

YMCA Pop Warner Football Weight Chart 2011

Below are the weights for each week with allowances – Ages are as of August 1st

Junior Peewees (8-10 year olds)

		<u>Without equipment</u>	<u>With equipment minus helmet</u>
Game 1 –	Regular	60-108	65-118
	Older/Lighter 11 yr olds	60-88	65-98
Game 2 –		60-109	65-119
		60-89	65-99
Game 3 –		60-110	65-120
		60-90	65-100
Game 4 –		60-111	65-121
		60-91	65-101
Game 5 –		60-112	65-122
		60-92	65-102
Game 6 –		60-113	65-123
		60-93	65-103
Game 7 – Jamboree		60-114	65-124
		60-94	65-104

Junior Midgets (10-12 year olds)

Game 1 –	Regular	85-138	90-148
	Older/Lighter 13 yr. Olds	85-118	90-128
Game 2 –		85-139	90-149
		85-119	90-129
Game 3 –		85-140	90-150
		85-120	90-130
Game 4 –		85-141	90-151
		85-121	90-131
Game 5 –		85-142	90-152
		85-122	90-132
Game 6 –		85-143	90-153
		85-123	90-133
Game 7 – Jamboree		85-144	90-154
		85-124	90-134