

**2012
GREATER EASTSIDE JUNIOR FOOTBALL
AGE/WEIGHT CHART**

AGE: Age points are shown on the chart below. To be eligible to play without a waiver, a player must have been born on or before July 31, 2004, but not before August 1, 1997. With system approval and parental waiver, a 7-year-old who weighs at least 60 pounds may play.

AGE POINTS

MONTH	2004	2003	2002	2001	2000	1999	1998	1997
JAN	3	15	27	39	51	63	75	
FEB	2	14	26	38	50	62	74	
MAR	1	13	25	37	49	61	73	
APR	0	12	24	36	48	60	72	
MAY	0	11	23	35	47	59	71	
JUN	0	10	22	34	46	58	70	
JUL	0	9	21	33	45	57	69	
AUG		8	20	32	44	56	68	80
SEP		7	19	31	43	55	67	79
OCT		6	18	30	42	54	66	78
NOV		5	17	29	41	53	65	77
DEC		4	16	28	40	52	64	76

PLAYING LEVEL

Playing level is determined by one of two ways: (1) age/weight point total; or (2) age only.

- (1) To find a player's playing level by age/weight point total, add the player's weight (1 point for each full pound) to the player's age points found on the chart above. Then enter column 1 of the chart below with that age/weight point total to determine the playing level from column 2; or
- (2) To find a playing level by age only, find the player's age points from the chart above and then enter column 3 of the chart below to determine the playing level from column 2.

With system approval and a signed parental waiver, any player within 5 age/weight total points of the next higher level's minimum age/weight total points in column 1 of the chart below may waiver up to that level. **Generally, this waiver should only be used to increase team sizes to minimum levels.**

No player with 21 or more age points may play at the Rookie level regardless of his age/weight total points. By age points only, a player may also choose a playing level between the level determined by using (1) and the level determined by using (2). For example, a league age 8 year old whose age/weight total points would put him at the Sophomore level, may choose to play as a Sophomore using age/weight total points, as a Rookie using age points only, or as a Cub.

Age/Weight Total Pts.	Level	Determining Playing Level by Age Only	Cap Weight
60-97	Rookies	All players with 10 age points or less No player with 21 or more age points	
98-122	Cubs	All players with 11 to 23 age points	
123-147	Soph.	All players with 24 to 37 age points	130 lbs
148-174	Jr. Varsity	All players with 38 to 51 age points	155 lbs
175-198	Varsity	all players with 52 to 80 age points who are 8th grade or below	None

PLAYER WEIGHT

Players assigned to the Sophomore, and J.V. Level by their age points alone will have a Cap weight (column 4 in the chart above) which remains constant through the season. Players above the Cap weight shall have an "X" on their helmet. The "X" must be in contrasting color to the helmet color and clearly visible to both sidelines and the referees (at least 4 inches in height on the back of the helmet). The "X" players are limited on defense and offense to positions in the tackle-to-tackle box. The widest such a defensive player may align is **on the outside shoulder of the offensive tackle**. If any player with an "X" on their helmet possesses the ball during a down, the play ends with their team retaining the ball other than by rule at the spot. All "X" players are ineligible as pass receivers.

All players exceeding the listed age points for the level to which they are assigned, will be weighed during preseason and prior to every game to ensure they do not exceed the age-weight total for the level to which they are assigned. As applicable, coaches must ensure each player's weight growth during this season is such that players remain within the respective age-weight point spread.

GROWTH DURING THE SEASON

Players who are assigned by age/weight total will be allowed weight growth during the season per the chart shown below.

PLAYING LEVEL AGE/WT POINT TOTAL MAXIMUMS (EXCLUDING EQUIPMENT)

PLAYING LVL		WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	WK9	WK10	WK11
Rookies	(3 LBS)	97	97	98	98	98	99	99	95	99	100	100
Cubs	(4 LBS)	122	122	123	123	124	124	125	125	126	126	126
Sophomores	(4 LBS)	147	147	148	148	149	149	150	150	151	151	151
Junior Varsity	(5 LBS)	174	175	175	176	176	177	177	178	178	179	179
Varsity	(6 LBS)	198	199	200	201	201	202	202	203	203	204	204

EQUIPMENT ALLOWANCE

Players will be weighed at the field before every contest and, in addition to the weekly growth allowance for each age/weight total player, there is an equipment allowance as listed below which also applies in the case of "X" players. X players who are declared as such at weigh-in and so marked need not weigh-in.

Rookies 5 LBS; Cubs 5 LBS; Sophomores 7 LBS; Jr Varsity 8 LBS; Varsity 9 LBS

The equipment allowance will include ALL equipment except for helmet and shoes. Any player may have the option to weigh without gear but WILL NOT be given any equipment allowance; the weekly growth allowance still applies.

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