

River Valley Youth Football League

2024 Age & Weight Matrix

as of 1/16/24

Ages as of August 31st of current year

Superlightweight:	With Equipment * (up to)	Starting Game 5 with Equipment* (up to)
Age 6-7-8	88	91
Striper 6-7	unlimited	unlimited
Striper 8	93	96
Age 9	63	n/a

Lightweight:	With Equipment ** (up to)	Starting Game 5 with Equipment** (up to)
Age 8-9-10	108	111
Striper 8-9	unlimited	unlimited
Striper 10	113	116
Age 11	76	n/a

Junior Varsity:	With Equipment ** (up to)	Starting Game 5 with Equipment** (up to)
Age 10-11	128	131
Age 12	120	123
Striper 10-11	unlimited	unlimited
Striper 12	123	n/a
Age 13	80	n/a

Varsity	With Equipment ** (up to)	Starting Game 5 with Equipment** (up to)
Age 12-13-14	166	169
Striper	unlimited	unlimited

Notes:

Weights are subject to change by River Valley Youth Football League

*** Superlightweight Level ONLY - must weigh in with equipment including shoulder pads and game shoes**

**** When Lightweight, Junior Varsity & Varsity players weigh in, they must be wearing a minimum of the following equipment:**

Pants (Thigh and Knee pads)

Girdle Pads (Hip, Butt, Cup)

Game Jersey

Game Shoes & Socks

NO SHOULDER PADS ARE REQUIRED.

Extra Pads and Sweatshirts:

Rib Pads, Elbow Pads, Extra Sweatshirts, etc. do not have to go on until game time!