

**River Valley Youth Football League**  
**2009 Weight Chart**  
 updated 3-13-09

*Ages as of August 31, 2009*

<b>Superlightweight:</b>	<b>at Registration</b>	<b>With Equipment*</b>
Age 6-7-8	77	85
Striper	82	90
Age 9	60	68

<b>Lightweight:</b>	<b>at Registration</b>	<b>W/O shoulder pads**</b>
Age 8-9-10	100	105
Striper	105	110
Age 11	80	85

<b>Junior Varsity:</b>	<b>at Registration</b>	<b>W/O shoulder pads**</b>	<b>Starting 5th Game***</b>
Age 10-11-12	120	125	
Striper 12	128	133	136
Striper 11 & Under	133	138	141
Age 13	92	97	97

<b>Varsity</b>	<b>at Registration</b>	<b>W/O shoulder pads**</b>	<b>Starting 5th Game***</b>
Age 12-13-14	153	158	161
Striper	186	191	194
Double Striper	206	211	214

Note: Weights are subject to change by River Valley Youth Football League

\* **Superlightweight Level ONLY** - must weigh in with equipment including shoulder pads

\*\* **(NEW 2009) When Lightweight, Junior Varsity & Varsity players weigh in, they must be wearing the following equipment ONLY:**

Pants (Thigh and Knee pads)

Girdle Pads (Hip, Butt, Cup)

Game Jersey

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!

\*\*\* **Weights are in effect starting the fifth game of the season**