

SUFFOLK PAL DIVISION WEIGHTS

WEIGHTS IN FULL EQUIPMENT - LESS HELMET

AGE GROUP	7&8	9	10	11	12	13
THE WHOLE YEAR						
REGULAR WEIGHT	106	116	126	136	151	171
HEAVY WEIGHT	111	121	131	141	156	176
SUPER HEAVY		126	136	146	161	176

**** 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

12 YEAR OLD MUST PLAY UP TO 13 YEAR OLD TO GET 176 LBS WEIGHT