



CERTIFICATION & GAME DAY WEIGHTS



2024 SEASON

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) | | | | | | | | | | | |
|------------------|--|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS | | | | | | | | | | |
| MAXIMUM | 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 (7-8) | | | | | | | | | | | |
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE) | | | | | | | | | | |
| MAXIMUM | 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) | | | | | | | | | | | |
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE) | | | | | | | | | | |
| MAXIMUM | 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 | 132 | 133 | 134 | 135 |
| JR PEE WEE (11U) | | | | | | | | | | | |
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE) | | | | | | | | | | |
| MAXIMUM | 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) | | | | | | | | | | | |
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS (5LB ALLOWANCE) | | | | | | | | | | |
| MAXIMUM | 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) | | | | | | | | | | | |
| DIVISION WEIGHT | GAME DAY WEIGHTS | | | | | | | | | | |
| | IN UNIFORM MAXIMUM WEIGHTS | | | | | | | | | | |
| MAXIMUM | 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 IN ORDER TO CONFIRM STATUS OF PLAY FOR THAT SPECIFIC GAME.

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 AREA FOR EQUIPMENT CHECK & ROSTER/ID VERIFICATIONS - WEIGH-IN NOT REQUIRED

*** NO GAME DAY MINIMUM WEIGHTS FOR ANY DIVISION OR AGE***