

2009 Age & Weight Chart

This Age & Weight Chart was approved the president's of SYFC for the 2009 season. These were revised and approved on February 17, 2009. If there are any questions please contact your association president.

Ages and Weights

1. All players must meet the age/weight limits in order to certify. Any player not certifying after the third game of season will be dismissed from the team.
2. It is up to each individual association if they are going to allow six (6) year old to participate.

AGE	MIGHTY MITES	JUNIOR PEEWEE	PEE WEE	JUNIOR MIDGET	MIDGET
6	Up to 90				
7	Up to 90				
8	Up to 90	Up to 100			
9	None**	Up to 100	Up to 120		
10		Up to 100	Up to 120	Up to 140	
11		None**	Up to 120	Up to 140	Up to 175
12			**Up to 70	Up to 140	Up to 175
13				**Up to 90	Up to 175
14					Up to 175

***Weight limit for male and female players are listed above. The players playing age is their age as of August 1 of the current year.**

****Classified as Flyweight Players. Junior Midget level is limited to a maximum of three (3) at 90 lbs. and Peewees is limited to a maximum of three (3) at 70 lbs. There are no flyweights at the Mighty Mites, Junior Pee wee and Midget in 2009.**

1. Mitey Mites are allowed to have twenty (20) eight (8) year olds per squad.
2. This is the recommended minimum weight for Mighty Mite players. There is no required minimum weight for Mighty Mite players.

X-Man Ages & Weights

The weight shown is the maximum weight allowed.

AGE →	6	7	8	9	10	11	12	13	14	X-Man Weight
Mighty Mite	Yes	Yes	Yes							Unlimited
Jr. Pee Wee			Yes	Yes	Yes					Unlimited
Pee Wee				Yes	Yes	Yes				Unlimited
Jr. Midget					Yes	Yes	Yes			Unlimited
Midget						Yes	Yes	Yes	Yes	Unlimited

Cells with “YES” in them are eligible X-Man participants. All others are NOT eligible.

1. X-Man players shall be limited to a maximum of Six (6) players per team on Midgets. All other squads are allowed only four (4) X-man per squad.
2. X-Man players are limited to the Line of Scrimmage between the Tackles positions. Example: May be Tackle, Guard or Center. May NOT be Defensive End or Tight End.
3. X-Man players must play from a 3-point or 4-point stance.
4. X-Man players may not advance the ball, except a fumble or interception.
5. X-Man players may be on Kick-off or Kick return teams
6. X-Man players must wear a jersey numbered in the range of 90-99.
7. Any player wearing 90-99 will be deemed an X-Man for rules interpretation.
8. Any Players wearing 90-99 is NOT an eligible receiver or back.

Weight Gain

IN-SEASON WEIGHT ALLOWANCE AFTER CERTIFICATION

1st weekend	1 lb.	6th weekend	1 lb.	11th weekend	1 lb.
2nd weekend	1 lb.	7th weekend	1 lb.	12th weekend	1 lb.
3rd weekend	1 lb.	8th weekend	1 lb.	13th weekend	1 lb.
4th weekend	1 lb.	9th weekend	1 lb.	14th weekend	1 lb.
5th weekend	1 lb.	10th weekend	1 lb.		

NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.