



# TVYFL WEIGH-IN GUIDELINES

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

## PROCEDURE

1. The scale must be placed on a flat, level surface and zero out where bar is floating, or the digital scale reads 0.00.
2. Set the scale to Ball Carrier Weight (if using a traditional medical scale with a bar)
  - a. 3/4 Rookie Tackle: 105.00 lbs.
  - b. 5/6 130.00 lbs.
  - c. JV 150.00 lbs.
  - d. 7/8 Blend 165.00 lbs.
  - e. Varsity 175.00 lbs.
3. Weigh Masters exchange books and fill out the opposing team's ineligible player form and weigh-in sheet.
4. The visiting team weighs in first, 30 minutes prior to game time. Immediately upon completion, the home team must weigh in.
5. Players should be lined up in order of smallest jersey number to largest.
6. It is recommended that Weigh Masters confirm that each player has all the required equipment and cleats comply with TVYFL regulations. *(While the players are lined up, have them turn away from you and raise one foot, with the sole of their cleat facing you, and walk down the line of players to verify. Once you are at the end of the line of players, have them switch feet and you walk back down the line verifying the 2nd cleat.)*
7. If a player is missing any equipment required at weigh-in, they need to wait to weigh in until they have all their required equipment. They must have their equipment prior to the end of the 2nd quarter of game time. Write the player's name on the ineligible player form during the pregame weigh-in and cross it off once the player has been officially weighed in.
8. The player states their name, hands their helmet to the Weigh Master at the scale and steps on the scale.
9. Weigh Master must check that the jersey number on player matches the Player Weigh-In Sheet, and the player is on the scale completely.
10. A player is an ineligible ball carrier only if the bar touches the metal and stays (a floating bar is not over BCW) or is 0.01 over BCW on a digital scale.
11. For any Ineligible ball carrier, place horizontally a 1" strip of contrasting colored tape to the front and back of the player's helmet and write their number and name down on the ineligible ball carrier part of the form. If the player's helmet already has tape meeting the requirements, you **do not need** to re-tape.
12. Players weigh-in only one time; they may not remove items to weigh-in a second time.
13. Weigh Masters sign both **Ineligible Ball Carrier** forms and keep the **opposing team's** form to be kept in their team book.
14. The Player Weigh-In Sheet is completed only for the first game of the season unless a player on the team is ineligible to play (injured, hasn't completed their minimum contact time, is absent, etc.) in the first game. The weigh-in sheet should be completed for that player at their first game of eligibility. If the player weighing in is over the BCW, highlight their number and name under the player's picture on the Weigh-in Sheet. The completed Player Weigh-In Sheet is kept in the binder and is only referenced if a site does not have a properly functioning scale. **DO NOT** edit this sheet after the player's initial weigh in, even if at another weigh in the player is no longer over or under the ball carrier limit. Those changes are to be addressed on the ineligible player form each week. **DO NOT** modify, correct, or change any part of the weigh-in sheet once it has been stamped by a DP except to complete it. If there is an issue with the validity of a team's weigh-in sheet, finish the weigh-in process for both teams and address the issue after the players have been excused from weigh ins. Contact your association President, Co-DP, or the Director of Registration for verification or questions regarding the issue after speaking to your team's head coach. Otherwise, player weigh-ins remain unchanged from the above process.

## RULES PERTAINING TO WEIGH-IN

15. Weigh-in takes place 30 minutes before game time with the visiting team weighing in first.
16. 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**.
17. Each team will provide a "Weigh Master" (*must be TVYFL Weigh Master trained and have a current background check*) that is not a coach. No more than **two Weigh Masters** from each team will be allowed at the scales during weigh-in. TVYFL executives and association board members are exempt from this unless they are coaching a team involved in the weigh-in.
18. Coaches may not be within 50 feet of weigh-ins, or a fine and possible suspension will be imposed.
19. A prefilled (when possible) ineligible players/ball carriers form must be presented by the Weigh Master of each team to the opposing team at the time of weigh-in.

20. A player arriving after the first half of the game (end of the 2nd quarter, prior to halftime starting) is not eligible to play. If a player arrives after weigh-ins have closed, the Weigh Masters **will** weigh the player as soon as possible and the player will be eligible to play during the second half of the game. Weigh Masters **must** weigh late players if they arrived before halftime. The 10-play minimum rule still applies to the tardy player.
21. The 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; none of these items may be changed after weigh-in. Only exception: kicker may change to a kicking shoe.
22. 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, headbands, or skull caps are not allowed.**
23. 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.
24. 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.

## Q&A

- Q** Which ineligible player form do we keep? Our team's or the opposing team's?
- A** You keep the opposing team's form. That way if there is a late arriving player for the opposing team you can weigh them in. You will also be able to use it as a reference during the game
- Q** If the scale bar bounces, is the player an ineligible ball carrier?
- A** No. Verify that the player is standing completely on the scale and not bouncing. IF the scale bar does not hold firm against the top bar, the player is an eligible ball carrier.
- Q** What if a player doesn't have their game cleats, jersey, shoulder pads, or other game gear at time of weigh-ins?
- A** They cannot be weighed in until they are game ready. Write their name down on the ineligible player form and move forward with the weigh-in process for the teams. Once the player is fully equipped for the game the opposing team's Weigh Master can weigh them in and cross their name off the ineligible player form.
- Q** What if it is a player's first eligible game to weigh-in and there are no working scales available?
- A** The player is eligible to play if they are listed on the roster and weigh-in sheet. The 2 head coaches from the competing teams will need to agree if the player is an eligible ball carrier before the game begins. If they agree that the player is an ineligible ball carrier, their will need to be added to the team's ineligible ball carrier form.
- Q** What if a player doesn't have a mouth guard or their mouth guard is chewed up at weigh-ins?
- A** Inform the player's coach after weigh-ins are completed. It does not disqualify any player from weigh-ins as they are NOT required equipment to be worn at weigh-ins.
- Q** Can I change the Over WT check on the weigh-in sheet if a player is no longer over ball carrying weight at a later weigh-in?
- A** No! They will just not be written on the ineligible ball carrier part of the form for that game and their tape should be removed from their helmet.
- Q** If my team's Weigh Master is unavailable for the game, can I have someone else do it?
- A** Yes, as long as that person is not a coach for either competing teams and is a TVYFL trained Weigh Master with a recorded background check. It is a good idea to have an association board member or a backup volunteer Weigh Master trained.