

AGE & WEIGHT PROGRAM - WEEK 1

Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
Flyweight	5	Regular Younger	80/Lbs	
	6	Regular Younger	75/Lbs	
	7	Older/Lighter	50/Lbs	
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	120/Lbs	Approval Required
	6	Regular/Younger	110/Lbs	120/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs
	8	Regular	100/Lbs	110/Lbs
	9	Older/Lighter	70/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	130/lbs	Approval Required
	8	Regular/Younger	120/Lbs	130/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs
	10	Regular	110/Lbs	120/Lbs
	11	Older/Lighter	80/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	140/Lbs	Approval Required
	10	Regular/Younger	130/Lbs	140/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs
	12	Regular	120/Lbs	130/Lbs
	13	Older/Lighter	90/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	150/Lbs	Approval Required
	11	Regular/Younger	140/Lbs	150/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs
	13	Regular	130/Lbs	140/Lbs
	14	Older/Lighter	110/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
8th Grade or Earlier	11	Younger/Heavier	160/Lbs	225/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs
	13	Regular	150/Lbs	190/Lbs
	14	Older/Lighter	130/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
Varsity	14	Regular	175/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).

AGE & WEIGHT PROGRAM					Week 2	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		80.5/Lbs	
	6	Regular Younger	75/Lbs		75.5/Lbs	
	7	Older/Lighter	50/Lbs		50.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	120/Lbs	Approval Required	120.5/Lbs	
	6	Regular/Younger	110/Lbs	120/Lbs	110.5/Lbs	120.5/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs	105.5/Lbs	115.5/Lbs
	8	Regular	100/Lbs	110/Lbs	100.5/Lbs	110.5/Lbs
	9	Older/Lighter	70/Lbs		70.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	130/lbs	Approval Required	130.5/lbs	
	8	Regular/Younger	120/Lbs	130/Lbs	120.5/Lbs	130.5/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs	115.5/Lbs	125.5/Lbs
	10	Regular	110/Lbs	120/Lbs	110.5/Lbs	120.5/Lbs
	11	Older/Lighter	80/Lbs		80.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	140/Lbs	Approval Required	140.5/Lbs	
	10	Regular/Younger	130/Lbs	140/Lbs	130.5/Lbs	140.5/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs	125.5/Lbs	135.5/Lbs
	12	Regular	120/Lbs	130/Lbs	120.5/Lbs	130.5/Lbs
	13	Older/Lighter	90/Lbs		90.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	150/Lbs	Approval Required	150.5/Lbs	
	11	Regular/Younger	140/Lbs	150/Lbs	140.5/Lbs	150.5/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs	135.5/Lbs	145.5/Lbs
	13	Regular	130/Lbs	140/Lbs	130.5/Lbs	140.5/Lbs
	14	Older/Lighter	110/Lbs		110.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	160/Lbs	225/Lbs	160.5/Lbs	225.5/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs	160.5/Lbs	205.5/Lbs
	13	Regular	150/Lbs	190/Lbs	150.5/Lbs	190.5/Lbs
	14	Older/Lighter	130/Lbs		130.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	175/Lbs	Unlimited	175.5/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).

AGE & WEIGHT PROGRAM					Week 3	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		81/Lbs	
	6	Regular Younger	75/Lbs		76/Lbs	
	7	Older/Lighter	50/Lbs		51/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	120/Lbs	Approval Required	121/Lbs	
	6	Regular/Younger	110/Lbs	120/Lbs	111/Lbs	121/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs	106/Lbs	116/Lbs
	8	Regular	100/Lbs	110/Lbs	101/Lbs	111/Lbs
	9	Older/Lighter	70/Lbs		71/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	130/lbs	Approval Required	131/lbs	
	8	Regular/Younger	120/Lbs	130/Lbs	121/Lbs	131/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs	116/Lbs	126/Lbs
	10	Regular	110/Lbs	120/Lbs	111/Lbs	121/Lbs
	11	Older/Lighter	80/Lbs		81/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	140/Lbs	Approval Required	141/Lbs	
	10	Regular/Younger	130/Lbs	140/Lbs	131/Lbs	141/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs	126/Lbs	136/Lbs
	12	Regular	120/Lbs	130/Lbs	121/Lbs	131/Lbs
	13	Older/Lighter	90/Lbs		91/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	150/Lbs	Approval Required	151/Lbs	
	11	Regular/Younger	140/Lbs	150/Lbs	141/Lbs	151/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs	136/Lbs	146/Lbs
	13	Regular	130/Lbs	140/Lbs	131/Lbs	141/Lbs
	14	Older/Lighter	110/Lbs		111/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	160/Lbs	225/Lbs	161/Lbs	226/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs	161/Lbs	206/Lbs
	13	Regular	150/Lbs	190/Lbs	151/Lbs	191/Lbs
	14	Older/Lighter	130/Lbs		131/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	175/Lbs	Unlimited	176/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).

AGE & WEIGHT PROGRAM					Week 4	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		81.5/Lbs	
	6	Regular Younger	75/Lbs		76.5/Lbs	
	7	Older/Lighter	50/Lbs		51.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	115/Lbs	Approval Required	121.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	111.5/Lbs	121.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	106.5/Lbs	116.5/Lbs
	8	Regular	95/Lbs	105/Lbs	101.5/Lbs	111.5/Lbs
	9	Older/Lighter	65/Lbs		71.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	125/lbs	Approval Required	131.5/lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	121.5/Lbs	131.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	116.5/Lbs	126.5/Lbs
	10	Regular	105/Lbs	115/Lbs	111.5/Lbs	121.5/Lbs
	11	Older/Lighter	75/Lbs		81.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	135/Lbs	Approval Required	141.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	131.5/Lbs	141.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	126.5/Lbs	136.5/Lbs
	12	Regular	115/Lbs	125/Lbs	121.5/Lbs	131.5/Lbs
	13	Older/Lighter	85/Lbs		91.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	145/Lbs	Approval Required	151.5/Lbs	
	11	Regular/Younger	130/Lbs	140/Lbs	141.5/Lbs	151.5/Lbs
	12	Regular/Younger	125/Lbs	135/Lbs	136.5/Lbs	146.5/Lbs
	13	Regular	120/Lbs	130/Lbs	131.5/Lbs	141.5/Lbs
	14	Older/Lighter	100/Lbs		111.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	155/Lbs	240/Lbs	161.5/Lbs	226.5/Lbs
	12	Younger/Heavier	155/Lbs	220/Lbs	161.5/Lbs	206.5/Lbs
	13	Regular	155/Lbs	200/Lbs	151.5/Lbs	191.5/Lbs
	14	Older/Lighter	135/Lbs		131.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	185/Lbs	Unlimited	176.5/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).

AGE & WEIGHT PROGRAM					Week 5	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		82/Lbs	
	6	Regular Younger	75/Lbs		77/Lbs	
	7	Older/Lighter	50/Lbs		52/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	120/Lbs	Approval Required	122/Lbs	
	6	Regular/Younger	110/Lbs	120/Lbs	112/Lbs	122/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs	107/Lbs	117/Lbs
	8	Regular	100/Lbs	110/Lbs	102/Lbs	112/Lbs
	9	Older/Lighter	70/Lbs		72/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	130/lbs	Approval Required	132/lbs	
	8	Regular/Younger	120/Lbs	130/Lbs	122/Lbs	132/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs	117/Lbs	127/Lbs
	10	Regular	110/Lbs	120/Lbs	112/Lbs	122/Lbs
	11	Older/Lighter	80/Lbs		82/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	140/Lbs	Approval Required	142/Lbs	
	10	Regular/Younger	130/Lbs	140/Lbs	132/Lbs	142/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs	127/Lbs	137/Lbs
	12	Regular	120/Lbs	130/Lbs	122/Lbs	132/Lbs
	13	Older/Lighter	90/Lbs		92/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	150/Lbs	Approval Required	152/Lbs	
	11	Regular/Younger	140/Lbs	150/Lbs	142/Lbs	152/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs	137/Lbs	147/Lbs
	13	Regular	130/Lbs	140/Lbs	132/Lbs	142/Lbs
	14	Older/Lighter	110/Lbs		112/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	160/Lbs	225/Lbs	162/Lbs	224/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs	162/Lbs	207/Lbs
	13	Regular	150/Lbs	190/Lbs	152/Lbs	192/Lbs
	14	Older/Lighter	130/Lbs		132/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	175/Lbs	Unlimited	177/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).

AGE & WEIGHT PROGRAM					Week 6	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		82.5/Lbs	
	6	Regular Younger	75/Lbs		75.5/Lbs	
	7	Older/Lighter	50/Lbs		52.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	120/Lbs	Approval Required	122.5/Lbs	
	6	Regular/Younger	110/Lbs	120/Lbs	112.5/Lbs	122.5/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs	107.5/Lbs	117.5/Lbs
	8	Regular	100/Lbs	110/Lbs	102.5/Lbs	112.5/Lbs
	9	Older/Lighter	70/Lbs		72.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	130/lbs	Approval Required	132.5/lbs	
	8	Regular/Younger	120/Lbs	130/Lbs	122.5/Lbs	132.5/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs	117.5/Lbs	127.5/Lbs
	10	Regular	110/Lbs	120/Lbs	112.5/Lbs	122.5/Lbs
	11	Older/Lighter	80/Lbs		82.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	140/Lbs	Approval Required	142.5/Lbs	
	10	Regular/Younger	130/Lbs	140/Lbs	132.5/Lbs	142.5/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs	127.5/Lbs	137.5/Lbs
	12	Regular	120/Lbs	130/Lbs	122.5/Lbs	132.5/Lbs
	13	Older/Lighter	90/Lbs		92.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	150/Lbs	Approval Required	152.5/Lbs	
	11	Regular/Younger	140/Lbs	150/Lbs	142.5/Lbs	152.5/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs	137.5/Lbs	147.5/Lbs
	13	Regular	130/Lbs	140/Lbs	132.5/Lbs	142.5/Lbs
	14	Older/Lighter	110/Lbs		112.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	160/Lbs	225/Lbs	162.5/Lbs	225.5/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs	162.5/Lbs	205.5/Lbs
	13	Regular	150/Lbs	190/Lbs	152.5/Lbs	192.5/Lbs
	14	Older/Lighter	130/Lbs		132.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	175/Lbs	Unlimited	177.5/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).

AGE & WEIGHT PROGRAM					Week 7	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs	None	83/Lbs	
	6	Regular Younger	75/Lbs	None	78/Lbs	
	7	Older/Lighter	50/Lbs	None	53/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	115/Lbs	Approval Required	123/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	113/Lbs	123/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	108/Lbs	118/Lbs
	8	Regular	95/Lbs	105/Lbs	103/Lbs	113/Lbs
	9	Older/Lighter	65/Lbs		73/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	125/lbs	Approval Required	133/lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	123/Lbs	133/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	118/Lbs	128/Lbs
	10	Regular	105/Lbs	115/Lbs	113/Lbs	123/Lbs
	11	Older/Lighter	75/Lbs		83/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	135/Lbs	Approval Required	143/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	133/Lbs	143/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	128/Lbs	138/Lbs
	12	Regular	115/Lbs	125/Lbs	123/Lbs	133/Lbs
	13	Older/Lighter	85/Lbs		93/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	145/Lbs	Approval Required	153/Lbs	
	11	Regular/Younger	130/Lbs	140/Lbs	143/Lbs	153/Lbs
	12	Regular/Younger	125/Lbs	135/Lbs	138/Lbs	148/Lbs
	13	Regular	120/Lbs	130/Lbs	133/Lbs	143/Lbs
	14	Older/Lighter	100/Lbs		113/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	155/Lbs	240/Lbs	163/Lbs	228/Lbs
	12	Younger/Heavier	155/Lbs	220/Lbs	163/Lbs	208/Lbs
	13	Regular	155/Lbs	200/Lbs	153/Lbs	193/Lbs
	14	Older/Lighter	135/Lbs		133/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	185/Lbs	Unlimited	178/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).

AGE & WEIGHT PROGRAM					Week 8	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		83.5/Lbs	
	6	Regular Younger	75/Lbs		78.5/Lbs	
	7	Older/Lighter	50/Lbs		53.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	115/Lbs		123.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	113.5/Lbs	123.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	108.5/Lbs	118.5/Lbs
	8	Regular	95/Lbs	105/Lbs	103.5/Lbs	113.5/Lbs
	9	Older/Lighter	65/Lbs		73.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	125/lbs		133.5/lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	123.5/Lbs	133.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	118.5/Lbs	128.5/Lbs
	10	Regular	105/Lbs	115/Lbs	113.5/Lbs	123.5/Lbs
	11	Older/Lighter	75/Lbs		83.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	135/Lbs		143.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	133.5/Lbs	143.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	128.5/Lbs	138.5/Lbs
	12	Regular	115/Lbs	125/Lbs	123.5/Lbs	133.5/Lbs
	13	Older/Lighter	85/Lbs		93.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	145/Lbs		153.5/Lbs	
	11	Regular/Younger	130/Lbs	140/Lbs	143.5/Lbs	153.5/Lbs
	12	Regular/Younger	125/Lbs	135/Lbs	138.5/Lbs	148.5/Lbs
	13	Regular	120/Lbs	130/Lbs	133.5/Lbs	143.5/Lbs
	14	Older/Lighter	100/Lbs		113.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	155/Lbs	240/Lbs	163.5/Lbs	228.5/Lbs
	12	Younger/Heavier	155/Lbs	220/Lbs	163.5/Lbs	208.5/Lbs
	13	Regular	155/Lbs	200/Lbs	153.5/Lbs	193.5/Lbs
	14	Older/Lighter	135/Lbs		133.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	185/Lbs	Unlimited	178.5/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).

AGE & WEIGHT PROGRAM					Week 9	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		84/Lbs	
	6	Regular Younger	75/Lbs		79/Lbs	
	7	Older/Lighter	50/Lbs		54/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	120/Lbs	Approval Required	124/Lbs	
	6	Regular/Younger	110/Lbs	120/Lbs	114/Lbs	124/Lbs
	7	Regular/Younger	105/Lbs	115/Lbs	109/Lbs	119/Lbs
	8	Regular	100/Lbs	110/Lbs	104/Lbs	114/Lbs
	9	Older/Lighter	70/Lbs		74/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	130/lbs	Approval Required	134/lbs	
	8	Regular/Younger	120/Lbs	130/Lbs	124/Lbs	134/Lbs
	9	Regular/Younger	115/Lbs	125/Lbs	119/Lbs	129/Lbs
	10	Regular	110/Lbs	120/Lbs	114/Lbs	124/Lbs
	11	Older/Lighter	80/Lbs		84/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	140/Lbs	Approval Required	144/Lbs	
	10	Regular/Younger	130/Lbs	140/Lbs	134/Lbs	144/Lbs
	11	Regular/Younger	125/Lbs	135/Lbs	129/Lbs	139/Lbs
	12	Regular	120/Lbs	130/Lbs	124/Lbs	134/Lbs
	13	Older/Lighter	90/Lbs		94/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	150/Lbs	Approval Required	154/Lbs	
	11	Regular/Younger	140/Lbs	150/Lbs	144/Lbs	154/Lbs
	12	Regular/Younger	135/Lbs	145/Lbs	139/Lbs	149/Lbs
	13	Regular	130/Lbs	140/Lbs	134/Lbs	144/Lbs
	14	Older/Lighter	110/Lbs		114/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	160/Lbs	225/Lbs	164/Lbs	229/Lbs
	12	Younger/Heavier	160/Lbs	205/Lbs	164/Lbs	209/Lbs
	13	Regular	150/Lbs	190/Lbs	154/Lbs	194/Lbs
	14	Older/Lighter	130/Lbs		134/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	175/Lbs	Unlimited	179/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).

AGE & WEIGHT PROGRAM					Week 10	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Flyweight	5	Regular Younger	80/Lbs		84.5/Lbs	
	6	Regular Younger	75/Lbs		79.5/Lbs	
	7	Older/Lighter	50/Lbs		54.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Bantam	6	Exception Double Striper	TCYFL Approval Required			
	6	Younger/Heavier Striper	115/Lbs		124.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	114.5/Lbs	124.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	109.5/Lbs	119.5/Lbs
	8	Regular	95/Lbs	105/Lbs	104.5/Lbs	114.5/Lbs
	9	Older/Lighter	65/Lbs		74.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
FeatherWeight	8	Exception Double Striper	TCYFL Approval Required			
	8	Younger/Heavier Striper	125/lbs		134.5/lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	124.5/Lbs	134.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	119.5/Lbs	129.5/Lbs
	10	Regular	105/Lbs	115/Lbs	114.5/Lbs	124.5/Lbs
	11	Older/Lighter	75/Lbs		84.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
MiddleWeight	10	Exception Double Striper	TCYFL Approval Required			
	10	Younger/Heavier Striper	135/Lbs		144.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	134.5/Lbs	144.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	129.5/Lbs	139.5/Lbs
	12	Regular	115/Lbs	125/Lbs	124.5/Lbs	134.5/Lbs
	13	Older/Lighter	85/Lbs		94.5/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
LightWeight	11	Exception Double Striper	TCYFL Approval Required			
	11	Younger/Heavier Striper	145/Lbs		154.5/Lbs	
	11	Regular/Younger	130/Lbs	140/Lbs	144.5/Lbs	154.5/Lbs
	12	Regular/Younger	125/Lbs	135/Lbs	139.5/Lbs	149.5/Lbs
	13	Regular	120/Lbs	130/Lbs	134.5/Lbs	144.5/Lbs
	14	Older/Lighter	100/Lbs		114.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Jr. Varsity	11	Younger/Heavier	155/Lbs	240/Lbs	164.5/Lbs	229.5/Lbs
	12	Younger/Heavier	155/Lbs	220/Lbs	164.5/Lbs	209.5/Lbs
	13	Regular	155/Lbs	200/Lbs	154.5/Lbs	194.5/Lbs
	14	Older/Lighter	125/Lbs		134.5/Lbs	
8th Grade or Earlier	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight	Max Unrestricted	Maximum Striper
Varsity	14	Regular	185/Lbs	Unlimited	179.5/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).