

Weigh in procedure: "OFFICIAL" weigh in will be held on last days of practice, before first regular season games.

Due to time constraints, some teams will be scheduled on the practice prior to the "OFFICIAL" weigh in. Players under weight will be recorded. Players over weight will be weighed on the "OFFICIAL" day.

Players are not required to wear anything during weigh in. If a player is close and chooses to remove equipment or clothing, they must do so immediately and weigh with their team. No time will be allowed to cut weight. Players must be at or below weight. NOTE:

Junior Tackle 72.1 pounds CAN NOT ADVANCE THE BALL

Third and Fourth Grade 95.1 pounds CAN NOT ADVANCE THE BALL

Fifth and Sixth Grade 115.1 pounds CAN NOT ADVANCE THE BALL

Teams may have "LATE" weigh-ins. These players must be weighed in on the Saturday of your teams first game one hour prior to the start of the game. "LATE" weigh ins are not a re-weigh opportunity, in order to make weight. "LATE" weigh ins are to accommodate players not practicing on "OFFICIAL" day and late registrants. "LATE" weigh ins must be witnessed by one LTFL Board Member and one Head Coach, from a different team participating in the same grade league. Players registered after first game must be weighed in before they participate in first game.

Two teams will be scheduled to weigh in. Teams will line up single file, outside the east door of the office. Each team should be in order matching their TWO copies of prepared [LTFL Team Roster & Weigh In Sheet](#). Both head coaches and an LTFL board member will witness weigh ins. Assistant coaches will remain outside the building, managing the flow of players. **TEAMS WILL NOT BE LATE FOR WEIGH IN!! IF WE ARE ALL PREPARED AND PROFESSIONAL, WEIGH INS WILL HAVE MINIMAL IMPACT ON PRACTICE TIME.**