

Weight Class Options for 2023-2024

States must select one of the three sets (12, 13 or 14) of weight classes for girls and one of the three sets (12, 13 or 14) for boys by the spring/summer of 2023 for implementation beginning with the 2023-2024 wrestling season. States cannot adopt all three sets and cannot switch back and forth during the season.

The following weight classes (in pounds) were established for girls competition (girls wrestling girls), effective July 1, 2023:

12 Weight Classes – 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235.

13 Weight Classes – 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, 235.

14 Weight Classes – 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235.

The following weight classes (in pounds) were established for boys competition (boys wrestling boys or girls wrestling boys), effective July 1, 2023:

12 Weight Classes – 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, 285

13 Weight Classes – 107, 114, 121, 127, 133, 139, 145, 152, 160, 172, 189, 215, 285

14 Weight Classes – 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285