



2019 TVYFL WEIGH-IN GUIDELINES

EACH TEAM BRINGS: team book, pen, and 1" wide tape of a contrasting color to any other color on the helmet.

PROCEDURE

- Scale must be placed on a flat, level surface and zero out where bar is floating.
- Set the scale to ball carrier weight.
 - (3/4) 105 lbs., (5/6) 125 lbs., (J.V.) 150 lbs., (7/8 Blend) 160 lbs., (Varsity) 175 lbs.
- Weigh masters exchange books.
- Visiting team weighs in first, 30 minutes prior to game time. Immediately upon completion, the home team must weigh in.
- Players should be lined up in order of smallest jersey number to largest.
- It is recommended that weigh masters confirm that each player has all required equipment and cleats comply with TVYFL regulations.
- Player sets helmet on the ground and steps on scale.
- Weigh master must check that the jersey number on player matches player contract and the player on the scale, initial the player contract for that week's game.
- A player is an ineligible ball carrier only if the **bar touches the metal and stays**; a floating bar is okay.
- For any Ineligible ball carrier, place horizontally a 1" strip of contrasting colored tape to the front and back of the player's helmet.
- Players weigh-in only one time; they may not remove items to weigh-in a second time.
- Weigh masters exchange the signed Ineligible Ball Carrier form.

RULES PERTAINING TO WEIGH-IN

- Weigh-in takes place 30 minutes before game time with the visiting team weighing in first.
- Each host site must provide an exact ten-pound weight at the scale station. The scale will be adjusted to the ten-pound weight before the weigh-in procedure at each game.
- Each team will provide a "weigh-master" that is not a coach.
- Coaches may not be within 50 feet of weigh-ins or a fine and possible suspension will be imposed.
- A written list of ineligible players/ball carriers for the game must be presented by the weigh master of each team to the opposing team at the time of weigh-in.
- A player arriving late after the weigh-in has closed is not eligible to play unless a prior agreement has been approved by the commissioner the Thursday before the game.
- Following is the minimum required equipment that must be worn at weigh-in: two hip pads, one tail pad, two knee pads, two thigh pads, pants, game shoes, game shoulder pads, and jersey. All of these items may not be changed after weigh-in. Only exception: kicker may change to kicking shoe.
- Any optional equipment that is to be worn in the game must be worn at weigh-in. Optional equipment may include socks, arm pads, cowboy collars, gloves, undergarments, knee braces, elbow pads, kidney pads and rib protectors. Bandannas or skull caps are not allowed.
- Weigh-in remains open for both teams until the home team's book is signed. The home team's book shall not be signed until every player present at the field has been weighed.
- All ineligible ball carriers must have a 1" stripe of a contrasting color to any other color on the helmet, clearly visible, placed horizontally on the front and back of their helmets.
- Shoes must be of the molded cleat or internally threaded shoes where no post is extending from the shoe (instead, the cleat post screws internally into the shoe). Maximum size of cleat is ½ inch (measured from tip of cleat to base of shoe. No all or primarily metal or metal tipped cleats may be worn.