

AVYFA FOOTBALL EXPONENT HELPER CHART
 Birthday/Age/Weight/Division
 2009 Season (01/01/2009)

The AVYFA Rules and Procedures Book over-rides any differences/errors in this chart.
 Please notify the AVYFA Commissioner if you believe there is an error in this chart.

ROOKIE		FRESHMAN		SOPHOMORE		JUNIOR		SENIOR	
Age 6 (No Limit)	August-02	Age 7 (No Limit)	August-01	Age 9 (No Limit)	August-99	Age 10 (No Limit)	August-98	Age 13 (200 lbs)	August-95
	September-02		September-01		September-99		September-98		September-95
	October-02		October-01		October-99		October-98		October-95
	November-02		November-01		November-99		November-98		November-95
	December-02		December-01		December-99		December-98		December-95
	January-03		January-02		January-00		January-99		January-96
	February-03		February-02		February-00		February-99		February-96
March-03	March-02	March-00	March-99	March-96					
April-03	April-02	April-00	April-99	April-96					
May-03	May-02	May-00	May-99	May-96					
June-03	June-02	June-00	June-99	June-96					
July-03	July-02	July-00	July-99	July-96					
Age 7 (No Limit)	August-01	Age 8 (No Limit)	August-00	Age 10 (125 lbs)	August-98	Age 11 (135 lbs)	August-97	Age 14 (175 lbs)	January-95
	September-01		September-00		September-98		September-97		February-95
	October-01		October-00		October-98		October-97		March-95
	November-01		November-00		November-98		November-97		April-95
	December-01		December-00		December-98		December-97		May-95
	January-02		January-01		January-99		January-98		June-95
	February-02		February-01		February-99		February-98		July-95
March-02	March-01	March-99	March-98	January-95					
April-02	April-01	April-99	April-98	February-95					
May-02	May-01	May-99	May-98	March-95					
June-02	June-01	June-99	June-98	April-95					
July-02	July-01	July-99	July-98	May-95					
Age 8 (65 lbs)	August-00	Age 9 (105 lbs)	August-99	Age 11 (95 lbs)	August-97	Age 12 (125 lbs)	August-96	Age 14 (176-200 lbs)	January-95
	September-00		September-99		September-97		September-96		February-95
	October-00		October-99		October-97		October-96		March-95
	November-00		November-99		November-97		November-96		April-95
	December-00		December-99		December-97		December-96		May-95
	January-01		January-00		January-98		January-97		June-95
	February-01		February-00		February-98		February-97		July-95
March-01	March-00	March-98	March-97	August-94					
April-01	April-00	April-98	April-97	September-94					
May-01	May-00	May-98	May-97	October-94					
June-01	June-00	June-98	June-97	November-94					
July-01	July-00	July-98	July-97	December-94					
Exception: Because of Aug 1 league age cutoff, child born Aug 1 in any group will be a year older than group. Example: Child born Aug 1, 2000 will be 9	August-98	Age 10 (85 lbs)	August-98	Age 12 (85 lbs)	August-96	Age 13 (95 lbs)	August-95	Age 15 (151-200 lbs)	August-94
	September-98		September-98		September-96		September-95		September-94
	October-98		October-98		October-96		October-95		October-94
	November-98		November-98		November-96		November-95		November-94
	December-98		December-98		December-96		December-95		December-94
	January-99		January-99		January-97		January-96		August-94
	February-99		February-99		February-97		February-96		September-94
March-99	March-99	March-97	March-96	October-94					
April-99	April-99	April-97	April-96	November-94					
May-99	May-99	May-97	May-96	December-94					
June-99	June-99	June-97	June-96	August-94					
July-99	July-99	July-97	July-96	September-94					
									OX-Factor
									OX-Factor
									NOTE: Exponent rules state Seniors can be 13 and under so all birth dates can apply