\*When weighing in weights are to be recorded by whole numbers only. If a child weighs 155.1 he is 155. No rounding up decimals are not to be looked at.

\*If there is no weight on scrimmage day that child can not touch ball at all. No more pregame challenges. If a ball carrier is carrying the ball that has no recorded weight the team is penalized 15 yards coach suspended 1 game and child no longer allowed to touch the ball.

\*Weight restrictions are being adjusted in 7th and 8th grade. RB and TE weights are being adjusted to add ten pounds. So 8th grade back weight is now 165 end weight 175. 7th grade back weight 150 and end weight 160.

If i missed anything from my notes please email me jeremylee\_99@yahoo.com