

# Nassau - Suffolk Football League (NSFL) - 2010

## League Age

<u>Cheer</u>	<u>Football</u>	<u>DEC</u>	<u>JAN</u>	<u>FEB</u>	<u>MAR</u>	<u>APR</u>	<u>MAY</u>	<u>JUN</u>	<u>JUL</u>	<u>AUG</u>	<u>SEP</u>	<u>OCT</u>	<u>NOV</u>
5	Peanut	2004	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005
6	PeeWee	2003	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004
7	PeeWee	2002	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003
8	Midget	2001	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002
9	Midget	2000	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001
10	Pony	1999	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
11	Pony	1998	1999	1999	1999	1999	1999	1999	1999	1999	1999	1999	1999
12	Senior	1997	1998	1998	1998	1998	1998	1998	1998	1998	1998	1998	1998
13	Senior	1996	1997	1997	1997	1997	1997	1997	1997	1997	1997	1997	1997

*Find the month and year of birthdate to determine the Cheerleading Team/Football Division.  
A player's league age will be determined by his or her age on November 30th of the current year.*

## "Max" WEIGHT RESTRICTIONS 2009

*SUBJECT TO CHANGE FOR 2010*

<u>Division</u>	<u>Ages</u>	<u>Initial</u>	<u>1st Game</u>	<u>Oct. 1st</u>	<u>Nov. 1st</u>
PEANUTS	5	75	78	78	78
PEE WEE	6 & 7	90	93	95	97
MIDGET	8 & 9	110	113	115	117
PONY	10 & 11	130	133	135	137
SENIOR	12 & 13	155	158	160	162