



Gold Coast Youth Football League

2026 Playoffs

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: 125lbs X-Player Max: Unlimited	Age 9 Max wt: 135lbs X-Player Max: Unlimited	Age 10 Max wt: 145lbs X-Player Max: Unlimited	Age 11 Max wt: 155lbs X-Player Max: Unlimited	Age 12 Max wt: 190lbs X-Player Max: Unlimited
Age 7 Max wt: unlimited	Age 9 Max wt: 110 lbs X-Player Max: Unlimited	Age 10 Max wt: 120 lbs X-Player Max: Unlimited	Age 11 Max wt: 130 lbs X-Player Max: Unlimited	Age 12 Max wt: 140lbs X-Player Max: Unlimited	Age 13 Max wt: 180lbs X-Player Max: Unlimited
Age 8 Max wt: 80lbs X-Player Max: 95lbs	Age 10 Max wt: 80lbs	Age 11 Max wt: 90lbs	Age 12 Max wt: 100lbs	Age 13 Max wt: 110lbs	Age 14 Max wt: 150lbs

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)