

2022 MCYFL NATIONAL CONF. COMPETITION

LEVELS WEIGHT CHART

ALL WEIGHTS ARE "SET SCALE TO"

LEVEL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	Playoff Wk 1	Playoff Wk 2
	9/10-11	9/17-18	9/24-25	10/1-2	10/8-9	10/15-16	10/22-23	10/29-30	'11/5-6	11/12-13

VARSITY	171	171	172	173	174	175	176	177	178	179
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VAR. TAC-TAC	194	194	194	194	194	194	194	194	194	194
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VARSITY BASE WEIGHT WITHOUT EQUIPMENT IS 161 LBS

J - V	147	147	148	149	150	151	152	153	154	155
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J-V TAC-TAC	169	169	169	169	169	169	169	169	169	169
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J-V. older/lighter	119	119	120	121	122	123	124	125	126	127
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J - V BASE WEIGHT WITHOUT EQUIPMENT IS 138 LBS VARSITY PLAYER PLAYING DOWN MUST START @ 110LBS- SAME GROWTH ALLOWANCE

PEEWEE	131	131	132	133	134	135	136	137	138	139
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P-W TAC-TAC	152	152	152	152	152	152	152	152	152	152
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P-W older/lighter	107	107	108	109	110	111	112	113	114	115
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PEEWEE BASE WEIGHT IS 123

JAYVEE PLAYER PLAYING DOWN MUST START @ 99LBS- SAME GROWTH ALLOWANCE

2022 MCYFL NATIONAL CONF.

INSTRUCTIONAL LEVELS WEIGHT CHART

ALL WEIGHTS ARE "SET SCALE TO"

LEVEL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	MAKE_UP	MAKE-UP
	9/10-11	9/17-18	9/24-25	10/1-2	10/8-9	10/15-16	10/22-23	10/29-30	'11/5-6	11/12-13

SUPER P/W	118	118	119	119	120	120	121	121	122	122
SPW. TAC-TAC	131	131	131	131	131	131	131	131	131	131
SPW. Older/lighter	95	95	96	96	97	97	98	98	99	99

SUPER P/W BASE WEIGHT WITHOUT EQUIPMENT IS 111 LBS. SPW PLAYER PLAYING DOWN MUST START @ 88 LBS- SAME GROWTH ALLOWANCE

CLINIC	107	107	108	108	109	109	110	110	111	111
CLINIC TAC-TAC	119	119	119	119	119	119	119	119	119	119
CLINIC older/lighter	84	84	85	85	86	86	87	87	88	88

CLINIC BASE WEIGHT WITHOUT EQUIPMENT IS 100 LBS. SPW PLAYER PLAYING DOWN MUST START @ 77 LBS- SAME GROWTH ALLOWANCE

PRE-CLINIC	97	97	98	98	99	99	100	100	101	101
PRE-CLINIC TAC-TAC	108	108	108	108	108	108	108	108	108	108
PRE-CLINIC older/lighter	73	73	74	74	75	75	76	76	77	77

PRE-CLINIC BASE WEIGHT WITHOUT EQUIPMENT IS 90 LBS. CLINIC PLAYER PLAYING DOWN MUST START @ 66 LBS- SAME GROWTH ALLOWANCE