



CERTIFICATION & GAME DAY WEIGHTS



REQUIRED EQUIPMENT DURING WEIGH-INS

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

TACKLE DIVISION
CLEATS/SHOES
FOOTBALL PANTS WITH KNEE AND 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 WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
UNLIMITED	UNLIMITED	NA	NA								
JR GREMLIN (8U)											
CERTIFICATION WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
100	105	106	107	108	109	110	111	112	113	114	115
GREMLIN (10U)											
CERTIFICATION WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
120	125	126	127	128	129	130	131	142	133	134	135
JR PEE WEE (11U)											
CERTIFICATION WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
130	135	136	137	138	139	140	141	142	143	144	145
PEE-WEE (12U)											
CERTIFICATION WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE)										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
140	145	146	147	148	149	150	151	152	153	154	155
JR MIDGETS (14U)											
CERTIFICATION WEIGHT	GAME DAY WEIGHTS										
	IN UNIFORM MAXIMUM WEIGHTS										
WEIGHT STRIPPED	WEIGHT IN UNIFORM	1-Aug	15-Aug	1-Sep	15-Sep	1-Oct	15-Oct	1-Nov	15-Nov	1-Dec	15-Dec
UNLIMITED	UNLIMITED	NA	NA								

GAME DAY WEIGH-IN INFO FOR TEAM ADS:

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***