

N.Y.F.L. 2010 GUIDELINES

AGE GROUP	WEIGHT	DIVISION	YOUR AGE AS OF:
6-7	80 lbs.	Pee Wee	07/31/2010
8-9	100 lbs.	Freshman	07/31/2010
10-11	120 lbs.	J.V.	07/31/2010
12-13	145 lbs.	Varsity	07/31/2010

NOTE:

- * 6-7 Team is instructional, minimum 15 players to field a team.
- * 7 year olds can play up (with 8-9) with a minimum weight of 50 lbs.
- * Waivers have been eliminated
- * Your actual age as of 07/31/2010 is your league age.