



2016 AMERICAN YOUTH FOOTBALL DIVISIONS OF PLAY
 2016 AMERICAN YOUTH FOOTBALL ALL-AMERICAN & NATIONAL DIVISIONS
 AGE PROTECTED/UNLIMITED WEIGHT
 INSTRUCTIONAL DIVISIONS



DIVISIONS 2016	PROTECTED AGES	YEAR OF BIRTH
6U	AGE AS OF DECEMBER 31, 2016	UNLIMITED
7U	AGE AS OF JULY 31, 2016	UNLIMITED
8U	AGE AS OF JULY 31, 2016	UNLIMITED
9U	AGE AS OF JULY 31, 2016	UNLIMITED
TEAM DIVISIONS CAN BE COMBINED		
DIVISIONS 2016	AGE CUT AS OF 7/31	STRIP WEIGHT + EQUIPMENT ALLOWANCE
TINY MITE	7 YEARS OLD AND UNDER	95 LBS
MIGHTY MITE	9 YEARS OLD AND UNDER	110 LBS

2016 AMERICAN YOUTH FOOTBALL ALL-AMERICAN DIVISIONS
 AGE PROTECTED/UNLIMITED WEWIGHT
 COMPETITIVE DIVISION

DIVISIONS 2016	PROTECTED AGES	WEIGHT
10U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
11U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
12U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
13U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
14U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
15U DIVISION	AGE AS OF JULY 31, 2016	UNLIMITED WEIGHT
TEAM DIVISIONS CAN BE COMBINED		

2016 AMERICAN YOUTH FOOTBALL NATIONAL DIVISION
 COMPETITIVE D1 & D2 DIVISIONS

DIVISIONS 2016	AGE CUT OFF 7/31	STRIP WEIGHT + EQUIPMENT ALLOWANCE
CADET	9 AND UNDER	114 + 5 = 119LBS
	10 OLDER LIGHTER	94 + 5 = 99LBS
JUNIOR PEE WEE	10 AND UNDER	124 + 5 = 129LBS
	11 OLDER LIGHTER	104 + 5 = 109LBS
PEE WEE	11 AND UNDER	139 + 5 = 144LBS
	12 OLDER LIGHTER	119 + 5 = 124LBS
JUNIOR MIDGET	12 AND UNDER	159 + 6 = 165LB
	13 OLDER LIGHTER	139 + 6 = 145LBS
PRE-GAME WEIGH-IN MUST BE CONDUCTED PRIOR TO ALL GAMES		

**Any "Sweat Down" or "Extreme" weight loss used by a player to make weight will be grounds for immediate suspension for the players own safety. Any coach, Administrator or Team Personnel found to have advised, encouraged, or tolerated and "Sweat Down" or "Extreme" weight loss techniques will be grounds for immediate suspension. Suspension will be anywhere from one year to permanent depending on severity. Head Coaches will be held responsible for the actions of all personnel