



2025 - USA MEN'S AGE DIVISIONS and WEIGHT CLASSES

Alaska USA Wrestling adds 6U weight division: Born 2019-2020, 35 lbs, 40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
8U	Born 2017-2018	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 2015-2016	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 2013-2014	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 2011-2012	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 84 lbs, 88 lbs, 92 lbs, 96 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 126 lbs, 132 lbs, 140 lbs, 155 lbs, 175 lbs, 225 lbs
16U	Born 2009-2010	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 9/1/2005 & 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

2025 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

Alaska USA Wrestling adds 6U weight division: Born 2019-2020, 35 lbs, 40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
8U	Born 2017-2018	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 2015-2016	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 2013-2014	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 2011-2012	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 150 lbs, 165 lbs, 180 lbs
16U	Born 2009-2010	Two two-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, 207 lbs, 235 lbs
USA Junior	** Born 9/1/2005 & 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, 207 lbs, 235 lbs

2025 - UWW AGE DIVISIONS and WEIGHT CLASSES

OPEN = UWW Senior

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
Senior Men Freestyle (Male)	Born 2007 or Before	Two three-minute periods with 30 second rest between periods	N/A	57 kg, 61 kg, 65 kg, 70 kg, 74 kg, 79 kg, 86 kg, 92 kg, 97 kg, 125 kg
Senior Women Freestyle (Female)	Born 2007 or Before	Two three-minute periods with 30 second rest between periods	N/A	50 kg, 53 kg, 55 kg, 57 kg, 59 kg, 62 kg, 65 kg, 68 kg, 72 kg, 76 kg