



Pop Warner Age Divisions: 2025-2026 Season

April 22, 2025 | Pop Warner

AGE-BASED DIVISIONS (TACKLE FOOTBALL)

DATE OF BIRTH	AGE GROUP
Between 8/1/19 and 7/31/20	6U (5 and 6 year olds)
Between 8/1/18 and 7/31/19	7U (6-7)
Between 8/1/17 and 7/31/18	8U (7-8)
Between 8/1/16 and 7/31/18	9U (7-8-9)
Between 8/1/15 and 7/31/17	10U (8-9-10)
Between 8/1/14 and 7/31/16	11U (9-10-11)
Between 8/1/13 and 7/31/15	12U (10-11-12)
Between 8/1/12 and 7/31/14	13U (11-12-13)
Between 8/1/11 and 7/31/13	14U (12-13-14)

AGE/WEIGHT DIVISIONS (TACKLE FOOTBALL)

DIVISION	WEIGHT	AGES	BIRTH DATES
TINY-MITE	(35-80 lb. Regular) No Older/Lighter	5, 6 & 7	8/1/17 - 7/31/20
MITEY-MITE	(45-105 lbs.) No Older/Lighter	7, 8, & 9	8/1/15 - 7/31/18
JR. PEE WEE	(60-120 lbs.) (60-95 lb. O/L)	8, 9 & 10 11	8/1/14 - 7/31/17 8/1/13 - 7/31/14
PEE WEE	(75-135 lbs.) (75-110 lb. O/L)	9, 10 & 11 12	8/1/13 - 7/31/16 8/1/12 - 7/31/13
JR. VARSITY	(90-160 lbs.) (90-135 lb. O/L)	10, 11 & 12 13	8/1/12 - 7/31/15 8/1/11 - 7/31/12
Varsity	(105-185 lbs.) (105-160 lb. O/L)	12, 13, & 14 15	8/1/10 - 7/31/12 8/1/09 - 7/31/10

FLAG FOOTBALL DIVISIONS

DATE OF BIRTH	AGE GROUP
Between 8/1/20 and 7/31/20	5U (5)
Between 8/1/19 and 7/31/20	6U (5-6)
Between 8/1/18 and 7/31/19	7U (6-7)
Between 8/1/17 and 7/31/19	8U (6-7-8)
Between 8/1/16 and 7/31/18	9U (7-8-9)
Between 8/1/15 and 7/31/17	10U (8-9-10)
Between 8/1/14 and 7/31/16	11U (9-10-11)
Between 8/1/13 and 7/31/15	12U (10-11-12)
Between 8/1/11 and 7/31/14	13U (11-12-13)
Between 8/1/11 and 7/31/13	14U (12-13-14)
Between 8/1/10 and 7/31/12	15U (13-14-15)
Between 8/1/09 and 7/31/11	16U (14-15-16)
Between 8/1/08 and 7/31/10	17U (15-16-17)
Between 8/1/07 and 7/31/09	18U (16-17-18)

CHEER & DANCE AGE DIVISIONS

DATE OF BIRTH	AGES	AGE GROUP
Between 8/1/18 and 7/31/19	3-4-5	JR. TINY-MITE
Between 8/1/17 and 7/31/20	5-6-7	TINY-MITE
Between 8/1/15 and 7/31/18	6-7-8-9	MITEY-MITE
Between 8/1/14 and 7/31/17	8-9-10-11	JR. PEE WEE
Between 8/1/13 and 7/31/16	9-10-11-12	PEE WEE
Between 8/1/12 and 7/31/15	10-11-12-13-14	JR. VARSITY
Between 8/1/09 and 7/31/13	12-13-14-15-16	VARSITY
Between 8/1/07 and 7/31/11	14-15-16-17-18	BANTAM