



2024 - USAW MALE AGE DIVISIONS AND WEIGHT CLASSES



USAW/WAWA Age Groups are based on the age within the current calendar year. The year of birth and ages are listed below for each age group.

| AGE DIVISIONS | BIRTH DATES | FREESTYLE/GRECO MATCH TIME LIMITS | FOLKSTYLE MATCH TIME LIMITS | WEIGHT CLASSES |
|-------------------|---|--|--|--|
| 6U | Born 2018 & After | Two one-minute periods with 30 second rest between periods | Championship and Consolation: 3 40-second periods | 32 lbs, 35 lbs, 38 lbs, 40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs |
| 8U | Born 2016-2017 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs |
| 10U | Born 2014-2015 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs |
| 12U | Born 2012-2013 | 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 lbs, 63 lbs, 67 lbs, 70 lbs, 74 lbs, 78 lbs, 82 lbs, 86 lbs, 92 lbs, 98 lbs, 108 lbs, 117 lbs, 135 lbs, 160 lbs |
| 14U | Born 2010-2011 | 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 lbs, 77 lbs, 83 lbs, 87 lbs, 92 lbs, 97 lbs, 102 lbs, 106 lbs, 110 lbs, 114 lbs, 119 lbs, 125 lbs, 130 lbs, 136 lbs, 149 lbs, 165 lbs, 187 lbs, 250 lbs |
| 16U | Born 2008-2009 | 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 lbs, 94 lbs, 100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs |
| USA Junior | Born 9/1/2004 & 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 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs |

6U: This age group is not a recognized age group of USAW. These weights are just suggestions.

USA Junior: Athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the Spring semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade. Only wrestlers born September 1, 2004 and later who were enrolled in grades 9 -12 during the 2024 spring semester are eligible.



2024 - USAW FEMALE AGE DIVISIONS AND WEIGHT CLASSES



USAW/WAWA Age Groups are based on the age within the current calendar year. The year of birth and ages are listed below for each age group.

| AGE DIVISIONS | BIRTH DATES | FREESTYLE/GRECO MATCH TIME LIMITS | FOLKSTYLE MATCH TIME LIMITS | WEIGHT CLASSES |
|-------------------|---|--|--|--|
| 6U | Born 2018 & After | Two one-minute periods with 30 second rest between periods | Championship and Consolation: 3 40-second periods | 32 lbs, 35 lbs, 38 lbs, 40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs |
| 8U | Born 2016-2017 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs |
| 10U | Born 2014-2015 | Two two-minute periods with 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs |
| 12U | Born 2012-2013 | Two two-minute periods with 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs |
| 14U | Born 2010-2011 | 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 lbs, 76 lbs, 81 lbs, 84 lbs, 87 lbs, 90 lbs, 93 lbs, 97 lbs, 102 lbs, 108 lbs, 115 lbs, 121 lbs, 127 lbs, 143 lbs, 163 lbs, 183 lbs |
| 16U | Born 2008-2009 | 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 lbs, 94 lbs, 100 lbs, 106 lbs, 112 lbs, 118 lbs, 124 lbs, 130 lbs, 136 lbs, 142 lbs, 148 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs |
| USA Junior | Born 9/1/2004 & 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 | 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs |

6U: This age group is not a recognized age group of USAW. These weights are just suggestions.

USA Junior: Athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the Spring semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade. Only wrestlers born September 1, 2004 and later who were enrolled in grades 9 -12 during the 2024 spring semester are eligible.