I typically use 2X4 framing for my platforms (but I'm always looking for alternatives). I store the frames without a top. They are lighter that way, although they do have a tendency to rack, which loosens the fasteners.

Whenever I leg platform frames, I use a compression leg system. I don't know where I got the idea from, but it seems to work. The idea of the compression leg is to use the compressive strength of the wood to hold up the platform rather than rely on the friction imparted by the carriage (or other) bolt squeezing two pieces of wood together. I know that sheer strength may play into this, but I digress.

So, I determine the total height of said platform. Subtract the thickness of the 2X4 frame, the homosote, the plywood, or any other deck topping. The remainder is the length of the leg.

To attach the leg to the platform frame, I use scrap 3/4" plywood cut into a triangle. The size of the triangle is based on the length of the leg. (This is similar to 1/4" plywood cornerblock on an old-fashioned flat. Oh, oh, here's another thread - How do we now make flats?) The 3/4" plywood triangle preferably has the grain oriented parallel to the hypotenuse of the triangle. I also cut a 2X4 notch out of the corner of the triangle to accommodate the frame.

I mount the leg so that it is in contact with both frame pieces. (Another short coming of carriage bolts is that you are only bolting through one part of the frame.) I screw through the plywood triangle into the platform frame and into the leg, thus creating a fairly stable structure. I've used this method on long legs as well, however, cross-bracing is definitely called for.