



# 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															
WEIGHT	IN UNIFORM MAXIMUM WEIGHTS															
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
UNLIMITED	UNLIMITED	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
JR GREMLIN (8U)																
CERTIFICATION	GAME DAY WEIGHTS															
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
GREMLIN (10U)																
CERTIFICATION	GAME DAY WEIGHTS															
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
120	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
JR PEE WEE (11U)																
CERTIFICATION	GAME DAY WEIGHTS															
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
130	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
PEE-WEE (12U)																
CERTIFICATION	GAME DAY WEIGHTS															
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 MIDGETS (14U)																
CERTIFICATION	GAME DAY WEIGHTS															
WEIGHT	IN UNIFORM MAXIMUM WEIGHTS															
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
UNLIMITED	UNLIMITED	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

### 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 PRECEDING 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