

# Southwest Illinois Youth Football Conference

## 2013 Ages and Weights Chart

New for 2013 Season: A play down player may not turn a year older during the designated season including playoffs.

	AGES	WEIGHT		PLAY DOWN RULES
<b>FRESHMEN</b>	6 & 7 Years Old	70 lbs & under	Any Position	
		Over 70 lbs	Lineman Position	
<b>SOPHOMORE</b>	8 & 9 Years Old	90 lbs & under	Any Position	8 yr old - 55lbs or under may play Freshman division
		Over 90 lbs	Lineman Position	
<b>JR VARSITY</b>	10 & 11 Years Old	110 lbs & under	Any Position	10 yr old – 70 lbs or under may play Sophomore division
		Over 110 lbs	Lineman Position	
<b>VARSITY</b>	12, 13 & 14 Years Old	140 lbs & under	Any position	12 yr old – 90 lbs or under may play Jr Varsity division
		Over 140 lbs	Lineman Position	