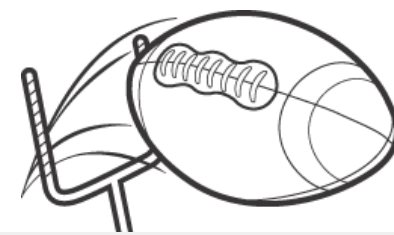


Southwestern Illinois Youth Football Conference

Ages, Weights, and Divisions

Find the division for your child's age as of September 1, 2009



DIVISION	AGES (Yrs. Old)	WEIGHT (lbs)	POSITION	PLAY DOWN RULES
FRESHMEN	6 & 7	70 & under	Any Position	
	6 & 7	71+	Lineman Position	
	8	55 & under	Any Position	8 yr olds - 55lbs or under may play Freshman div.
SOPHOMORE	8 & 9	90 & under	Any Position	
	8 & 9	91+	Lineman Position	
	10	70 & under	Any Position	10 yr olds – 70 lbs or under may play Sophomore div.
JR VARSITY	10 & 11	110 & under	Any Position	
	10 & 11	111 +	Lineman Position	
	12	90 & under	Any Position	12 yr olds – 90 lbs or under may play Jr. Varsity div.
VARSITY	12, 13 & 14	135 lbs & under*	Any position	
	12, 13 & 14	136 lbs*+	Lineman Position	*the restriction weight for the Varsity division is still under review. There is a possibility it will be heavier.