



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

PeeWee (13 years and under) 140 lbs

Bantam (15 years and under) no weight limit

- All players must weigh in on a designated date and time (includes MM).
- 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** will automatically lose division eligibility.
- Any player exceeding the division weight limit by **3 lbs or less** will not lose game playing eligibility and will be allowed to weigh in again at the **Last Chance Weigh in** date.
- Any player exceeding the division weight limit at the **Last Chance Weigh in** will automatically lose division eligibility.

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.**