

REFERENCE GUIDE FOR DETERMINING AVERAGE SIZE BY GRADE LEVEL/AGE & CONTACT CATEGORY FOR APP

50th Percentile Measurements for Height and Weight From CDC Clinical Growth Charts (http://www.cdc.gov/growthcharts/clinical_charts.htm)						
Level, Grade and Age			Boys		Girls	
Level	Grade	Age	Height	Weight	Height	Weight
Modified	7, 8	12-13	5' 0"	96 lbs.	5' 1"	99 lbs.
Freshman	9	14	5' 4 ½ "	118 lbs.	5' 3"	110 lbs.
Jr. Varsity	10-11	15-16	5' 7¾"	128 lbs.	5' 3¾"	114 lbs.
Varsity	11-12	16-18	5' 9"	144 lbs.	5' 4"	122 lbs.

Classification of Sports According to Contact (<u>American Academy of Pediatrics Medical Conditions Affecting Sports Participation</u>)		
Non-Contact	Limited Contact	Contact
Archery Badminton Bowling Cross-Country Golf Rifle Swim Tennis Track & Field	Baseball Fencing Softball Volleyball	Basketball Competitive Cheerleading Field Hockey Football Gymnastics Ice Hockey Lacrosse Skiing (Downhill) Soccer Diving Wrestling