

Divisions

FLYWEIGHT

Age: Max of 8 years old

- Weight Restrictions: 100 lbs.
- Max Ball Carrier Weight: 85 lbs
- Game-Day Max Weight: Non-Petitioned - 107 lbs; Petitioned - 110

LIGHTWEIGHT

Age: 9 years old (and under)

- Weight Restrictions: 125 lbs.
- Max Ball Carrier Weight: 110 lbs
- Game-Day Max Weight: Non-Petitioned - 132 lbs; Petitioned - 135 lbs

MIDDLEWEIGHT

Age: 10 years old (and under)

- Weight Restrictions: 135 lbs.
- Max Ball Carrier Weight: 120 lbs
- Game-Day Max Weight: Non-Petitioned - 142 lbs; Petitioned - 145 lbs

HEAVYWEIGHT

Age: 11-12 years old (and under)

Grades: 6th and under

- Weight Restrictions: 165 lbs.
- Max Ball Carrier Weight: 140 lbs
- Game-Day Max Weight: Non-Petitioned - 172 lbs; Petitioned - 175 lbs

7th GRADE

Age: 15 (and under)

Grades: 7th (and under)

- Weight Restrictions: None
- Max Ball Carrier Weight: None

8th GRADE

Age: 15 (and under)

Grades: 8th (and 7th)

- Weight Restrictions: None
- Max Ball Carrier Weight: None

*Age range: 6yrs - 15yrs (as of August 1st)

*Older Lighter by NIFC Petition only - see NIFC rule book for details

*For the Divisions outlining a specific grade; that is the grade the player will be entering in the fall. For example, if a player is entering the 7th grade and weights 95 pounds they will play on the 7th grade team unless an older lighter petition is filed and approved by the NIFC (exception not the rule)