

## **NJFL WEIGH IN'S Rules/Process**

### Roster Rules:

Team Rosters – These are finalized after the conclusion of the last weigh in. For 2019, this will be **August 17<sup>th</sup>, 2019**. All final rosters will be turned into the league for verification of eligibility to play. All rosters must be on the official sample NJFL template that is sent out by the league. **The template is in excel and must be emailed back in this format.**

**NO GOOGLE DOCS ACCEPTED!!** Only NJFL template rosters in correct format will be accepted. Sample rosters for each organization need to be turned in for review by 8/10/19. IF sample rosters are not correct, you will have to redo and have them turned in by the official due date in order for it to be accepted. Official due date is 8/17/19. Absolutely no rosters will be accepted after due date! Reminder- No more than 15% of players can be outside of district school boundaries of that organization.

- Exception Policy After Roster Cutoff Date for Adding Military Players Only-per League Rules
  - Criteria-
    - MUST have Military orders with date listed on order from Military Branch
    - Cutoff date is September 15<sup>th</sup>, NO EXCEPTIONS
    - Player will NOT be weighed in and will be a non-skilled player for the season
    - If you add one of these exception players, a new roster with the additional Information must be turned in by midnight of September 15<sup>th</sup>.
- Exception Policy Adding Non-Military Players After League Weigh-In Dates
  - Criteria-
    - Will accept all (military or non-military) additional players to teams and add a 3<sup>rd</sup> weigh in date Sept 11<sup>th</sup> @ Orting, Time TBD. Main rosters for a team should be 95% complete before 3<sup>rd</sup> weigh in. If a new player is added and doesn't come to weigh in, they will be considered a non-skilled player by the League. New rosters MUST be turned in at 3<sup>rd</sup> weigh-in, with a paper copy of roster and via email/flash drive. New NJFL rosters will be sent to organizations by that Friday evening.
    - This new 3<sup>rd</sup> weigh in and roster rule will be a trial for this year and up for revote next year. The NJFL Exec board reserves the right to remove this if necessary.
    - *(This 3<sup>rd</sup> weigh in and roster rule was unanimously approved 2/21/19).*

### **Team Roster will include the following (see official template):**

Name

Birthday

Weight

Grade

Jersey number

Player picture

- Each team's representative will need to be present during team weigh-ins with 2 copies of their roster and all required paperwork. A League Officer will verify and approve rosters and required paperwork.
- Weigh-ins will be administered by a League Officer and a "Non-Partisan" witness.
- Each team will be responsible for having their own official printed paper roster on hand at all games.
- An official report card from the school and/or district office confirming a player's grade for the 2019-20 school year will need to be turned in and on file with the League. No handwritten documents will be accepted.

- A certified copy (we do not need originals) of the athlete's birth certificate is required to be turned in and on file with the League. Unofficial hospital records will not be accepted.
- Physicals are NOT mandatory, but highly recommended. Each organization may ask for proof of physical and if so, should be turned in to the requesting organization.

#### Weight Limits:

- 1<sup>st</sup>/2<sup>nd</sup> grade teams: 100 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- 3<sup>rd</sup>/4<sup>th</sup> grade teams: 130 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- 5<sup>th</sup>/6<sup>th</sup> grade teams: 160 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- No weight limits for 7<sup>th</sup>/8<sup>th</sup> grade teams.
- Weight Limit is: the weight listed with ALL actual playing equipment on.

#### On the day of weigh in's:

**\*\*Players must have on ALL your gear....shoulder pads, cleats, helmet, girdle, pants and practice jersey. You will not be able to weigh in without any of these.\*\***

**\*\*Players in grades 1<sup>st</sup> – 6<sup>th</sup> must attend weigh in. 7/8<sup>th</sup> are not required to attend weigh in as there is not a weight limit for players in this division. However, organizations are required to bring your 7/8 book with your teams roster, report card, and birth certificate on file for eligibility verification. Organizations must bring EVERY teams books with rosters, report cards, and birth certificates to weigh ins. You will not be allowed to weigh in without that documentation. Binders with birth certificates and report cards need to be present and in order of roster with report card first followed by birth cert.\*\***

- Please be sure to arrive minimum of 30 minutes early to make sure everything is in order and ready to go at your scheduled times. It should go fairly quick if everyone comes prepared, on time, and quiet.
- Players should find their coach and get in line by team and alphabetically by last name according to your roster. Your coach will have a roster for you to follow.
- While in line there will be no horseplay. Players are to remain in order and quiet until after your weigh in. Remember to be respectful of all players and teams. Set an example.
- **Absolutely no parents allowed in the weigh in area!** Only 1 board member from an organization and 1 coach per team is allowed in the weigh in area. Please be courteous of the NJFL Board as they try very hard to stay organized and on time. Players will follow coaches until finished, they will then be returned to you and you are free to leave.
- Sample roster template will be emailed out and must be followed. Please use this roster only, have two copies ready at weigh ins, and a flash drive to turn in. All rosters should be sent in by email as well to the Secretary, Elizabeth Groves @ [njflsecretary2@gmail.com](mailto:njflsecretary2@gmail.com) at least five days prior to official

weigh ins for approval and/or changes. Binders with birth certificates and report cards need to be present and in order of roster with report card first followed by birth cert.

- For those players that are found to be over the weight limit for their grades, we will be placing a sticker on the back of their helmets that must remain in place throughout the season. Please do not attempt to remove after placement. If you are placed on the overweight list for your team and you do not have your required sticker on your helmet you will not be eligible to play. This is checked at the beginning of every game during pre-game day approval process.

Any questions or comments please ask them now.

Thanks again for you continued support and cooperation.

Thank you,

NJFL Board of Directors