

## TVYFL WEIGH – GUIDELINES 2009

**ITEMS NEEDED AT EVERY WEIGH-IN ARE:** team book, pen, and 1” wide tape of a contrasting color to own team’s helmet or logo color.

### **PROCEDURE**

- Visiting team weighs in first, 30 minutes prior to game time. Immediately upon completion, the home team must weigh in.
- Scale must be placed on a flat, level surface and zero out where bar is floating.
- Players should be lined up in order of smallest jersey number to largest.
- HARE FIELD ONLY – “There is a prohibition on any form of shoe which is otherwise permitted by TVYFL bylaws, but where the cleat (which includes any form of protrusion on the sides or bottom of the shoe) is designed to be removable or replaceable by thread or otherwise. Prohibited shoes at Hare, include but are not limited to “male” plastic cleats which are threaded into the shoe bottom. Weigh masters will check shoes at weigh-in before a team weights in.”
- Weigh masters exchange books.
- Set the scale to ball carrier weight.
- (3/4) 100 lbs. ~ (5/6) 120 lbs. ~ (J.V.) 140 lbs. ~ Varsity 170 lbs.
- 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 metal touches metal. A floating bar is okay.
- Place a 1” strip of contrasting tape on the front and back of the player’s helmet that is over the ball carrier weight.
- Weigh in for that player is over. Players may not remove items to weigh a second time.
- Weigh masters give each other their team’s ineligible/overweight form and sign form.

### **RULES PERTAINING TO WEIGH-IN**

These procedures must be followed and adhered to exactly with no exceptions.

- 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 at the scales.
- 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 waiver 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. Any violation will result in a fine, suspension, or expulsion.
- Any optional equipment that is to be worn in the game must be worn at weigh-in, including but not limited to items such as socks, arm pads, cowboy collars, gloves, undergarments, knee braces, elbow pads, kidney pads and rib protectors.
- 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.
- A player will be allowed to weigh in only one time. There will be no exceptions.

- All ineligible ball carriers must have a 1” stripe of a contrasting color, clearly visible, placed on the front and back of their helmets.