

River Valley Youth Football League

2026 Age & Weight Matrix

as of 2/18/26

Ages as of August 31st of current year

Superlightweight:	With Equipment * (up to)	Starting TBD with Equipment* (up to)
Age 6-7-8 - ball carrier	88	91
Striper 6-7	unlimited	unlimited
Striper 8	100	103
Age 9	63	n/a

Lightweight:	With Equipment ** (up to)	Starting TBD with Equipment* (up to)
Age 8-9-10 - ball carrier	108	111
Striper 8-9	unlimited	unlimited
Striper 10	120	123
Age 11	76	n/a

Junior Varsity:	With Equipment ** (up to)	Starting TBD with Equipment* (up to)
Age 10-11 - ball carrier	128	131
Age 12 - ball carrier	120	123
Striper 10-11	unlimited	unlimited
Striper 12	128	131

Varsity	With Equipment ** (up to)	Starting TBD with Equipment* (up to)
Age 12-13-14 - ball carrier	166	169
Striper	unlimited	unlimited

Notes:

Weights are subject to change by River Valley Youth Football League

*** Superlightweight Level ONLY - must weigh in with equipment including shoulder pads and game shoes**

**** When Lightweight, Junior Varsity & Varsity players weigh in, they must be wearing a minimum of the following equipment:**

Pants (Thigh and Knee pads)

Girdle Pads (Hip, Butt, Cup)

Game Jersey

Game Shoes & Socks

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!