

2015 WEIGH-IN PROCESS FOR MUNY FOOTBALL



STEPS TO FOLLOW

Note: Weigh-ins may start 1 hour before game time. If one team is there – They weigh-in and choose side of the field.

Step 1: Give each player their contract card.

Step 2: Have each player line –up in alphabetical order.
A. The Contract Card is in their right Hand.
B. The player hold's his helmet in his left hand.

Step 3: The Field Coordinator will inform all players of the procedure before the weigh-in.

- I. The weight limit is _____. (Varsity=180lbs, Junior Varsity=145 lbs., Termite=115 lbs.)
- II. You have only (1) weigh-in. (Make sure you are ready to weigh-in when you come to the scale)
 - a.) **Make sure you have a legal helmet in your left hand.**
 - b.) You will hand me (field coordinator) your contract after we verify your helmet is legal.
 - c.) Once your helmet is approved, you will hand it to the coach on your left.
 - c.) You will tell me your NAME (First and Last) and your jersey number.
 - d.) You will **step on the scale once I tell you** and **stay on the scale until I tell you to get off.**
- III. **The Home team coach** that stands next to the field coordinator will make sure the players are doing the right thing and observing the process.
- IV. **The opposing coach** will hold the monitor for the scale. He will show the actual weight to the field coordinator and the Home team coach next to the field coordinator.
- V. **The coach** that is on the left will hold the helmet and stamp the player once he is approved.
- VI. After the weigh-in: Home team coach counts his contract cards, Field coordinator counts the names on the roster and the other coach (on the left) counts the approved players. The number of the approved players will be written on the roster. Both coaches and coordinator initial the roster.