



# 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)
<b>6U</b>	<b>Born 2020-2022</b>	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	<b>Grouped According to Scratch Weight</b>
<b>8U</b>	<b>Born 2018-2019</b>	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	<b>Grouped According to Scratch Weight</b>
<b>10U</b>	<b>Born 2016-2017</b>	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	<b>49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 79, 84, 93, 105, 120, 140</b>
<b>12U</b>	<b>Born 2014-2015</b>	All periods in MNUSA State competition in Folkstyle will be 3, 90 second periods with stalling called according to the NFHS Rulebook	<b>58, 61, 64, 67, 70, 73, 76, 79, 82, 85, 88, 91, 94, 98, 108, 117, 135, 160, 190</b>
<b>14U</b>	<b>Born 2012-2013</b>	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	<b>75, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 126, 132, 140, 155, 175, 225</b>
<b>16U</b>	<b>Born 2010-2011</b>	All periods in MNUSA State competition in Folkstyle will be 3, 2 Minute periods with stalling called according to the NFHS Rulebook	<b>88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285</b>

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