

Illini Youth Football League

2011 Rules and Regulations

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Article 1 – General Rules

Section 1 – Knowledge of Rules

- A. All Team Representatives, Sponsors, and Coaches, shall make themselves aware of and acknowledge the current League Bylaws, Rules, and Regulations.

Section 2 – Code of Conduct

- A. All Team Representatives, Sponsors, Coaches, and Players are required to be familiar with and abide by the League Code of Conduct as set forth in Article 2 of this document.

Section 3 – League Entry Fee

- A. The League entry fee will be determined at the January league meeting and will be due for payment by member organizations no later than the May league meeting.

Section 4 – Policy

- A. The League President shall approve all policy and public statements of this organization; it's officers, and members, in the organization name.

Section 5 – Parliamentary Provisions

- A. "Robert's Rules of Order, Revised" shall govern all procedures of this organization except when inconsistent with the bylaws, rules, or regulations of the organization.

Section 6 – Amendments

- A. The bylaws, rules, and regulations of the League may be amended at any meeting of the members of the League provided that notice of the proposed amendment has been given to the members at the previous League meeting. Rules, regulations, and bylaws may be changed by a simple majority vote of the League members present at said meeting, provided, however, that a quorum must be present. A quorum for any League meeting shall be at least 51% of the members of the League. For purposes of voting, each member of the League shall have one vote. If a League member has more than one representative present at a meeting, said League member will have only one vote counted as the vote for that member.

Section 7 – IHSA Rules

- A. All other rules, unless covered specifically by a rule or regulation of the League, will be identical to the IHSA rules for the current season. The IHSA Varsity Football rules governing overtime games will be used by the League to administer overtime games.

Section 8 – Tryouts

- A. Try out sessions may not start before July 18th of the current season.

Section 9 – Summer Camps

- A. Each member organization will be allowed to host one (1) camp. The member organization must inform the League as to the dates of the camp. The camp may not be conducted after July 1st, and players are

not allowed to wear pads during the camp. The camp may not last longer than 5 days.

- B. IYFL Coaches from any member organization are not allowed to participate in any camps or other functions hosted by third-party organizations such as high schools after July 1, 2011.

Section 10 – Practices

- A. The first three (3) days of practice must be conducted without pads. Players may practice in T-Shirts, gym shorts, and helmets only.
- B. A player must have participated in a minimum of twelve (12) days of practice before he/she will be allowed to play in a game.
- C. Practices are limited to three (3) week days per week and up to two and one-half (2 1/2) hours in length once the first league games have been played.
- D. Saturday practices are optional and are held at the coaches' discretion.

Section 11 – League Organization for 2011 Season

- A. The League will be made up of one division for the 2011 season.
- B. Playoffs – Playoffs for the 2011 season will be administered as follows:
The top 8 teams in the division, based on record and League tiebreaker rules, will play for the League Championship, which will be decided in the Super Bowl. Teams will be seeded 1 through 4, and will play each other as follows:
 - i. #1 Seed vs #8 Seed
 - ii. #3 Seed vs #6 Seed
 - iii. #2 Seed vs #7 Seed
 - iv. #4 Seed vs #5 Seed
 - v. The winners of the first round games will meet in the Semifinals
 - vi. Semi final winners will compete for Super Bowl.

Article 2 – Code of Conduct

Section 1 – Sportsmanship

- A. All Team Representatives, Sponsors, Coaches, Players, Parents, and Volunteers are required to abide by the highest tenants of good sportsmanship at all times. Failure to do so may result in the assessment of penalties as determined by the League Board of Directors and Disciplinary Committee.

Section 2 – Awareness of Altered Documents

- A. Any Coach, Team Representative, Sponsor, Parent, or Player who is aware of an altered or improper birth certificate or league registration form, and fails to report it to League officials, will be subject to penalties as described in Article 3 of this document.

Section 3 – Intent to Intimidate

- A. Any Coach, Team Representative, Sponsor, Parent, Player, or Spectator who seeks to intimidate (as per League Board or Game Official interpretation) the players, coaches, parents, or volunteers of an opposing team, or game officials, will be subject to penalties as described in Article 3 of this document.

Section 4 – Intent to Influence Violation of Rules

- A. Any Coach, Team Representative, Sponsor, Parent, or Player, who is aware of or who seeks to influence (as per League Board interpretation) a player, coach, parent, sponsor or volunteer to break or violate any of the League rules or regulations will be subject to penalties as described in Article 3 of this document.

Article 3 – Penalties

Section 1 – Penalty Review and Assessment

- A. The League Board of Directors and the Disciplinary Committee shall be primarily responsible for determining the appropriate level and assessment of penalties for violations of the League rules and regulations. The League Board of Directors and Disciplinary Committee will meet on an as needed basis when violations occur and are deemed necessary of penalty assessment. The League Board of Directors and Disciplinary Committee will in no way interfere with the ability of Game Officials to assess penalties as required by the IHSA, including ejection of coaches, players, spectators, and parents from the game site.

Section 2 – Penalty Enforcement

- A. It will be the responsibility of the League's member organizations to assist the League in enforcement of penalties handed down by the Board of Directors and the Disciplinary Committee, and to abide by the League's final decision.

Section 3 – Attending League Meetings

- A. Member organizations that are absent for two (2) consecutive league meetings will be assessed a fine of \$50.00. The member organization will be assessed an additional \$50.00 fine for each additional consecutive meeting missed. Fines will be cumulative. All fines must be paid prior to the start of league playoffs. If fines for an organization are not paid prior to the beginning of playoffs, the member organization will not be allowed to participate in post-season play, and the fines will be added to the league fee for that organization for the next season.

Section 4 – Penalty Guidelines

- A. The League Board of Directors and Disciplinary Committee may assess penalties as listed in the following sections. The penalties listed do not limit the League in any way from assessing additional penalties if deemed necessary.

1. **Penalties for Member Organizations** – The following penalties may be assessed to a Member Organization for violations of the League Rules and Regulations:

- A. Warning from the League Board of Directors
- B. Financial Penalties, in the form of fines.
- C. Forfeiture of one or more games.
- D. Organization being placed on probation by the League.
- E. Forfeiture of ability to qualify for League playoffs in a given season.
- F. Discharge of the member organization from the League.

2. **Penalties for Coaches and Players** – The following penalties may be assessed to Coaches, Assistant Coaches, and Players for violations of League Rules and Regulations:

- A. Warning from the League Board of Directors

- B. Suspension for one or more games as determined by the Disciplinary Committee.
 - 1. **In accordance with IHSA Rules and League Rules, any Coach, Assistant Coach, or Player that is ejected from a game is automatically assessed a one-game suspension and must miss the next scheduled game. The Coach or Player is also not allowed to participate in a practice session until the suspension has been served.**
 - C. Suspension of Coach, Assistant Coach, or Player for remainder of season.
 - D. Lifetime banishment of Coach, Assistant Coach, or Player from the League.
- 3. Penalties for Parents, Sponsors, and Volunteers** - The following penalties may be assessed to Parents, Sponsors, Volunteers, and Spectators for violations of League Rules and Regulations:
- A. Warning from the League Board of Directors
 - B. Removal from game site, with assistance of member organization hosting game.
 - C. Removal of son or daughter from League and or Member Organization.
 - D. Lifetime banishment of son or daughter from the League.

Assessment of the penalties described by the League has no influence over possible charges that may be brought by local law enforcement authorities.

Article 4 – Information Sheets and Forms

Section 1 – Required Documents – August

- A. Each Member Organization is required to provide the following information and forms to the League Secretary prior to the August league meeting:
 - 1. Contact Sheet with the following information:
 - a. League Representative contact information including address, phone number, and email address.
 - b. Alternate League Representative contact information including address, phone number, and email address.
 - c. Head Coach contact information for each level (Heavyweight, Juniorweight, and Lightweight), including address, phone number and email address.
 - d. Team Colors
 - e. Practice Site(s)
 - f. Game Site(s)
 - 2. Rosters, each team must turn into the league a complete roster of teams one week prior to the first game. This will include Sunday and Saturday teams. The league roster sheets posted on the website will need to be used. Changes to rosters need to be approved by the IYFL board.
 - 3. Proof of Insurance Certificate

Section 2 – Required Documents - September Meeting

- A. Each Member Organization is required to provide the following information and forms to the League Secretary at the September league meeting:
 - 1. Final Player Roster for each team in each division, including:
 - a. Player first and last name
 - b. Player Address
 - c. Player age on September 1 of the current season
 - d. School that player will attend during the season
 - e. Player Weight
 - f. Player Game Uniform Number
 - 2. Player Registration Form, on certified League registration form, for each player. Rosters should be divided into Lightweight, Juniorweight, and Heavyweight.
 - 3. Copy of Player's Birth Certificate for each Player. Birth Certificates should be attached to the Player Registration Form.
 - 4. Any outstanding documents or forms.
 - 5. All rosters are final on the day after the second game of the season. Any subsequent changes to a team's roster will be done at the President's discretion.

Article 5 – Team Eligibility

Section 1 – Minimum Team Commitment

- A. Member organizations in the IYFL are required to field a team in each of the Lightweight, Juniorweight, and Heavyweight divisions that meets current bylaws, rules and regulations.

Section 2 – Minimum Number of Players

- A. Each team is required to have dressed and ready for play a minimum of fourteen (14) players. Players may be double-rostered in accordance with the rules for each division.

Section 3 – Failure to Field a Team

- A. Failure by any member organization to field the required team in any division may result in the forfeiture of all games in that division, placement of the member organization on probation for that season, and a fine for the member organization.

Section 4 – Failure to Field a Team in Consecutive Seasons

- A. Failure by a member organization to field the required team in any division for two (2) consecutive seasons will result in the organization's review before the board with a possible removal from league.

Section 5 – Score of Forfeited Games

- A. The score of all games lost by forfeit will be recorded as 0-14.

Article 6 – Player Eligibility

Section 1 – Player Eligibility Requirements

To be eligible for play in the Illini Youth Football League, a youth must meet the following requirements:

- A. A player must be seven (7) years of age on or before September 1 of the current year.
- B. A Player may not be a member of another organized tackle football team.
- C. A player may be 15 years of age on or September 1 of the current year, but must be enrolled in an elementary grade school and must be in the eighth grade or lower.
- D. A player may not be a high school student.
- E. A player must weigh 210 lbs or less at the start of the season, and up to 215 lbs. as allowed by the League growth allowance.

Section 2 – Member Organization Recruiting Boundaries

- A. A player must reside within the school district boundaries of the team for which he/she wishes to play.
- B. A member organization may recruit players from neighboring communities if that community does not have a youth football program that is an IYFL member organization.
- C. Any player wishing to play for a member organization in a different school boundary must receive a letter of release from the member organization within the player's home school boundary.
- D. Any member organization that knowingly violates Article 6, Section 2, Rule C, will be subject to penalties as outlined in Article 3.

Section 3- Player Rosters

- A. **Saturday** players can be on a Saturday roster and a Sunday roster but they cannot start on offense or defense on the Sunday roster (special teams are not considered starting) to be on both rosters, also if you double roster Saturday players on a Sunday Roster the team cannot have more than 25 players. Roster changes must be made prior to Monday the before the week and approved by the board.
- B. Programs with less than 40 players are allowed to have less than 14 players on the Sunday roster. This allows more players to be on the Saturday roster, therefore allowing flexibility for the program to field a complete team (due to striper rules). It is up to the programs to determine if a player should not play on Saturday for safety reasons.
- C. **Players** over standard weight: Players that are granted an exception will be automatically designated as double-striper, and will be allowed to play only guard to guard on offense only. These players must be noted on weigh in sheets.
Players Older/Lighter: Players that are granted this exception will be designated will be allowed to play only guard to guard on offense, any position on defense. On special teams, only kick offs and punt, no special teams returns.
Exception players are subject to the dominant player rule:
DOMINANT PLAYER RULE -A "dominant" player shall be defined as any player that is clearly dominating game play on the field to the point that said player may represent a physical danger to other players on the field and/or dominant play to such an extent that it provides a clearly unfair advantage for the player's team. The dominant player rule can be invoked under the following conditions; only one condition needs to be met:

The dominant player clearly represents a physical danger to other players on the field.

OR

ii. The blowout rule is in effect and the dominant player is removed to allow other players to enter the game.

A coach may request the removal of a dominant player for either of the conditions listed above with the approval of the referee.

Once a dominant player has been removed from the game, he or she will not be allowed to reenter the game, **EVEN IF HE OR SHE PLAYS A DIFFERENT POSITION.**

Exception players must be clearly marked on weigh in sheets.

Article 7 – Lightweight Division

Section 1 – Ages

- A. A Lightweight player shall be eight (8), nine (9) or ten (10) years of age on or before September 1 of the current year.
- B. No eleven (11) year old player shall be allowed to play in the Lightweight division.
- C. A ten (10) year old player may be double-rostered on both the Lightweight and Juniorweight teams.
- D. LW level: 11 year old that is less than 80 lbs, no weight allowance during the season
Organization would need to present each player to the board for approval. Approval from the board would need a majority vote.
If noted during the season the player is dominating, it is under the board's discretion to force the player to play at the appropriate level.

Section 2 – Weights

- A. The maximum weight for a Lightweight player is 125 lbs.
- B. The maximum weight for a Lightweight player to carry the football will be 105 lbs.
- A. Any Lightweight player weighing between 106 and 125 lbs will be a single-stripe player and must play in a down lineman position when playing on defense. Offensive striper may line up in a two-point stance.
- B.

Article 8 - Juniorweight Division

Section 1 – Ages

- A. A Juniorweight player shall be ten (10), eleven (11), or twelve (12) years of age on or before September 1 of the current year.
- B. No nine (9) or thirteen (13) year old player shall be allowed to play in the Juniorweight division.
- C. A ten (10) year old player may be double-rostered on both the Lightweight and Juniorweight teams.
- D. A twelve (12) year old player may be double-rostered on both the Juniorweight and Heavyweight teams.
- E. MW level: 13 year old that is less than 85 lbs, no weight allowance during the season

Organization would need to present each player to the board for approval. Approval from the board would need a majority vote.

If noted during the season the player is dominating, it is under the board's discretion to force the player to play at the appropriate level.

Section 2 – Weights

- A. The maximum weight for a Juniorweight player is 145 lbs for a ten (10) or eleven (11) year old, and 120 lbs for a twelve (12) year old player.
- B. The maximum weight for a Juniorweight player to carry the football will be 125 lbs for a ten (10) or eleven (11) year old, and 110 lbs for a twelve (12) year old player.
- C. Any ten (10) or eleven (11) year old player in the Juniorweight division weighing between 126 and 135 lbs will be a single-stripe player and must play in a down lineman position when playing on defense. Offensive striper may line up in a two-point stance.
- C. A Juniorweight ten (10) or eleven (11) year old player that weighs between 135 lbs and 145 lbs will be a double stripe player and will be allowed to play on offense only.
- E. A double stripe player will be allowed to play only as a down lineman in the guard or center position on offense.
- F. A double striped player is not allowed to play on defense.
- G. Any twelve (12) year old player in the Juniorweight division weighing between 111 and 120 lbs will be a single-stripe player and must play in a down lineman position when playing on defense. Offensive striper may line up in a two-point stance.
- H. No twelve (12) year old player weighing over 120 lbs will be allowed to play as a Juniorweight player.

Article 9 - Heavyweight Division

Section 1 – Ages

- A. A Heavyweight player shall be eleven (11), twelve (12), thirteen (13), fourteen (14), or fifteen (15) years of age on or before September 1 of the current year.
- B. No ten (10) year old player shall be allowed to play in the Heavyweight division.
- C. An eleven (11) year old player that weighs over 120 lbs may play as a Heavyweight player.
- D. A twelve (12) year old player that weighs less than 121 lbs may be double-rostered on both the Juniorweight and Heavyweight teams.
- D. A Heavyweight player age fourteen (14) or fifteen (15) must be enrolled in an elementary grade school or equivalent. A Heavyweight player may not be enrolled in high school.

Section 2 – Weights

- A. The maximum weight for a Heavyweight player is 210 lbs at the start of the season, increasing to 215 lbs as allowed under the League growth allowance.

- B. The maximum weight for a no-stripped Heavyweight player will be 145 lbs.
- C. A Heavyweight player that weighs between 146 and 170 lbs will be a single stripe player and must play as a down lineman when playing on offense or defense. Offensive single striper may line up in a two-point stance.
- D. A Heavyweight player that weighs between 171 lbs and 210 lbs will be a double stripe player and will be allowed to play on offense only.
- E. A double stripe player will be allowed to play only as a down lineman in the guard or center position on offense.
- F. A double striped player is not allowed to play on defense.
- E. If no Saturday Heavyweight league is in place, an exception player may play in a Sunday game.
 - Offense only, guard – guard
 - Only one exception player in a game at a time
 - Coaches must agree upon this the Friday before the game
 - Dominant player rule applies
 - All IYFL Code of Conduct

Article 10 – Rules for Striped Players (Striper Rules)

The striper rules described in this section apply to all divisions and are the same for all divisions except where double striper rules are designated for the Heavyweight division.

Section 1 – General Striper Rules

- A. **Violation of any striper rule will result in the assessment of a 15-yard penalty.**
- B. Double-stripe players are only allowed in the Juniorweight and Heavyweight division. Double striped players may only play on offense and may only play the guard or center positions.
- C. A team may have a maximum of five (5) striped players on the field at any time.
 - a. In Juniorweight and Heavyweight division only, a team may have a combination of single and double stripe players that does not exceed the maximum of five (5) striped players on the field at any time.
 - b. The maximum number of double striped players that may be on the field at any time is three (3). Double striped players can play on offense only.
- D. A single-stripped player will be designated with a single stripe across the back of the players' helmet that runs from the left ear hole to the right ear hole.
- E. A double-stripped player will be designated with two individual stripes across the back of the player's helmet that runs from the left ear hole to the right ear hole.
- F. The stripes on a player's helmet will be of a color that provides a highly visible contrast to the overall color of the player's helmet. The stripes will be no less than one-half inch wide and will be clearly visible to game officials when the player is in a down lineman position.
- G. A striped player is not allowed to advance a loose ball. Should a striped player recover a loose

ball, the ball will be declared dead at the spot where the striped player gained possession.

- H. Striped players are never allowed to participate on a kick off.
- I. Striped players are never allowed to punt the football.
- J. Striped players are allowed to kick extra points or field goals. However, a striped player is not allowed to block on a fake or muffed extra point or field goal attempt.

Section 2 – Striper Rules for Offense

- A. Violation of any striper rule will result in the assessment of a 15-yard penalty.**
- B. Double-stripe players are only allowed in the Juniorweight and Heavyweight division. Double striped players may only play on offense and may only play the guard or center positions.
- C. A team may have a maximum of five (5) striped players on the field at any time.
 - a. In the Heavyweight division only, a team may have a combination of single and double stripe players that does not exceed the maximum of five (5) striped players on the field at any time.
 - b. The maximum number of double striped players that may be on the field at any time is three (3). Double striped players can play on offense only.
- D. Double striped players on offense must play as down linemen and must use a three or four point stance.
- E. Single striped offensive players are allowed to be in a stand up position at any time.
- F. A striped offensive lineman may only line up two positions to the left or right of the center, i.e. only in the guard or tackle spots.
- G. A team is not allowed to line up three striped players on the same side of the center.
- H. LW striped offensive linemen are not allowed to pull or trap block; however they may cross block as long as their blocks are executed within the free blocking zone.
- I. LW and MW striped offensive linemen must make initial contact with the defensive player in the free blocking zone.
- J. Double striped offensive linemen are not allowed to pull or trap block; however they may cross block as long as their blocks are executed within the free blocking zone.
- K. Double striped offensive linemen must make initial contact with the defensive player in the free blocking zone.
- L. Double striped players are not allowed to execute blocks more than five (5) yards from the line of scrimmage.
- M. Double striped players must be within five (5) yards of the line of scrimmage at all times. The exception is a turnover recovered by the defense.
- N. Striped offensive linemen are not allowed to line up as receivers.
- O. Double striped players are not allowed to participate on a punt team.

Section 3 – Striper Rules for Defense

- A. **Violation of any striper rule will result in the assessment of a 15-yard penalty.**
- B. Double-stripe players are only allowed in the Juniorweight and Heavyweight division. Double striped players are not allowed to play on defense
- C. Striped defensive players must play as down linemen and must use a three or four point stance. Striped defensive players are never allowed to line up in a stand up position.
- D. A striped defensive player may line up on the outside shoulder of offensive linemen, but may not line up on the outside shoulder of a tight end, or on an overloaded side.
- E. A striped defensive player is not allowed to drop off the line of scrimmage to participate as a stand up defensive player in a zone-blitz scheme.

Article 11 – Game Rules and Regulations

Section 1 – Game Times

- A. Lightweight games will begin at 12:00 noon when played on Sundays or at 4:00 pm when played on Saturdays.
- B. Juniorweight games will begin at 1:30 pm when played on Sundays or at 5:30 pm when played on Saturdays.
- C. Heavyweight games will begin at 3:00 pm when played on Sundays or at 7:00 pm when played on Saturdays.

Section 2 – Length of Games

- A. Lightweight games will consist of four (4) 8-minute quarters, with a 8-minute intermission after the second quarter.
- B. Juniorweight games will consist of four (4) 9-minute quarters, with a 9-minute intermission after the second quarter.
- C. Heavyweight games will consist of four (4) 10-minute quarters, with a 10-minute intermission after the second quarter.
- D. Timekeepers will use the current IHSA timekeeping regulations.
- E. “Stan Rule” An opposing team may ask for the home teams chain gang to be sent to the Home side if, a member of the chain gang is coaching or alerting their team in any way. The opposing team will abide with out prejudice.

Section 3 – Less than 11 Players Rule

- A. Should a team have less than 11 non-striped players present for a game at any level, the game will begin with the ball being placed at the 35-yard line of the receiving team in lieu of a kickoff.

Section 4 – Slaughter Rule

- A. When one team gains a 30 or more point lead over another team, the game officials shall implement a running game clock. When a running clock is in place, the clock will stop only for

timeouts or after a touchdown. Once a running clock is implemented, it will not be returned to an official clock for any reason.

Section 5 – Equipment

- A. Each team is responsible for verifying that it's players are equipped with the following minimum required equipment:
 - a. Approved Youth Football Helmet
 - b. Approved Youth Shoulder Pads
 - c. Football Jersey with Numbers on the Front and Back
 - d. Mouthguard
 - e. Football Pants with pads
 - f. Football Shoes with Rubber Cleats, or as approved under IHSA regulations for equipment.
- B. Lightweights shall use a Junior size football.
- C. Juniorweights shall use either a Junior or Intermediate size football.
- D. Heavyweights shall use an Intermediate size football.

Section 6 – Extra Points

- A. Extra points shall be awarded on the basis of 1 point for a successful run or pass and 2 points for a successful kick.
- B. A penalty called against the defensive team on a PAT will result in the offense being awarded a choice of having the penalty enforced on the ensuing kick off or of having a second PAT attempt.

Section 7 – Exceptions to IHSA Rules

- A. The 'free blocking zone' for the IYFL League will extend from (2) offensive positions to the right of the ball to (2) offensive positions to the left of the ball. Per IHSA rules, it is illegal to crab, scramble, shoeshine or cut block players lined up outside of the 'free blocking zone'.

Article 12 – Weigh-Ins

Section 1 – General Weigh-In Rules

- A. All players will be weighed in before participating in a League game.
- B. In an effort to make weight for a game, a player may weigh in underwear and must show his/her jersey to the opposing coach.
- C. Weigh-ins will occur thirty (30) minutes before the start of the first game, and at halftime of all subsequent games.
- D. Coaches from both teams must be present at the weigh-in.
- E. Players will be weighed in according to increasing numerical order of their game jerseys.
- F. Coaches are required to use the League approved weigh-in sheet for each weigh-in session. The form should be filled in with each weeks weight for each player on the sheet, and must be initialed by the coach of the opposing team.
- G. Players will be given two chances to weigh-in; second weigh-in must be within 5 minutes of the

first weigh-in. Players that arrive late for a game and miss the weigh-in may be weighed by mutual consent of the head coach of each team.

- H. Weigh-in sheet infractions must be brought to the board no later than 3 days after the game. First offense, \$ 50.00, all proceeding infractions \$ 100.00 per infraction.
- I. Weigh-in sheets must be marked with actual weights, not a generic mark

Article 13 – Weight Allowance

Section 1 – Weight Allowance Administration

- A. All divisions will be subject to a weight allowance for all players. The weight allowance will be administered as follows:
 - a. Week 1 – All players will adhere to the existing weight classifications.
 - b. Week 2 – All players will be allowed one additional pound.
 - c. Week 3 – All players will be allowed one additional pound.
 - d. Week 4 – All players will be allowed one additional pound.
 - e. Week 5 – All players will be allowed one additional pound.
 - f. Week 6 – All players will be allowed one additional pound.

Section 2 – Weight Allowance Table

- A. The following table shows the weekly weight allowance for each division.

Division	Week 1 Max	Week 2 Max	Week 3 Max	Week 4 Max	Week 5 Max	Week 6 Max	Playoff Weight Max
Lightweight	Ball Carrier -105 Striper -125	Ball Carrier -106 Striper -126	Ball Carrier -107 Striper -127	Ball Carrier -108 Striper -128	Ball Carrier -109 Striper -129	Ball Carrier -110 Striper -130	Ball Carrier – 110 Striper - 130
JuniorWeight	11-year old Ball Carrier – 125 11-year old Single Striper – 135 Double Striper 145 12-year	11-year old Ball Carrier – 126 11-year old Single Striper – 136 Double Striper 146 12-year	11-year old Ball Carrier – 127 11-year old Single Striper – 137 Double Striper 147 12-year	11-year old Ball Carrier – 128 11-year old Single Striper – 138 Double Striper 148 12-year	11-year old Ball Carrier – 129 11-year old Single Striper – 139 Double Striper 149 12-year	11-year old Ball Carrier – 130 11-year old Single Striper – 140 Double Striper 150 12-year	11-year old Ball Carrier – 130 11-year old Single Striper – 140 Double Striper 150 12-year old Ball

	old Ball Carrier – 110 12-year old Striper - 120	old Ball Carrier – 111 12-year old Striper - 121	old Ball Carrier – 112 12-year old Striper - 122	old Ball Carrier – 113 12-year old Striper - 123	old Ball Carrier – 114 12-year old Striper - 124	old Ball Carrier – 115 12-year old Striper - 125	Carrier – 115 12-year old Striper - 125
Heavyweight	Ball Carrier – 145 Single Striper – 170 Double Striper – 210	Ball Carrier – 146 Single Striper – 171 Double Striper – 211	Ball Carrier – 147 Single Striper – 172 Double Striper – 212	Ball Carrier – 148 Single Striper – 173 Double Striper – 213	Ball Carrier – 149 Single Striper – 174 Double Striper – 214	Ball Carrier – 150 Single Striper – 175 Double Striper – 215	Ball Carrier – 150 Single Striper – 175 Double Striper – 215

Section 3 – Players Not Allowed to Change Divisions

Players will not be allowed to change divisions based on weight gain allowed under the weight allowance table. For example, a player that begins the season as a 12-year old Heavyweight at 125 lbs will not be allowed to play as a 12-year old Juniorweight in week 6 of the season or in the playoffs.