

AGE & WEIGHT PROGRAM

Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
Flyweight	5	Regular Younger	80/Lbs	None
	6	Regular Younger	75/Lbs	None
	7	Older/Lighter	50/Lbs	None
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
Bantam	6	Exception Double Striper	TCYFL Approval Required	
	6	Younger/Heavier Striper	115/Lbs	Approval Required
	6	Regular/Younger	105/Lbs	115/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs
	8	Regular	95/Lbs	105/Lbs
	9	Older/Lighter	65/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required	
	8	Younger/Heavier Striper	125/lbs	Approval Required
	8	Regular/Younger	115/Lbs	125/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs
	10	Regular	105/Lbs	115/Lbs
	11	Older/Lighter	75/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required	
	10	Younger/Heavier Striper	135/Lbs	Approval Required
	10	Regular/Younger	125/Lbs	135/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs
	12	Regular	115/Lbs	125/Lbs
	13	Older/Lighter	85/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
LightWeight	11	Exception Double Striper	TCYFL Approval Required	
	11	Younger/Heavier Striper	145/Lbs	Approval Required
	11	Regular/Younger	130/Lbs	140/Lbs
	12	Regular/Younger	125/Lbs	135/Lbs
	13	Regular	120/Lbs	130/Lbs
	14	Older/Lighter	100/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
8th Grade or Earlier				
Jr. Varsity	11	Younger/Heavier	155/Lbs	240/Lbs
	12	Younger/Heavier	155/Lbs	220/Lbs
	13	Regular	155/Lbs	200/Lbs
	14	Older/Lighter	135/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
8th Grade or Earlier				
Varsity	14	Regular	185/Lbs	Unlimited

Please note that a **PreGame Weigh-In** is conducted 30-Minutes prior to the start of EVERY game. Player's that **DO NOT** make the weight limit, as listed above during the PreGame Weigh-In, are **NOT** eligible to play that game. There are **NO** exceptions to the Age/Weight Limit Rule, which is governed by the **TCYFL**; and is **STRICTLY** enforced by **Elmwood Park Rush Youth Football**.

Also note that 0.5/lbs is added to the above weights each week starting in week two (2).