



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. Based on UWW regulations for Senior Competitions, Senior Age Groups do not go into effect until January 1, 2016.



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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

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