

NSAA WRESTLING WEIGHT CLASSES

Effective July 1, 2023: State associations can adopt one of three sets of weight classes for boys wrestling (or when girls wrestle boys).

Boys' weight classes

- 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Girls' weight classes

- 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

