



The Olympic Dream Starts Here.

2016 - MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
BANTAM	Born 2008-2009	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
INTERMEDIATE	Born 2006-2007	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference)
NOVICE	Born 2004-2005	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, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
SCHOOLBOY	Born 2002-2003	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET (Men)	Born 2000-2001	Two three-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
UWW CADET (Men)	Born 1999-2001	Two two-minute periods with 30 second rest between periods	N/A	39-42 KG/86-92.5 LBS, 46/101.25, 50/110.25, 54/119, 58/127.75, 63/138.75, 69/152, 76/167.5, 85/187.25, 85-100/187.25-220.5, 125/275.5*
JUNIOR (Men)	Born 9/1/1996 & 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	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
UWW JUNIOR WORLD (Men)	Born 1996-1998 1999 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	46-50 KG/101.25-110.25 LBS, 55/121.25, 60/132.25, 63/138.75*, 66/145.5, 70/154.25*, 74/163, 79/174*, 84/185, 96/211.5, 120/264.5
UNIVERSITY (Men's Freestyle)	At least 17 & less than 28 years old on 1/1/2016, & must have graduated from HS	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, 80/176.4*, 86/189.6, 97/213.9, 125/275.6
UNIVERSITY (Greco-Roman)	At least 17 & less than 28 years old on 1/1/2016, & must have graduated from HS	Two three-minute periods with 30 second rest between periods	N/A	59 KG/130.1 LBS, 63/138.6*, 66/145.5, 71/156.5, 75/165.4, 80/176.4, 85/187.4, 98/216.1, 130/286.6
SENIOR (Men's Freestyle)	Born 1996 or before 1997-1998 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, 86/189.6, 97/213.9, 125/275.6
SENIOR (Greco-Roman)	Born 1996 or before 1997-1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	59 KG/130.1 LBS, 66/145.5, 71/156.5, 75/165.4, 80/176.4, 85/187.4, 98/216.1, 130/286.6
USA WRESTLING VETERANS (Men—All Styles)	Div. A: Born during the years of 1984 and 1991 Div. B: Born during the years of 1976 and 1983 Div. C: Born during the years of 1968 and 1975 Div. D: Born during the years of 1961 and 1967 Div. E: Born 1960 and before.	Two three-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	50-58 KG/110.25-127.75 LBS, 63/138.75, 69/152, 76/167.5, 85/187.25, 97/213.75, 97-130/213.75 - 286.5

* Not a UWW weight

Chart is effective from September 1, 2015 to August 31, 2016



USA WRESTLING

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2016 - WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
INTERMEDIATE	Born 2007-2009	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, 85+
NOVICE	Born 2004-2006	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+
SCHOOLGIRL	Born 2002-2003	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	81, 89, 97, 105, 113, 120, 128, 137, 145, 155, 175, 195
CADET (Women)	Born 2000-2001	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	84, 88, 95, 101, 108, 115, 124, 132, 143, 154, 172, 198
UWW CADET (Women)	Born 1999-2001	Two two-minute periods with 30 second rest between periods	N/A	36-38 KG/79.25-83.75 LBS, 40/88, 43/94.75, 46/101.25, 49/108, 52/114.5, 56/123.5, 60/132.25, 65/143.25, 70/154.25, 78/172*, 84/185*, 100/220.5*
JUNIOR (Women)	Born 9/1/1996 & 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	97, 105, 112, 117, 121, 125, 130, 139, 148, 159, 172, 198
UWW JUNIOR WORLD (Women)	Born 1996-1998 1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	40-44 KG/88-97 LBS, 48/105.75, 51/112.25, 55/121.25, 59/130, 63/138.75, 67/147.5, 72/158.75, 79.5/175.25*
UNIVERSITY (Women)	Born 1992-1998 & athlete must have graduated from high school	Two three-minute periods with 30 second rest between periods	N/A	48 KG/105.75 LBS, 53/116.8, 55/121.25, 58/127.9, 60/132.3, 63/138.75, 69/152.1, 75/165.3
SENIOR (Women)	Born 1996 or before 1997-1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	48 KG/105.75 LBS, 53/116.8, 55/121.25, 58/127.9, 60/132.3, 63/138.75, 69/152.1, 75/165.3

* Not a UWW weight

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