7, 76/167.6
SENIOR (Women)	Born 1999 or before 2000-2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	50 KG/110.2* LBS, 53/116.8*, 55/121.25, 57/125.7*, 59/130.1 62/136.7*, 65/143.3, 68/149.9*, 72/158.7, 76/167.6*
SENIOR (Men's Freestyle)	Born 1999 or before 2000-2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	57 KG/125.7*LBS, 61/134.5, 65/143.3*, 70/154.3, 74/163*, 79/174.2, 86/189.6*, 92/202.8, 97/213.8*, 125/275.6*
SENIOR (Greco-Roman)	Born 1999 or before 2000-2001 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	55 KG/121.3 LBS, 60/132.3*, 63/138.9, 67/147.7*, 72/158.7, 77/169.8*, 82/180.8, 87/191.8*, 97/213.8*, 130/286.6*

Chart is effective from September 1, 2018 to August 31, 2019. Based on UWW regulations for Senior Competitions, Senior Age Groups do not go into effect until January 1, 2019
**Senior Olympic Weight Classes