

CERTIFICATION & GAME DAY WEIGHTS



REQUIRED EQUIPMENT DURING WEIGH-INS

FLAG DIVISION CLEATS/SHOES FLAGS FOOTBALL PANTS/SHORTS & KNEE PADS GAME JERSEY MOUTHPIECE

TACKLE DIVISIONS

CLEATS/SHOES

FOOTBALL PANTS WITH KNEE & THIGH PADS

GIRDLE WITH HIP AND POSTERIOR PAD

GAME JERSEY

MOUTHPIECE

*A PARTICIPANT MAY WEAR PANTS/SHORTS WITH SEWN IN (INTEGRATED) PADS AS LONG AS IT MEETS THE MINIMUM REQUIREMENT ABOVE

FLAG (5	-6)															
CERTIFICATION	GAME DAY WEIGHTS IN UNIFORM MAXIMUM WEIGHTS															
WEIGHT WEIGHT	WEIGHT IN															
STRIPPED	UNIFORM	1-Sep	7-Sep	14-Sep	21-Sep	28-Sep	1-Oct	7-Oct	14-Oct	21-Oct	28-Oct	1-Nov	7-Nov	14-Nov	21-Oct	28-Nov
UNLIMITED	UNLIMITED	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
JR GREN	/ILIN (8U)															
CERTIFICATION							GAN	E DAY V	VEIGHTS							
WEIGHT	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)															
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Sep	7-Sep	14-Sep	21-Sep	28-Sep	1-Oct	7-Oct	14-Oct	21-Oct	28-Oct	1-Nov	7-Nov	14-Nov	21-Oct	28-Nov
100	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
GREML	IN (10U)															
CERTIFICATION							GAM	E DAY V	VEIGHTS							
WEIGHT					IN U	JNIFORM	MAXIM	JM WEIG	HTS (5L	B ALLOV	VANCE)					
WEIGHT	WEIGHT IN	1-Sep	7-Sep	14-Sep	21-Sep	28-Sep	1-Oct	7-Oct	14-Oct	21-Oct	28-Oct	1-Nov	7-Nov	14-Nov	21-Oct	28-Nov
STRIPPED	UNIFORM	•		•		•										
120	125 NCC (4411)	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
_	NEE (11U)						0.414	E DAVU	VEIQUITO							
CERTIFICATION WEIGHT		GAME DAY WEIGHTS IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)														
WEIGHT	WEIGHT IN			ı	IN C	INIFORM	MAXIMU	JM WEIG	H15 (5L	B ALLOV	VANCE)		ı	Π	ı	ı
STRIPPED	UNIFORM	1-Sep	7-Sep		21-Sep		1-Oct	7-Oct		21-Oct		1-Nov	7-Nov	14-Nov		28-Nov
130	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
PEE-WE	EE (12U)															
CERTIFICATION							GAM	E DAY V	VEIGHTS							
WEIGHT	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)															
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Sep	7-Sep	14-Sep	21 - Sep	28-Sep	1-Oct	7-Oct	14-Oct	21-Oct	28-Oct	1-Nov	7-Nov	14-Nov	21-Oct	28-Nov
140	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160
JR MIDG	ETS (14U)															
CERTIFICATION							GAM	E DAY V	VEIGHTS							
WEIGHT						IN	UNIFOR	M MAXIN	NUM WEI	IGHTS						
WEIGHT	WEIGHT IN	1-Sep	7 0 0 10	44 500	24 Can	28-Sep	1-Oct	7-Oct	14 Oct	21-Oct	28-Oct	1-Nov	7-Nov	14-Nov	21 Oct	28-Nov
STRIPPED	UNIFORM	1-5ep	7-Sep	14-Sep	21-Sep	zo-Sep	1-001	7-001	14-000	21-001	20-000	1-1404	7-1404	14-1107	21-001	20-1101

GAME DAY WEIGH-IN INFO FOR TEAM AD'S:

ANY PLAYER NOT MEETING THE GAME DAY WEIGHT LISTED ABOVE WILL BE MARKED AS AN 'X' PLAYER ON THE WEIGH-IN ROSTER AND THEIR HELMET MUST BE STICKERED ACCORDINGLY. ANY PLAYER WHO CERTIFIED AS AN 'X' PLAYER IS STILL REQUIRED TO WEIGH-IN AT ALL GAMES.

ADDITIONAL GAME DAY WEIGHT: IF THE LISTED DATE IS A SUNDAY, THE INCREASE WILL BE ALLOWED THE PRECEEDING DAY

UNLIMITED WEIGHT DIVISIONS MUST MEET AT SCALE FOR EQUIPMENT CHECK ONLY - WEIGH-IN NOT REQUIRED

* NO GAME DAY MINIMUM WEIGHTS FOR ANY DIVISION OR AGE