

2009 FOOTBALL SPORTS CONFERENCE WEIGHT CHART & QUICK REFERENCE AGE CHART

Ages	Eligible Divisions for Each Age Group
6	Jr. Clinic (New rule 2002)
7	Sr. Clinic
8	Sr. Clinic or Gremlin
9	Gremlin, Tiny Mite, Mity Mite
10	Gremlin Playdown, Tiny Mite, Mity Mite Pee Wee
11	Tiny Mite Playdown, Mity Mite, Pee Wee, Midget
12	Mity Mite Playdown, Pee Wee, Midget
13	Pee Wee Playdown, Midget
14	Midget

Eligible Weight for Week Number (All weights are maximum weights)

(New Rule 2002—5lb. Weight increase Clinic — Pee Wee, Midget increase 15lbs.)

DIVISION	Age on Aug 1 st	1	2	3	4	5	6	7	8	9	10	11
Jr. Clinic	6	100	101	102	103	104	105	106	108	108	109	110
Sr. Clinic	7,8	100	101	102	103	104	105	106	108	108	109	110
Gremlin Playdown	8,9 10(12 max)	115 95	116 96	117 97	118 98	119 99	120 100	121 101	122 102	123 103	124 104	125 105
Tiny Mites Playdown	9,10 11(12 max)	125 105	126 106	127 108	128 108	129 109	130 110	131 111	132 112	133 113	134 114	135 115
Mity Mites Playdown	9,10,11 12 (12 max)	135 115	136 116	137 117	138 118	139 119	140 120	141 121	142 122	143 123	144 124	145 125
Pee Wee Playdown	10,11,12 13 (12 max)	145 135	146 136	147 137	148 138	149 139	150 140	151 141	152 142	153 143	154 144	155 145
Midget (Unlimited 14 year olds)	11,12,13 14	175	176	177	178	179	180	181	182	183	184	185

At the Official Weigh-in, prior to the game the weight given is for the playing uniform and player. (Upper body pads may be removed if required to make weight, consisting of shoulder pads, rib pads, arm pads, tee-shirts, sweatshirts without hoods, shoulder pad webbing, hand and arm pads, protective collars, neck pads and gloves, and may be put on after weigh-in and play in the game.)

FOOTWEAR: Polyurethane cleats, soft rubber cleats, or soft rubber cleats molded to the soles are legal. Maximum cleat length is 1/2 inch. All screw-on cleats must be the type with the female receptacle in the shoe. Tennis shoes or baseball cleats type configurations are not allowed. **(New rule 2008).**