



2026

AAU WRESTLING DIVISIONS / AGES / WEIGHTS

Division is determined by Year of Birth OR Age on Day of Tournament.

Tournament Director of Individual Championships reserve the right to choose if tournament will use end of the year Birth Year (below) or **Birthdate on Day of Tournament**. Choice will be published in "Tournament Brochure"

*6U – 8U – 10U – 12U and 12U Hwt classes will include – Lt. Hwt Hwt Super Hwt (if needed)

Divisions	6U Previously: Tot 6-under 2020/after	8U Previously: Bantam 7-8 2019/2018	10U Previously: Midget 9-10 2017/2016	12U Previously: Novice 11-12 2015/2014	14U Previously: Schoolboy 13-14 2013/2012	16U Previously: Cadet 15-16 2011/2010	19U* Previously: Elite 17-18-19* 2009/2008 2007**	Senior 19-29 2007/1997	Masters 30-up 1996/Before
Age									
Birth year									
# of weights	7	11	15	15	18	17	15	10	11
	30	40	50	60	70	84	98	125	125
	35	45	55	65	75	91	106	133	133
	40	50	60	70	80	98	113	141	141
	45	55	65	75	85	106	120	149	149
	50	60	70	80	90	113	126	157	157
	55	65	75	85	95	120	132	165	165
	Hwt*	70	80	90	100	126	138	174	174
	(90 max)	75	85	95	105	132	145	185	185
		80	90	100	110	138	152	197	197
		90	95	105	115	145	160	Hwt	215
		Hwt*	103	112	120	152	170		Hwt
		(125 max)	112	120	125	160	182		
			120	130	130	170	195		
			130	140	140	182	220		
			Hwt*	Hwt*	150	195	285		
			(175 max)	(205 max)	160	220	(max)		
					180	285			
					Hwt*	(max)			
					(260 max)				

**2007 19U – Must be in High School or graduated in current year / must provide proof



AAU GIRLS INDIVIDUAL & GIRLS TEAM - DIVISIONS / AGES / WEIGHTS

GIRLS INDIVIDUAL TOURNAMENTS

(Age division is age as of 12/31 of current year)

JUNIOR OLYMPIC GAMES – 6U thru 19U / GRAND NATIONALS - FOLKSTYLE NATIONALS – 6U thru Masters

DIVISION	6U Previously: Tot 6-under 2020/after	8U Previously : Bantam 7-8 2019/2018	11U Previously: Midget 9-10-11 2017/2016/2015	14U Previously: Schoolgirl 12-13-14 2014/2013/2012	19U* Previously: High School 15-19* 2011/2010/2009/ 2008/2007**	SENIOR 19-29 2007/1997	MASTERS 30-up 1996/Before
Age Birth year							
# of weights	8	7	8	7	12	10	11
	30	35	53	73	95	125	125
	35	40	58	82	100	133	133
	40	45	65	91	106	141	141
	45	50	73	100	112	149	149
	50	55	82	115	118	157	157
	55	60	91	130	124	165	165
	60	Hwt (60.1)	100	Hwt (130.1)	130	174	174
	Hwt (60.1)		Hwt (100.1)		138	185	185
					148	197	197
					160	Hwt	215
					185		Hwt
					Hwt (max 285)		

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GIRLS TEAM DUALS

Grades K -2 nd	Grades 3 rd – 5 th	Grades 6 th – 8 th	High School
7 wt. classes	7 wt. classes	7 wt. classes	12 wt. classes
35	58	73	95
40	65	82	100
45	73	91	106
50	82	100	112
55	91	115	118
60	100	130	124
Hwt (60.1)	Hwt (100.1)	Hwt (130.1)	130
			138
			148
			160
			185
			Hwt (max 285)