



2026 California Association of Youth Football and Cheer Conference Age-Weight Divisions

DIVISION	Age(s) as of July 31st	Week 1 Max Weight	Week 9 Max Weight	Post season Max Weight
TINY MITES	5,6,7	95	95	95
FRESHMAN	7,8,9	120	120	125
SOPHOMORES	9,10,11	155	155	155
JUNIORS	11,12,13,14	215	215	215
	14 year old in 8 th	Grade only		

***14 yr old 8th Grade MAX.**

Rosters of 15 or less can have up to 4 8th graders that turn 15 during the season, Rosters of 16 or more can have a max of 3.