



Regina Minor Football 2000 Inc.

## **REGINA MINOR FOOTBALL WEIGH IN POLICY**

### **Division Weight Limits**

Mighty Mites (8 & 9 year olds) no weight limit

Atom (11 years and under) 115 lbs

**Players over the weight limit must play an ineligible offensive line position in their Division**

PeeWee (13 years and under) 140 lbs

**Players over the weight limit must play an ineligible offensive line position in their Division**

Bantam (15 years and under) no weight limit

- All players must weigh in on a designated date and time.
- All players will weigh in wearing gym shorts and a T-shirt.
- All players will get **ONE** weigh in on the first designated date.
- Any player exceeding the division weight limit by **more than 3 lbs** must play an ineligible offensive line position in their division.
- Any player exceeding the division weight limit by **3 lbs or less** will not be restricted and be allowed to weigh in again at the **Last Chance Weigh in** date.
- At the Last Chance Weight in players exceeding the Division Weight limited must play an ineligible offensive line position in their division.

**Any Coach guilty of sweating a child down or giving a child diet drugs or diet supplements WILL BE SUSPENDED.**

**This Weigh In Policy is not a guideline, it is a  
RULE and will be adhered to.**