

# SUFFOLK PAL DIVISION WEIGHTS

WEIGHTS IN FULL EQUIPMENT - LESS HELMET

AGE GROUP	7&8	9	10	11	12	13	14
THE WHOLE YEAR							
REGULAR WEIGHT	106	116	126	136	151	UL	UL
HEAVY WEIGHT	111	121	131	141	156	UL	UL
*SUPER HEAVY*		126	136	146	161	UL	UL

\*\*\*\* SUPER HEAVY MUST PLAY UP ONE YEAR TO QUALIFY FOR SUPER HEAVY WEIGHT\*\*\*\*

EXAMPLE

- 8 YEAR OLD MUST PLAY UP TO 9 YEAR OLD TO GET 126 LBS WEIGHT
- 9 YEAR OLD MUST PLAY UP TO 10 YEAR OLD TO GET 136 LBS WEIGHT
- 10 YEAR OLD MUST PLAY UP TO 11 YEAR OLD TO GET 146 LBS WEIGHT
- 11 YEAR OLD MUST PLAY UP TO 12 YEAR OLD TO GET 161 LBS WEIGHT

\*\*\*\* NW STANDS FOR NO WEIGH INS      13'S AND 14'S DO NOT WEIGH IN