Football Size by Age

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/tools/football-size-by-age/

A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.

Football size by age

The makers' age bands touch at 9, 12 and 14, so those ages match two sizes. The finder shows both.

Wilson

Size	Range	Details
Pee wee	Ages 6 to 9	Wilson: fits the hands of children ages 6 to 9.
Junior	Ages 9 to 12	Wilson: for children who still have smaller hands than adults but more experience and strength.
Youth	Ages 12 to 14	Wilson: close in size to the official college ball.
High school and college	Ages 14 and up	Wilson: slightly smaller than an official NFL ball; either size can work depending on hand size.

Source: Wilson: How to choose a football. Checked November 3, 2026.

Nike

Size	Range	Details
Size 6, pee-wee	Ages 9 and younger	
Size 7, junior	Ages 10 to 12	
Size 8, youth	Ages 12 to 14	
Size 9, official	Ages 14 and up	Nike: approved for high school, collegiate and pro use.

Source: Nike: Football size chart. Checked November 3, 2026.

Sources

Wilson: How to choose a football
https://www.wilson.com/en-us/blogs/blog/skin-in-the-game-how-to-choose-a-football
Used for: Football size by age (pee wee, junior, youth, official). Checked November 3, 2026.

Nike: Football size chart
https://www.nike.com/size-fit/footballs
Used for: Football size 6 to 9 by age. Checked November 3, 2026.

Rules and charts change, so check the source pages and your league before you buy.