

2005 USA Wrestling Age Groups & Weight Divisions

DIVISION	Flyweight	Bantam	Midget	Novice	Schoolboy/Girl	Cadet *	Junior *		University	Senior
BIRTHDATES	Born 1999 and later 6 & Under (state level programs only)	Born 1997-1998 7 & 8 (state level programs only)	Born 1995-1996 9 & 10	Born 1993-1994 11 & 12	Born 1991-1992 13 & 14	Born 1989-1990 15 & 16	Born 9/1/89 & after (must be enrolled in grades 9-12) (other rules apply)		Born 1981-1987***	Born 1985 or before 1986-1987**
MATCH TIME LIMITS	2 - 90" periods. 30" rest between periods	2 - 90" periods. 30" rest between periods	2 - 90" periods. 30" rest between periods	2 - 2' periods. 30" rest between periods	2 - 2' periods. 30" rest between periods	2 - 2' periods. 30" rest between periods	2 - 3' periods. 30" rest between periods		2 - 3' periods. 30" rest between periods	2 - 3' periods. 30" rest between periods
# / WEIGHTS	7 plus	9 plus	13 plus	15 plus	17 plus	17	15 / 11		8	7
WEIGHT CLASSES	35 40 45 50 55 60 65 70+ 15 lb. Max. difference (Flyweight competes within state and not at region level)	40 45 50 55 60 65 70 75 75+ 15 lb. Max. difference (Bantam competes within state and not at region level)	50 55 60 65 70 75 80 87 95 103 112 120 120+	60 65 70 75 80 85 90 95 100 105 110 115 112 120 130 140 140+	70 75 80 85 90 95 100 105 110 115 120 125 130 140 145 165 185 205 225 250	84 91 98 105 112 119 125 130 135 140 145 152 160 171 189 215 215 275	Male 98 105 112 119 125 130 135 140 145 152 160 171 189 215 275	Female 95 102 110 119 128 138 148 160 175 195 220	Male 110 121 132 145.5 163 185 211.5 264.5 264.5 Female 105.5 112 121 130 138.5 147.5 158.5 169.5	Male 121 132 145.5 163 185 211.5 264.5 Hvy Female 105.5 112 121 130 138.5 147.5 158.5

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

Source: USA Wrestling - 10/01/04