

## Weight Info

### Weight Information

Football is that the sport matches up participants not just by their age but also by their size. The age and weight limits are strictly enforced. All participants must be weighed prior to the start of the season and are then weighed prior to each game to make sure that they still meet weight limits. East Bay Youth Football & Cheer also allows "Older-Lighters" at the JPW through Varsity levels. These are participants who cannot make the bottom weight limit but are compensated for with a little extra maturity.

Age is determined as the participant's age on July 1, 2023. For new participants an original birth certificate or a certified copy from their county clerk is required to turn this in to EBYFC (East Bay Youth Football & Cheer) for "Official Certification" purposes. It will be returned to the parent. Photocopied, notarized copies, photocopies etc are not acceptable. If the required proof of age is not submitted a child may not participate in the season. If this is the case contact us as soon as possible so that we may consult with the Conference to determine if any other options are available.

All requirements listed below must be met at "Official Weigh-ins" and at the first game of the season.

#### Age and Weight Limits by Division (max 40 players per Division)

A participant's age as of July 1st will be considered qualifying age for the entire season for a division of play, regardless of whether or not they are weighed in any time after July 1st.

#### Additional Information

For a waiver and League Approval. Email EXECUTIVEBOARD@GMAIL.COM if you have an interested 6 year old.



## 2023 SEASON PLAYING WEIGHT LIMITS

DIVISION	ROSTER LIMITS	AGES	CERTIFICATION WEIGHT MAXIMUM	ENDING DATE
<b>Junior Pee-Wee</b>		7 – 8	90 lbs	
Older/Lighter	Max 5	9**	65 lbs	
X-Men	Unlimited	7 – 8	91+ lbs	
<b>Pee-Wee</b>		9-10	120 lbs	
Older/Lighter	Max 5	11**	85 lbs	
X-Men	Unlimited	9-10	121+ lbs	
<b>Junior Varsity</b>		11-12	150 lbs	
Older/Lighter	Max 5	13**	115 lbs	
X-Men	Unlimited	11-12	151+ lbs	
<b>Varsity</b>	14 Yr. Olds	13-14**	180 lbs	

