

River Valley Youth Football League

2025 Age & Weight Matrix

as of 3/18/25

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 | 95 | 98 |
| 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 | 115 | 118 |
| 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 |
| Age 13 | 80 | n/a |

| 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!