



Gold Coast Youth Football League

2026 Regular Season

Age and Weight Chart
Age as of July 31, 2026

Mighty Mite	Bantam	Freshman	Sophomore	Junior	Senior
Age 6 Max wt: unlimited	Age 8 Max wt: 115lbs ⁽¹⁾ X-Player Max: Unlimited	Age 9 Max wt: 125lbs ⁽¹⁾ X-Player Max: Unlimited	Age 10 Max wt: 135lbs ⁽¹⁾ X-Player Max: Unlimited	Age 11 Max wt: 145lbs ⁽¹⁾ X-Player Max: Unlimited	Age 12 Max wt: 180lbs ⁽¹⁾ X-Player Max: Unlimited
Age 7 Max wt: unlimited	Age 9 Max wt: 100lbs ⁽¹⁾ X-Player Max: Unlimited	Age 10 Max wt: 110lbs ⁽¹⁾ X-Player Max: Unlimited	Age 11 Max wt: 120lbs ⁽¹⁾ X-Player Max: Unlimited	Age 12 Max wt: 130lbs ⁽¹⁾ X-Player Max: Unlimited	Age 13 Max wt: 170lbs ⁽¹⁾ X-Player Max: Unlimited
Age 8 Max wt: 70lbs ⁽¹⁾ X-Player Max: 90lbs ⁽²⁾	Age 10 Max wt: 75lbs ⁽²⁾	Age 11 Max wt: 85lbs ⁽²⁾	Age 12 Max wt: 95lbs ⁽²⁾	Age 13 Max wt: 105lbs ⁽²⁾	Age 14 Max wt: 145lbs Age 12-13 X-Player No Limit Age 14 No X-Player Allowed

- (1) X-Player Rules apply beyond posted weight limits; there is a 10lb weight gain allowed for playoffs
 (2) Only 5lb weight gain allowed for playoffs

Note 1: If you were an X-Player in the Regular Season, you are an X-player for the Playoffs
 Note 2: If you do not make weight for your Division, you cannot participate in Playoffs (you cannot move up a Division for Playoffs)