

Weight Limits and Related Rules for ALL Players

- a) ALL players desiring to play in a League game (even if the player does not carry the ball) shall be present and weigh during the League designated Weigh In period scheduled BEFORE each game. Players not present during the Weigh In period will not have an opportunity to weigh after the Weigh In period closes. **Concisely, if a player does not weigh on time, the player will be marked with a League approved decal as NOT eligible to carry the ball (no matter the status of the said player's weight) NO exceptions!**
- b) Players desiring to carry the ball are subject to League weigh limits. Players weighing in their underwear, shorts, or football gear shall have a League certified weight limit for each Game Week as follows:

Game Week # -	1	2	3	4	5	6	7	8	9
5 th Grade Weight Limit -	120	121	122	123	124	125	126	127	128
6 th Grade Weight Limit -	130	131	132	133	134	135	136	137	138

- c) The League shall conduct a **mandatory** player Weigh In at least 30 minutes before each game for ALL players desiring to play in the game. Weigh In shall be in a private area, with the player dressed in their underwear, shorts, or football gear. All players desiring to carry the ball shall **weigh at or below** the League's above listed weight restriction for the respective Game Week in the season. There is zero tolerance concerning Weigh In attendance and weight limits.
- d) Only the League Director and each team's Community Director or Team Commissioner or designated non-coach representative involved in the game can be present during weight in and shall physically observe the scale as each player is officially weighing. Absolutely NO coaches allowed in the Weigh In area.
- e) Each community shall be responsible for providing an accurate and certified weighing device that meets all Kansas High School Activities Association weighing regulations. Failure to provide an appropriate scale will result in the Home team forfeiting the game. Digital bathroom scales are not adequate for a League conducted Weigh In.
- f) Players weighing more than the eligible weight for carrying the ball in a game shall have a League approved mark or decal affixed to the left, upper, backside of said player's helmet.
- g) It is not legal for a weight-restricted player to advance a fumble, interception, failed onside kick or any other turnover.
- h) Any intentional violation of this rule will result in ejection of the Head Coach from the game. If an ineligible player carries the ball, resulting penalty is a game forfeit to the opposing team. Before enacted, ALL game forfeit penalties are first subject to review and approval by the Salvation Army Football Board of Directors.