

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	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	135/Lbs	145/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs
	13	Regular	125/Lbs	135/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 Striper	TCYFL Approval Required	
	11	Younger/Heavier	165/Lbs	195/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs
	13	Regular	145/Lbs	175/Lbs
	14	Older/Lighter	120/Lbs	
Instructional Level	Age as of Sept 1st	Player Classification	Max Unrestricted Weight	Maximum Striper Weight
8th Grade or Earlier				
Varsity	14	Regular	165/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	115/Lbs	Approval Required	115.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	105.5/Lbs	115.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	100.5/Lbs	110.5/Lbs
	8	Regular	95/Lbs	105/Lbs	95.5/Lbs	105.5/Lbs
	9	Older/Lighter	65/Lbs		65.5/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	125.5/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	115.5/Lbs	125.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	110.5/Lbs	120.5/Lbs
	10	Regular	105/Lbs	115/Lbs	105.5/Lbs	115.5/Lbs
	11	Older/Lighter	75/Lbs		75.5/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	135.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	125.5/Lbs	135.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	120.5/Lbs	130.5/Lbs
	12	Regular	115/Lbs	125/Lbs	115.5/Lbs	125.5/Lbs
	13	Older/Lighter	85/Lbs		85.5/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	145.5/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	135.5/Lbs	145.5/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	130.5/Lbs	140.5/Lbs
	13	Regular	125/Lbs	135/Lbs	125.5/Lbs	135.5/Lbs
	14	Older/Lighter	100/Lbs		100.5/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	165.5/Lbs	195.5/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	155.5/Lbs	185.5/Lbs
	13	Regular	145/Lbs	175/Lbs	145.5/Lbs	175.5/Lbs
	14	Older/Lighter	120/Lbs		120.5/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	165/Lbs	Unlimited	165.5/Lbs	Unlimited

Please note that a PreGame Weigh-In is conducted 30-Minutes prior to the start of EVERY game.

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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	115/Lbs	Approval Required	116/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	106/Lbs	116/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	101/Lbs	111/Lbs
	8	Regular	95/Lbs	105/Lbs	96/Lbs	106/Lbs
	9	Older/Lighter	65/Lbs		66/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	126/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	116/Lbs	126/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	111/Lbs	121/Lbs
	10	Regular	105/Lbs	115/Lbs	106/Lbs	116/Lbs
	11	Older/Lighter	75/Lbs		76/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	136/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	126/Lbs	136/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	121/Lbs	131/Lbs
	12	Regular	115/Lbs	125/Lbs	116/Lbs	126/Lbs
	13	Older/Lighter	85/Lbs		86/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	146/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	136/Lbs	146/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	131/Lbs	141/Lbs
	13	Regular	125/Lbs	135/Lbs	126/Lbs	136/Lbs
	14	Older/Lighter	100/Lbs		101/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	166/Lbs	196/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	156/Lbs	186/Lbs
	13	Regular	145/Lbs	175/Lbs	146/Lbs	176/Lbs
	14	Older/Lighter	120/Lbs		121/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	165/Lbs	Unlimited	166/Lbs	Unlimited

Please note that a PreGame Weigh-In is conducted 30-Minutes prior to the start of EVERY game.

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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	116.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	106.5/Lbs	116.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	101.5/Lbs	111.5/Lbs
	8	Regular	95/Lbs	105/Lbs	96.5/Lbs	106.5/Lbs
	9	Older/Lighter	65/Lbs		66.5/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	126.5/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	116.5/Lbs	126.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	111.5/Lbs	121.5/Lbs
	10	Regular	105/Lbs	115/Lbs	106.5/Lbs	116.5/Lbs
	11	Older/Lighter	75/Lbs		76.5/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	136.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	126.5/Lbs	136.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	121.5/Lbs	131.5/Lbs
	12	Regular	115/Lbs	125/Lbs	116.5/Lbs	126.5/Lbs
	13	Older/Lighter	85/Lbs		86.5/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	146.5/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	136.5/Lbs	146.5/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	131.5/Lbs	141.5/Lbs
	13	Regular	125/Lbs	135/Lbs	126.5/Lbs	136.5/Lbs
	14	Older/Lighter	100/Lbs		101.5/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	166.5/Lbs	196.5/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	156.5/Lbs	186.5/Lbs
	13	Regular	145/Lbs	175/Lbs	146.5/Lbs	176.5/Lbs
	14	Older/Lighter	120/Lbs		121.5/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	165/Lbs	Unlimited	166.5/Lbs	Unlimited

Please note that a PreGame Weigh-In is conducted 30-Minutes prior to the start of EVERY game.

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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	115/Lbs	Approval Required	117/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	107/Lbs	117/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	102/Lbs	112/Lbs
	8	Regular	95/Lbs	105/Lbs	97/Lbs	107/Lbs
	9	Older/Lighter	65/Lbs		67/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	127/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	117/Lbs	127/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	112/Lbs	122/Lbs
	10	Regular	105/Lbs	115/Lbs	107/Lbs	117/Lbs
	11	Older/Lighter	75/Lbs		77/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	137/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	127/Lbs	137/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	122/Lbs	132/Lbs
	12	Regular	115/Lbs	125/Lbs	117/Lbs	127/Lbs
	13	Older/Lighter	85/Lbs		87/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	147/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	137/Lbs	147/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	132/Lbs	142/Lbs
	13	Regular	125/Lbs	135/Lbs	127/Lbs	137/Lbs
	14	Older/Lighter	100/Lbs		102/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	167/Lbs	197/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	157/Lbs	187/Lbs
	13	Regular	145/Lbs	175/Lbs	147/Lbs	177/Lbs
	14	Older/Lighter	120/Lbs		122/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	165/Lbs	Unlimited	167/Lbs	Unlimited

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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		77.5/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	115/Lbs	Approval Required	117.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	107.5/Lbs	117.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	102.5/Lbs	112.5/Lbs
	8	Regular	95/Lbs	105/Lbs	97.5/Lbs	107.5/Lbs
	9	Older/Lighter	65/Lbs		67.5/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	127.5/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	117.5/Lbs	127.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	112.5/Lbs	122.5/Lbs
	10	Regular	105/Lbs	115/Lbs	107.5/Lbs	117.5/Lbs
	11	Older/Lighter	75/Lbs		77.5/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	137.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	127.5/Lbs	137.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	122.5/Lbs	132.5/Lbs
	12	Regular	115/Lbs	125/Lbs	117.5/Lbs	127.5/Lbs
	13	Older/Lighter	85/Lbs		87.5/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	147.5/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	137.5/Lbs	147.5/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	132.5/Lbs	142.5/Lbs
	13	Regular	125/Lbs	135/Lbs	127.5/Lbs	137.5/Lbs
	14	Older/Lighter	100/Lbs		102.5/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	167.5/Lbs	197.5/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	157.5/Lbs	187.5/Lbs
	13	Regular	145/Lbs	175/Lbs	147.5/Lbs	177.5/Lbs
	14	Older/Lighter	120/Lbs		122.5/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	165/Lbs	Unlimited	167.5/Lbs	Unlimited

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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		83/Lbs	
	6	Regular Younger	75/Lbs		78/Lbs	
	7	Older/Lighter	50/Lbs		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	118/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	108/Lbs	118/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	103/Lbs	113/Lbs
	8	Regular	95/Lbs	105/Lbs	98/Lbs	108/Lbs
	9	Older/Lighter	65/Lbs		68/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	128/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	118/Lbs	128/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	113/Lbs	123/Lbs
	10	Regular	105/Lbs	115/Lbs	108/Lbs	118/Lbs
	11	Older/Lighter	75/Lbs		78/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	138/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	128/Lbs	138/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	123/Lbs	133/Lbs
	12	Regular	115/Lbs	125/Lbs	118/Lbs	128/Lbs
	13	Older/Lighter	85/Lbs		88/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	148/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	138/Lbs	148/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	133/Lbs	143/Lbs
	13	Regular	125/Lbs	135/Lbs	128/Lbs	138/Lbs
	14	Older/Lighter	100/Lbs		103/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	168/Lbs	198/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	158/Lbs	188/Lbs
	13	Regular	145/Lbs	175/Lbs	148/Lbs	178/Lbs
	14	Older/Lighter	120/Lbs		123/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	165/Lbs	Unlimited	168/Lbs	Unlimited

Please note that a PreGame Weigh-In is conducted 30-Minutes prior to the start of EVERY game.

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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	Approval Required	118.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	108.5/Lbs	118.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	103.5/Lbs	113.5/Lbs
	8	Regular	95/Lbs	105/Lbs	98.5/Lbs	108.5/Lbs
	9	Older/Lighter	65/Lbs		68.5/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	128.5/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	118.5/Lbs	128.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	113.5/Lbs	123.5/Lbs
	10	Regular	105/Lbs	115/Lbs	108.5/Lbs	118.5/Lbs
	11	Older/Lighter	75/Lbs		78.5/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	138.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	128.5/Lbs	138.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	123.5/Lbs	133.5/Lbs
	12	Regular	115/Lbs	125/Lbs	118.5/Lbs	128.5/Lbs
	13	Older/Lighter	85/Lbs		88.5/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	148.5/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	138.5/Lbs	148.5/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	133.5/Lbs	143.5/Lbs
	13	Regular	125/Lbs	135/Lbs	128.5/Lbs	138.5/Lbs
	14	Older/Lighter	100/Lbs		103.5/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	168.5/Lbs	198.5/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	158.5/Lbs	188.5/Lbs
	13	Regular	145/Lbs	175/Lbs	148.5/Lbs	178.5/Lbs
	14	Older/Lighter	120/Lbs		123.5/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	165/Lbs	Unlimited	168.5/Lbs	Unlimited

Please note that a PreGame Weigh-In is conducted 30-Minutes prior to the start of EVERY game.

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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	115/Lbs	Approval Required	119/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	109/Lbs	119/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	104/Lbs	114/Lbs
	8	Regular	95/Lbs	105/Lbs	99/Lbs	109/Lbs
	9	Older/Lighter	65/Lbs		69/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	129/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	119/Lbs	129/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	114/Lbs	124/Lbs
	10	Regular	105/Lbs	115/Lbs	109/Lbs	119/Lbs
	11	Older/Lighter	75/Lbs		79/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	139/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	129/Lbs	139/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	124/Lbs	134/Lbs
	12	Regular	115/Lbs	125/Lbs	119/Lbs	129/Lbs
	13	Older/Lighter	85/Lbs		89/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	149/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	139/Lbs	149/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	134/Lbs	144/Lbs
	13	Regular	125/Lbs	135/Lbs	129/Lbs	139/Lbs
	14	Older/Lighter	100/Lbs		104/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	169/Lbs	199/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	159/Lbs	189/Lbs
	13	Regular	145/Lbs	175/Lbs	149/Lbs	179/Lbs
	14	Older/Lighter	120/Lbs		124/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	165/Lbs	Unlimited	169/Lbs	Unlimited

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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	Approval Required	119.5/Lbs	
	6	Regular/Younger	105/Lbs	115/Lbs	109.5/Lbs	119.5/Lbs
	7	Regular/Younger	100/Lbs	110/Lbs	104.5/Lbs	114.5/Lbs
	8	Regular	95/Lbs	105/Lbs	99.5/Lbs	109.5/Lbs
	9	Older/Lighter	65/Lbs		69.5/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	129.5/Lbs	
	8	Regular/Younger	115/Lbs	125/Lbs	119.5/Lbs	129.5/Lbs
	9	Regular/Younger	110/Lbs	120/Lbs	114.5/Lbs	124.5/Lbs
	10	Regular	105/Lbs	115/Lbs	109.5/Lbs	119.5/Lbs
	11	Older/Lighter	75/Lbs		79.5/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	139.5/Lbs	
	10	Regular/Younger	125/Lbs	135/Lbs	129.5/Lbs	139.5/Lbs
	11	Regular/Younger	120/Lbs	130/Lbs	124.5/Lbs	134.5/Lbs
	12	Regular	115/Lbs	125/Lbs	119.5/Lbs	129.5/Lbs
	13	Older/Lighter	85/Lbs		89.5/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	149.5/Lbs	
	11	Regular/Younger	135/Lbs	145/Lbs	139.5/Lbs	149.5/Lbs
	12	Regular/Younger	130/Lbs	140/Lbs	134.5/Lbs	144.5/Lbs
	13	Regular	125/Lbs	135/Lbs	129.5/Lbs	139.5/Lbs
	14	Older/Lighter	100/Lbs		104.5/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 Striper	TCYFL Approval Required			
	11	Younger/Heavier	165/Lbs	195/Lbs	169.5/Lbs	199.5/Lbs
	12	Younger/Heavier	155/Lbs	185/Lbs	159.5/Lbs	189.5/Lbs
	13	Regular	145/Lbs	175/Lbs	149.5/Lbs	179.5/Lbs
	14	Older/Lighter	120/Lbs		124.5/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	165/Lbs	Unlimited	169.5/Lbs	Unlimited

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