

AIA Girls Wrestling Weight Classes

Below are the official 12 weight classes established for interscholastic competition in girls wrestling. These are in accordance with the National Federation of the State High School Associations (NFHS):

- 100 pounds
- 107 pounds
- 114 pounds
- 120 pounds
- 126 pounds
- 132 pounds
- 138 pounds
- 145 pounds
- 152 pounds
- 165 pounds
- 185 pounds
- 235 pounds

