

2026

Greater Eastside Junior Football Association

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, 2018, but not before August 1, 2011. With system approval and parental waiver, a 7-year-old who weighs at least 60 pounds may play.

Age Points

Month	2018	2017	2016	2015	2014	2013	2012	2011
Jan	3	15	27	39	51	63	75	
Feb	2	14	26	38	50	62	74	
Mar	1	13	25 *36	37	49	61	73	
Apr	0	12	24 *33	36	48	60	72	
May	0	11	23 *30	35	47	59	71	
Jun	0	10	22 *27	34	46	58	70	
Jul	0	9	21 *24	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. Generally, the **player should be placed at the lowest possible level for which the player is eligible using either of these options.**

- (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.

When using the age/weight point total to determine playing level, a 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 elect to be assigned up at that level, subject to Club approval and a signed parental waiver. Generally, this waiver should only be used to increase team sizes to minimum levels. If a player is eligible for that next higher level by age only option, no waiver is necessary, however, Club approval is still required.

*** Players born in March through July of 2016 may play at the Rookie by age/weight total points subject to the age points shown in the right column.**

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 Points	Level	Determining Playing Level by Age Only or Age Grade
60 – 97	Rookie	All players with 10 age points or less. No player with 21 or more age points.
98 – 122	Cub	All players with 11 to 23 age points
123 – 147	Sophomore	All Players with 24 to 37 age points
148 – 174	Jr. Varsity	All Players with 38 to 51 age points
175 – 198	Varsity	All Players with 52 to 67 age points. All 8th Graders with 68 – 80 age points; must provide grade verification unless they are Age/Weight eligible. See note below regarding 9th graders.

Note: 9th Graders between 68 to 80 age points may only play by age/weight point total option.

PLAYER WEIGHT

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 LEVEL		WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	WK9	WK10	WK11
Rookies	(3 LBS)	97	97	98	98	98	99	99	99	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.

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.