

# 2023 Youth Football Age and Weight Requirements

Player's ages will be determined by their age as of July 31st of the current year, and the player's division will be determined by the chart below:

Division	Age*	Minimum Weight (lbs.) *	Maximum Weight (lbs.)*
<b>Flag</b>	5	N/A	N/A
	6	N/A	N/A
	7	N/A	N/A
	8	N/A	N/A
<b>U10</b>	9	55	125
	10	55	125
<b>U13</b>	11	80	145
	12	80	145
	13	80	130

**It is the recommendation of the Parks, Recreation and Tourism Department that children do not move between age divisions but may do so with written parent and City staff approval along with meeting all other requirements.**

\*An 8-year-old may move up to the next age division (U10-Tackle) if they desire and meet all the following criteria:

- Has at least one year of tackle football experience in any organized league **or** one year of experience in the City of Chesapeake flag football league.
- Meet the proper weight restrictions: Minimum Weight 70lbs, Maximum Weight: 125lbs.
- Written parent approval via the parent waiver form.
- Written verification and approval by City staff.
- Parents must provide proof that the child has played at least one year of tackle football in any organized league with documentation.

\*A 10-year-old may move up to the next age division (U13-Tackle) if they desire and meet all the following criteria:

- Meet the proper weight restrictions: Minimum Weight 126lbs, Maximum Weight: 145lbs. **or** parents must provide proof that the child has played at least one year of tackle football in any organized league with documentation if under the minimum weight.
- Written parent approval via the parent waiver form.
- Written verification and approval by City staff.

\*If a player does not meet the minimum weight requirement for their age division, they may participate in that division if they have at least one year of verified tackle football experience in any organized league, along with written parent approval via the parent waiver form and city staff approval. Parents must provide proof that the child has played at least one year of tackle football in any organized league with documentation.