

Flag Division

Player must be 5 to 6 years old or under on August 1st (no weight limit)

Pee Wee Division

Player must be 8 and under on August 1st with no weight limit
96 to 125lbs - restricted to Lineman Only "LO" position offense or defense
126lbs and up - restricted to Offense Lineman "OL" position

Junior Division

Player must be 10 and under on August 1st with no weight limit
111 to 135lbs - restricted to Lineman Only "LO" position offense or defense
136lbs and up - restricted to Offense Lineman "OL" position

Senior Division

Player must be 12 and under on August 1st with no weight limit
Must not turn 13 prior to January 1st of the following year.
141 to 160lbs - restricted to Lineman Only "LO" position offense or defense
161lbs and up - restricted to Offense Lineman "OL" position

Special Notes:

- * A person who is enrolled in the 7th grade or higher of the ensuing football season shall not be allowed to compete in the STJFL
- * If a player exceeds weight in their division, they may move up to the next division. However, they must follow the weight requirements of the next division.

Line Only "LO" - If a player exceeds the maximum running back weight they will be considered a Line Only "LO" player and be restricted to a down lineman position tackle to tackle on offense, between the tackles on defense, and line of scrimmage kick off receive only. The player can not cover or play head up on the center one yard off of the ball but must play in either gap. The player may pull as a lead blocking lineman as long as they started on the line of scrimmage. The player may not advance the ball under any circumstances and the ball will be blown dead at the point of possession. The player's helmet and certification card must be marked accordingly.

Offense Line "OL" - If a player exceeds the maximum LO weight they will be considered a Offense Line Only "OL" player and be restricted to a down lineman position tackle to tackle on offense only. The player may NOT play on defense or special teams and may NOT pull as a lead blocking lineman. The player may not advance the ball under any circumstances and the ball will be blown dead at the point of possession. The player's helmet and certification card must be marked accordingly.