**2019 SCJAAF Weight and Age Chart**

**Any player weighing 5% or more over the maximum CERTIFICATION weight for a Division at time of official physical examination will be assigned to the next higher division (unless age does not permit)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **DIVISION:** | **JR MICRO** | **MICRO** | **JR PEE WEE**  | **PEE WEE** | **MIDGET** |
| **AGE AS OF 07-31-19:** | **6** | **7** | **8** | **8 & 9** | **10** | **9,10,11** | **12** | **10,11,12** | **13** | **11,12,13** | **14** |
| **5% MAX WEIGHT ON PHYSICAL FOR DIVISION PLACEMENT: (5% RULE)** | **unlimited** | **110** | **100** | **121** | **105** | **142** | **126** | **163** | **147** | **Unlimited** | **Unlimited** |
| **MAX WEIGHT ON CERTIFICATION DAY:** | **unlimited** | **105** | **95** | **115** | **100** | **135** | **120** | **155** | **140** | **Unlimited** | **Unlimited** |

**Certified weights are without helmet, shoulder pads, and shoes/cleats.**

**To scrimmage, players cannot weigh more than 5 pounds of the Max. Certification Weight as shown above.**

**No player, prior to certification, shall be allowed to participate in contact (hitting) if weighing 10 lbs. or more than the Max. Certification weight.**

**We will not accept any physical that DOES NOT have the Doctor's Stamp.**

**No player is allowed to participate in SCJAAF without having a current physical on file with their chapter (dated no earlier than March 22, 2019). Physicals done by a Chiropractor or Registered Nurse will NOT be accepted**