

# Community Youth Football League

## Weigh-in Procedures

<u>Weight Limits</u>	<u>Opening Weight</u>	<u>Week 4 Allowance (3 lbs.)</u>
1 <sup>st</sup> Grade	90	93
2 <sup>nd</sup> Grade	95	98
3 <sup>rd</sup> Grade	105	108
4 <sup>th</sup> Grade	115	118
5 <sup>th</sup> Grade	125	128
6 <sup>th</sup> Grade	Unlimited	

### Minimum Equipment

Game jersey, pants with knee, thigh, hip and tail pads installed and socks.

### CYFL Weigh-in Rules

Each member of each team will be weighed no later than thirty minutes prior to his or her scheduled playing time. The opening weight limits will be used for preview games and weeks 1, 2 and 3 of the regular season schedule. The 3 lbs. allowance will be used for weeks 4, 5, 6, play-off and championship weekends.

A CYFL official or game site field manager will conduct the weigh-ins. One representative from each team will be permitted to observe the weigh-ins, however, the lack thereof will not preclude the official from conducting the weigh-ins.

Any player, who arrives after the weigh-in for his/her team has been conducted, will be subject to a weigh-in before he/she is eligible to play. His/her head coach or designate must notify the CYFL official / field manager and the head coach of the opposing team. It is then the prerogative of the opposing coach to waive a weigh-in for the latecomer. This rule applies anytime during the entire game.

The minimum equipment required for weigh-ins will be game jersey, pants with knee, thigh, hip and tail pads installed and socks. Anyone not in minimal equipment while on the scale will be ineligible to play.

Each organization will purchase a scale recommended by the CYFL and a certified weight and have both available at game times at their home field dates. The certified weight will be placed on the scale before each team arrives at the scale. The slide bar will be set to that certified weight and then the scale will be adjusted so that the needle is floating. When the first team arrives at the scale for weigh-ins the certified weight will be removed and the slide bar will be set to the weight limit for weigh-ins. Weigh-ins will commence when the first team arrives at the scale. Team representatives need to be available prior to weigh-ins to observe the certified weight in use. The certified weight will not be used after weigh-ins to verify the accuracy of the scale.

The scale furnished by the home field team is the final authority. If the scale pegs at the top, that player is overweight and is ineligible for play. A floating scale needle does not constitute an overweight player. The needle must be in contact with the upper stop before a player is deemed overweight. If there any doubt, the CYFL official / field manager shall make the final decision while the player is standing on the scale.

If a player is overweight, they may weigh-in twice, but they shall not leave the weigh-in area for any reason prior to the second weigh-in. Shoes may be removed. If during the second attempt to weigh-in the player found to be in excess of the base weight they will be designated as a restricted player and will be issued a helmet cover by the weigh-in official. Restricted players are permitted to participate in accordance with the Restricted Weight Rule contained within the CYFL Rules and Regulations.

Following the game it is the head coach's responsibility to ensure the helmet covers are return to the field manager.

Players may put on accessories such as T-shirts, sweatshirts, sweatbands and protective padding after they have weighed in. Players must play in the equipment that they used when weighing in.

If a member of the CYFL Executive Board is conducting the weigh-ins, the presence of the opposing coach is not required at the weigh-ins.

6<sup>th</sup> Grade teams will report to the weigh-in area for a uniform and equipment check 30 minutes prior to the start of the scheduled game.