



## BGYFL - 2023 WEEKLY WEIGHT CHART

Weight	Age*		WK1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12
<b>BGFlag</b>	Not 7	Striper	70	71	72	73	74	75	76	77	78	NA	NA	NA
	Not 8	weight	64	65	66	67	68	69	70	71	72	NA	NA	NA
	Not 8*	Striper	64-70 - Striper receive 1 - lb/week for flag. <i>Week 1 - 70lbs max weight for flag</i>											
<b>BG8U</b>	Not 9	Weight	78.0	78.5	79.0	79.5	80.0	80.5	81.0	81.5	82.0	82.5	83.0	83.5
	Not 9	Striper	78+											
<b>BG9U</b>	Not 10	Weight	88	88.5	89.0	89.5	90.0	90.5	91.0	91.5	92.0	92.5	93.0	93.5
	Not 10	Striper	88+											
<b>BG10U</b>	Not 11	Weight	98	98.5	99.0	99.5	100.0	100.5	101.0	101.5	102.0	102.5	103.0	103.5
	Not 11	Striper	98+											
<b>BG11U</b>	Not 12	Weight	108	108.5	109.0	109.5	110.0	110.5	111.0	111.5	112.0	112.5	113.0	113.5
	Not 12	Striper	108+											
<b>JV</b>	Not 13	Weight	123	123.5	124.0	124.5	125.0	125.5	126.0	126.5	127.0	127.5	128.0	128.5
	Not 13	Striper	123+											
<b>Varsity</b>	Not 15	Weight	158	158.5	159.0	159.5	160.0	160.5	161.0	161.5	162.0	162.5	163.0	163.5
	Not 15	Striper	158+											

Age based on age prior to August 1.

Non high school students who turn 15 between August 1st and the day after championship day can only play at the Varsity level.